

Move Well Groups

Online Exercise Well

Be your strongest self

This is an online exercise program that focuses on strength and improving your general health and wellbeing. The group is facilitated by our Physiotherapists and Allied Health Assistants.

Monday, Wednesday and Friday 10:00am (online)

Moving Together

Build confidence to move again

Moving Together is a chair-based program. It focuses on building and maintaining strength and balance. The program supports people who may not be suited for our other exercise programs, due to instability on their feet. The group is led by a Physiotherapist and all members will be provided an initial assessment before joining.

**Monday, Wednesday and Friday
10:00am and 11:00am – Box Hill**

Monday 11.30am - Eltham

Water Exercise for Health

A social and fun water exercise program

Run by volunteers with support from physiotherapists. This group is suitable for older people with arthritis and for those who would benefit from exercise in the water.

The pool temperature is approximately 33°C.

**Monday 12.00pm – 12.30pm
Wednesday 1.00pm – 1.30pm
Friday 12.30pm – 1.00pm**

(offsite – Eltham Leisure Centre)



Wellness Gym

Tailored Exercise Programs

Wellness Gym is a 50 minute exercise group facilitated by an Exercise Physiologist and an accompanied AHA. This session involves a whole warm-up (seated or standing) before each participant proceeds with their own individualised program. These programs utilise the cable machine, cardio equipment, dumbbells, rails and leg weights. Everyone comes together again at the end of the session to complete a cool down and stretch.

**Tuesday and Thursday 9.00am and 10.00am
(Box Hill site only)**

Gym Transition

In the gym

An exercise program held at the Eltham Leisure Centre is facilitated by an Exercise Physiologist and an experienced Allied Health Assistant who designs an individualised exercise program with a focus on participants becoming independent in a gym setting.

**Monday and Wednesday 9.00am and 10.00am
(offsite – Eltham Leisure Centre)**

Falls Prevention

Falls prevention

Changes in your balance, falls, and nearly falling, are often warning signs that something is not right. Be informed with recent research and learn to identify your individual risk factors and decrease your risk of falls at home.

Monday 1.00pm and 2.30pm (Box Hill only)

Tai Chi

Improve your balance and mobility

Tai Chi is an ancient gentle Chinese exercise form that is practiced around the world. It involves slow, controlled movements to improve flexibility, muscle strength, balance, and fitness. Led by a qualified Tai Chi instructor, our Tai Chi program focuses on balance, weight transfer, strength. Mobility and flexibility. All clients are assessed by a Physiotherapist before commencing the program.

Thursday 3.00pm (school term based – Box Hill)

Walking Group

Walk and talk

The Walking Groups provide walking activities for people interested in implementing physical activity into their weekly routine. The group is led by an Allied Health Assistant and caters to slower and/or less confident walkers. Each group walks for 45 minutes and then finishes with stretches. Participants are asked to wear suitable shoes, a hat and sunscreen and to bring their own water bottle.

Eltham - participants meet behind the healthAbility building at 9:30am every Monday.

GLA:D

Good life with osteoarthritis

A six-week education and exercise program run by a Physiotherapist for people with lower limb osteoarthritis.

**Monday and Wednesday 8.45am (Box Hill)
Tuesday and Friday 1:00pm (Eltham)**

Heart Health Group

Clinically supervised exercise

This program is facilitated by a Physiotherapist, a Nurse, and an Allied Health Assistant. This group is for people with heart and lung conditions. It is a supervised exercise program that builds strength and endurance and helps maintain function and independence.

Tuesday and Thursday 1.15pm (Box Hill only)

Staying Active

Maintain strength

This group focuses on building and maintaining strength and balance. The program supports people who may not be suited for our other exercise programs, due to instability on their feet. The group is led by an Allied Health Assistant and a Physiotherapist / Exercise Physiologist.

**Tuesday and Friday 9.15am and 10.45am
(offsite – 1st Eltham Scout Hall)**

SPSY

Strong people stay young

An ongoing strength program run by a volunteer under the supervision of an Allied Health Assistant/Physiotherapist.

**Tuesday and Friday 9.30am
(offsite – Hurtsbridge Hub)**