



Casterton Memorial Hospital acknowledges the support of the Victorian Government



## Casterton Memorial Hospital

*Community Health*

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## Casterton Memorial Hospital



**Strength and Balance  
Exercise Programme:  
Positive Healthy Ageing  
through falls prevention  
exercises**



**'With Open Arms'**

**'A Fully Accredited Healthcare  
Facility'**

## Benefits of Strength and Balance

### Training:

- ◆ Reduces the risk of falls
- ◆ It improves your health
- ◆ Helps you relax and sleep better
- ◆ Enables you to meet people
- ◆ Strengthens and tones your body
- ◆ Improves balance and flexibility

### How Much Physical Activity?

- ◆ Older people should spend at least 30 minutes of moderate physical activity on most days.
- ◆ 30 minutes is needed to keep your heart, lungs muscles and bones in good working order.
- ◆ If you can't do 30 minutes now, start with 10 minutes once or twice a day. After two weeks, make it 15 minutes twice a day and you will have reached your goal of 30 mins a day.

## What Type of Exercise?

Try to be active every day in as many ways as possible, doing a range of activities that incorporate fitness, strength, flexibility and balance.

Strength and Balance classes are a great programme to get you to begin exercising. All exercises are set at your own pace and level of fitness. Classes are held in a friendly manner by a qualified instructor.

## Is being active good for your body if you have an Injury or Chronic Illness?

Most health problems can actually be helped by activity. If you have a heart problem, a low to moderate exercise programme will improve your overall health.

If you have osteoporosis, weight bearing activity and strength training can help to make your bones stronger.

## How to join us:

**Where:** Casterton Memorial Hospital

**When:** Wednesdays, 1-2 pm

**Cost:** \$5 per session

**Fresh fruit platter and refreshments to share after exercising.**



**Exercise reduces stress and anxiety, improves concentration and improves self-confidence.**