

# Helping Hand Senior Fitness Groups



|   | Strength for Life   | Age Well Fitness    | Falls and Balance | Group Exercise Class | Hydrotherapy        | Tai Chi             | Dance for Balance   |
|---|---------------------|---------------------|-------------------|----------------------|---------------------|---------------------|---------------------|
| Suitable fitness level                      | Low / Medium / High | Low / Medium / High | Low / Medium      | Low / Medium         | Low / Medium / High | Low / Medium / High | Low / Medium / High |
| Group or individual fitness program         | Individual          | Individual          | Group             | Group                | Individual          | Group               | Group               |
| Therapist assessment and reviews            | ✓                   | ✓                   | ✓                 | ✓                    | ✓                   | ✓                   | ✓                   |
| Focus on flexibility                        | ✓                   | ✓                   | ✓                 | ✓                    | ✓                   | ✓                   | ✓                   |
| Focus on strength                           | ✓                   | ✓                   | ✓                 | ✓                    | ✓                   |                     |                     |
| Focus on balance                            | ✓                   | ✓                   | ✓                 | ✓                    |                     | ✓                   | ✓                   |
| Focus on recovery and rehabilitation        | ✓                   | ✓                   | ✓                 | ✓                    | ✓                   |                     |                     |
| Social opportunities                        | ✓                   | ✓                   | ✓                 | ✓                    | ✓                   | ✓                   | ✓                   |
| Dementia support                            |                     | ✓                   | ✓                 | ✓                    |                     |                     |                     |
| Private health insurance rebates available* | ✓                   | ✓                   |                   |                      | ✓                   | ✓                   | ✓                   |
| Government financial support available      |                     | ✓                   | ✓                 | ✓                    | ✓                   | ✓                   | ✓                   |

\*You may be able to claim rebates from private health insurance, check with your health insurance provider to see if you are covered.

# Senior Fitness Groups

Helping Hand offers a diverse program of health and wellbeing activities to support active ageing, delivered from different locations across Adelaide and accessible to everyone in the community. Our trained staff and high quality facilities will assist you in your wellbeing goals and offer a safe space to connect with others in your community.

Call today to find out more on 1300 653 600

## Strength for Life

Strength for Life promotes health and wellbeing amongst people over 50, or over 40 for Aboriginal or Torres Strait Islanders. Helping Hand is a partner of Council of the Ageing (COTA) to deliver this program as a Tier 1 site. You will have an individualised program that targets your goals and needs and is completed in a group setting. This class offers a great social environment which makes exercise fun and enjoyable.

## Age Well Fitness

Age well fitness is an exercise class suitable for older adults who are wanting to start exercise for the first time, who are returning to exercise, or who need rehabilitation services. Each person has an individualised exercise program as written by an Exercise Physiologist (EP). The EP will guide you through the exercises and your program. This class offers a great social environment which makes exercise fun and enjoyable.

## Falls and Balance

When you're over 65, it is important to build in some exercises to train

your muscle strength, balance and coordination. Group-based classes are aimed at improving strength and balance, and assist independence in a fun, social and safe environment. The class is led by an instructor so that it is easy to follow and incorporates fun group games. The program is adjusted weekly for variety.

## Group Exercise Class

This group class caters for people of mixed abilities, including those that require walking aids. Classes are aimed at improving mobility, strength and balance, and assist independence in a fun and safe environment. The class is monitored by health professionals and led by an instructor so that it is easy to follow and incorporates fun group games. The program is adjusted weekly for variety.

## Dance for Balance

Our low impact, fun Latin dance class is great for improving fitness, balance, mobility, and coordination. Beginners are welcome! The Bachata dance syllabus is designed by Physiotherapists for those over the age of 60.

## Hydrotherapy

Hydrotherapy is an excellent form of exercise in a pool that aids in the management of postoperative orthopaedic surgery, back pain, arthritis and deconditioning. Our group sessions are delivered under the direct supervision of a physiotherapist who provides exercise programs tailored to suit individual needs. Hydrotherapy uses the buoyancy and water resistance to speed recovery and strengthen your body without straining your joints.

## Tai Chi

Tai Chi principals include the integration of body and mind: movement and breathing, generating internal energy, loosening and serenity of the mind. This modernized Tai Chi program incorporates medical science to deliver health benefits more quickly. Numerous studies have shown Tai Chi improves muscular strength, flexibility, fitness, improves immunity, relieves pain, and improves quality of life.