

At the Conclusion of the Actively Ageing Course, ongoing Actively Ageing Classes will be offered 1 to 2 times a week, where the exercises learnt in the Course will be practised and progressed.

Only those who have completed the 4-week Actively Ageing Course will be able to partake in ongoing Actively Ageing Classes.

The participant's doctor will be kept informed of his/her progress throughout the Course's duration (4-8 weeks) if the participant agrees to this.

The Actively Ageing Course is available to everyone, including EPC and DVA clients.

Rebates apply for Self Funded Patients from their Private Health Funds

For more details contact us today on  
3369 7950.

We are currently offering a new course especially for the over 50's.

Introducing,

### **“ACTIVELY AGEING”**

A 4 week **EXERCISE/ EDUCATIONAL**

**Course**, designed by

Physiotherapists to ensure you stay

fit, safe and healthy as you

continue to age.

**Bardon Physiotherapy Centre**  
**[www.bardonphysio.com.au](http://www.bardonphysio.com.au)**

**P: (07) 3369 7950**

**F: (07) 3367 2755**



## **Bardon Physiotherapy Centre**

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Ensuring the over 50's stay fit,  
safe and healthy as they  
continue to age.

**For Appointments**  
**Ph: 3369 7950**

# ACTIVELY AGEING COURSES

The **Actively Ageing Course** is an Exercise/Educational Course, professionally designed by Physiotherapists to teach the over 50's the principles of safe, correctly performed exercise using optimal postures and muscle groups, to improve their fitness for better future health.

Participants are educated in: [safe lifting techniques](#); [fall prevention strategies](#); [nutrition](#); [age-related health issues](#); and many other things to empower them with the knowledge required to become more proactive about their health.

The exercise routines have been specifically designed for the more mature and are offered at 2 levels of difficulty for the fit and the not-so-fit. The exercises are taught throughout the Course to ensure that participants are proficient in the techniques required for safe exercise.

They will thus be 'prepared' to take part in ongoing Actively Ageing Classes when the Course is completed.

## Actively Ageing Course Structure

Education & Instruction on:

1. Exercise Apparel + Good Posture
2. Diaphragmatic Breathing + Pelvic Floor Exercises
3. Core Stability
4. Safe Lifting Techniques
5. Good Nutrition
6. The Importance of Bone Health
7. The Importance of Brain Health
8. Healthy Lifestyle Changes

The Actively Ageing Course runs for 4 weeks with attendance twice a week. Participants are given practice exercise sessions so the Course is

moderately intensive.

Each participant will be thoroughly assessed according to strict criteria and a qualified physiotherapist will determine the level of exercise pending the outcome of an Initial Assessment.

Each participant will purchase an Actively Ageing 'Kit', which will be used throughout the duration of the Course.

### The Actively Ageing 'Kit' includes:

**1 x handbook, 1 X workbook, 1 x work calendar, 1 x diet chart & 1 x DVD**

At the Initial Assessment, the physiotherapist will fill out an Outcome Measure Form, to be completed at the end of the Course and then again 4 weeks later, if the participant continues with the ongoing Actively Ageing Classes.