



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.