

Physical activity is a great way to help you feel good, no matter what age you are.

DID YOU KNOW:

- Much of the physical decline associated with ageing is due to inactivity rather than disease or the ageing process.
- Physical activity is good for the body and the mind. It enables you to positively influence your own health and well being, and to socialise with others.
- Exercise can help you to be healthier, happier and more able to enjoy the later years of your life.



Regular participation in physical activity offers a wide range of benefits, and can help manage conditions such as:

- Arthritis
- Lung disease
- Diabetes
- Depression
- Balance problems and falls
- Heart disease
- High blood pressure
- High cholesterol
- Obesity
- Osteoporosis

Physical activity can also help to improve:

- Mobility and flexibility
- Strength
- Balance
- Activities of daily living
- Sleep
- Mood, confidence & wellbeing
- Pain levels

Whether you're already fit and active or just looking to get started, we have a class that will suit you.

YOU CAN CHOOSE FROM:

Exercise to music classes

Strength, balance and mobility exercises to music, with chair-based and standing options

Strength classes

Classes that use weights and bodyweight to help build strength and balance

Walking groups

Indoors, for all abilities

Tai Chi and stretch classes

Gentle, slow movements to help joint mobility and balance.

Online classes

Exercise from the comfort of your own home!

- All of our classes are conducted by qualified fitness instructors.
- Physiotherapists, exercise physiologists and other health professionals also visit to provide advice and education.
- Our exercise groups are especially designed for men and women over 55 years of age, and cater for a range of abilities.



Excellent Care. Every Person. Every time.

TO ACCESS SERVICES

If you are **over 65 years** or an Aboriginal and Torres Strait Islander person **over 50** contact:

My Aged Care
www.myagedcare.gov.au
Phone: 1800 200 422

If you are **under 65 years** or an Aboriginal and Torres Strait Islander person **under 50** contact:

Bendigo Health Referral Centre
Phone: 1300 733 581

COST

- \$6 per fitness group
- \$2.80 per walking group

This program is supported by funding from the Commonwealth and Victorian Governments under the following programs:
Commonwealth Home Support Program [CHSP]
Home and Community Care Program for Younger People [HACC PYP]

Face to face classes are available at the following locations:

Bendigo:

- Eaglehawk
- Golden Square
- White Hills
- Strathdale
- East Bendigo

Regional:

- Charlton
- Cohuna
- Donald

For more information phone: 5454 7102
Email: FOAP@bendigohealth.org.au



Fitness for Older Adults Program (FOAP)

Exercise to Music
Strength Classes
Walking Groups
Tai Chi and Stretch Classes
Online Classes