







PHYSICAL ACTIVITY/LIFESTYLE PROGRAM

TERM 1 2012

BOOKINGS ESSENTIAL FOR ALL PROGRAMS

*** Program is subject to change without prior notice*

WHAT'S NEW?

	<p>YOGA Mon. 7.30 – 8.30 am 6.00 – 7.30 pm Tues. 7.00 – 8.30 pm Wed. 1.15 – 2.45 pm Thurs. 9.00 – 10.30 am (Interm.) Sat. 9.00 – 10.30 am</p> 	<p>Hatha Yoga is a series of stretching movements called Asanas. These work on the muscles, joints & internal organs. At the same time integrated breathing exercises provide the utmost relaxation for the mind & an overall feeling of wellbeing. Kerry Pope – Sarasvati Society Yoga Teacher. To book - phone Kerry on 54 262336</p> <ul style="list-style-type: none"> ➤ Please bring a beach towel or similar for use on the floor & a light rug for relaxation ➤ Wear comfortable loose clothing & ensure to consult Kerry if you have any health concerns prior to the class. <p style="text-align: right;">\$ 14 per session or \$ 10 HCCH</p>
	<p>TAI CHI Tue. 2.00-3.00pm</p>	<p>Tai Chi is an excellent healing tool. The slow gentle movements of Tai Chi help improve a range of disorders including arthritis, anxiety, fatigue, balance, stiffness and posture. Please phone to book.</p> <ul style="list-style-type: none"> ➤ All participants need to wear comfortable clothing and shoes. <p style="text-align: right;">\$ 5 per session</p>
Self Paced Physical Activity Programs	<p>KEEPING YOUR BALANCE Wed. 11.00am – 12.00noon</p> 	<p>“Falls” are a leading cause of increasing disability in older people. The impact on independence levels & quality of life can be immense. This class is designed to increase your flexibility, mobility, coordination & balance. A lot of fun, including obstacle courses, ball games, fitballs, & balance exercises.</p> <ul style="list-style-type: none"> ➤ Please bring a personal water bottle & shoes with good support are recommended. ➤ A doctor’s referral & initial assessment is required for this class. <p style="text-align: right;">\$ 5 per session</p>
	<p>BETTER MOBILITY Tues. 10.30-11.30 noon</p>	<p>It is never too late to start exercising. This gentle exercise session is an excellent way to begin or restart your exercise program. It is designed to increase flexibility, mobility, balance & strength. All of the exercises can be adapted to chairs or wheelchairs. A lot of fun in this group.</p> <ul style="list-style-type: none"> ➤ Please bring a towel for relaxation & a personal water bottle. ➤ A doctor’s referral & initial assessment is required for this class. <p style="text-align: right;">\$ 5 per session</p>
	<p>STRENGTH FOR LIFE Mon. & Wed. 9.30am Thurs 11.00am</p> 	<p>Strength Training improves joint mobility, muscle strength and increases bone density. Progressive Strength Training can be very beneficial and assist with the management of chronic conditions like diabetes, heart disease, arthritis and osteoporosis. .</p> <ul style="list-style-type: none"> ➤ A doctor’s referral & initial assessment is required for this class. <p style="text-align: right;">\$ 5 per session</p>
	<p>WARM WATER EXERCISE Wed. 11.45am & 12.30pm \$45 (9 weeks) Thurs. 12.00pm & 1.00pm \$45 (9 weeks) Fri. 12.00noon \$45 (9 weeks)</p> 	<p>Warm Water Exercise is an excellent medium for arthritic joints. Water acts as a shock absorber, reducing stress on joints & allows a full range of movement. The massage effect of water increases circulation & promotes relaxation. A great way to become and stay fit.</p> <ul style="list-style-type: none"> ➤ A doctor’s referral & initial assessment is required for this class. ➤ Meet at the Gisborne Aquatic Centre 10 minutes prior to your session commencing. ➤ Please bring towel, bathers, plastic cup for tea/coffee after session and water bottle. <p style="text-align: right;">\$ 5 per session</p>
	<p>EASYRIDERS Wed. 10.00am</p>	<p>This group will cater for those wanting to get back on a bike and go for relaxed, easy to medium rides.</p> <ul style="list-style-type: none"> ➤ Meet at MRHS 10 minutes prior to scheduled ride.
	<p>WALKING GROUP Tues. 10.00am</p>	<p>A self paced walking group for those wanting the added security of walking in a group.</p> <ul style="list-style-type: none"> ➤ Meet at MRHS 10 minutes prior to walk.
	<p>HEART SMART PROGRAM (Cardiac Rehabilitation) Mon. 11-1.00pm</p> 	<p>Program of 6 weeks designed to introduce & encourage behaviours that may minimize the risk of further cardiac events & conditions. Assists clients with cardiac disease to develop and maintain skills for long term self management. Sessions provided by CH Nurse, Physiotherapist, Dietitian, Pharmacist, Counsellor and Ambulance Officer. Contact Louise Beer (Support person welcome – no charge)</p> <p style="text-align: right;">\$ 6.00 per session / \$ 36 per course</p>
Lifestyle	<p>FIRST AID</p> 	<p>First Aid sessions planned for Term 4 Bookings & deposit essential. Phone for details.</p> <p style="text-align: right;">\$ 175 per course</p>
	<p>CPR</p>	<p>CPR sessions planned for Term 4 Bookings & deposit essential. Phone for details.</p> <p style="text-align: right;">\$ 55 per course</p>
	<p>ASTHMA MANAGEMENT EDUCATION</p>	<p>Available on request. Contact Louise.</p>
	<p>DIABETES MANAGEMENT</p>	<p>Phone to make an appointment with Ann.</p>
	<p>PAP TESTS & WELL WOMEN’S CLINIC</p>	<p>Recommended 2 yearly screening test. Other women’s health issues include pelvic floors, menopause, sexual health & more. Don’t make an excuse – make an appointment with Louise. Call today for an appt.</p>

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7.30am	Yoga					
9.00am				Yoga Intermediate		Yoga
9.30am	Strength for Life		Strength for Life			
10.00am		Walking Group	Easyriders			
10.30am		Better Mobility				
11.00am	Heart Smart Healthy Lungs		Keeping Your Balance	Strength for Life		
11.45am			Warm Water Exercise Session 1			
12.00pm				Warm Water Exercise Session 1	Warm Water Exercise Session 1	
12.30pm			Warm Water Exercise Session 2			
1.00pm				Warm Water Exercise Session 2		
1.15pm			Yoga			
2.00pm		Tai Chi				
6.00pm	Yoga					
7.00pm		Yoga				

**Macedon
Ranges
Health**

5 Neal Street, Gisborne Vic. 3437
Telephone: 03 54 280300

Facsimile: 03 54 280399

Email: healthcare@mrhs.com.au

Physical Activity & Lifestyle Programs

TERM 1

23rd January – 30th March 2012

Community Health Centre is closed on Public Holidays

BOOKINGS ESSENTIALS

SOME CLASSES REQUIRE A DOCTOR'S REFERRAL & ASSESSMENT WITH OUR PHYSIOTHERAPIST

*** Program is subject to change without prior notice*