

*Gentle Exercise classes  
available at FHCC*

"Start Staying Strong"

Monday Evenings 6PM -7PM

Wednesday Morning 10AM-11 AM

"Heart Take Part"

Mondays

9.15am - 10.00am  
(Moderate Level)

10.00am - 10.45am  
(Very Gentle Level)

"Bones Better Best"

Thursdays

10.00am - 10.45am

◆ *Start Staying Strong*

◆ *The Heart Take Part*

◆ *Bones Better Best*

*Programs by the*  
*Community Services Division*  
*of*  
*Western District Health Service*

- ☺ *Newcomers welcome, bring a friend*
- ☺ *Cost \$3.20 per session*
- ☺ *Just wear comfortable clothes and shoes,*
- ☺ *Bring a Drink bottle*
- ☺ *Come join in, get fitter, feel better & have some fun*

*For more information contact the  
Frances Hewett Community Centre,  
2 Roberts Street Hamilton.  
Telephone 555 18 450*

Reviewed: 06/04/09

*Western District Health Service*

# **PHYSICAL ACTIVITY PROGRAMME**



at the

***Frances Hewett  
Community Centre***

**2 Roberts Street, Hamilton  
(Rear of hospital off Tyers Street)**

**Phone 555 18 450**

**All classes taken by qualified  
registered Fitness Instructors**

Website: [www.wdhs.net](http://www.wdhs.net)

## Start Staying Strong

**Start Staying Strong** classes are for adults offering light resistance training for the upper and lower body. Exercises are conducted using light weights and are appropriate for people wanting to increase their general strength, making every day activities easier. People with arthritis, osteoporosis, diabetes, COPD, and cardiac problems may also benefit.

The class consists of a gentle aerobic warm up followed by resistance training using light free weights. Stretches and flexibility exercises are used to cool down.

Participants are encouraged to work at their own pace, and exercises can be chair based or conducted with chair support



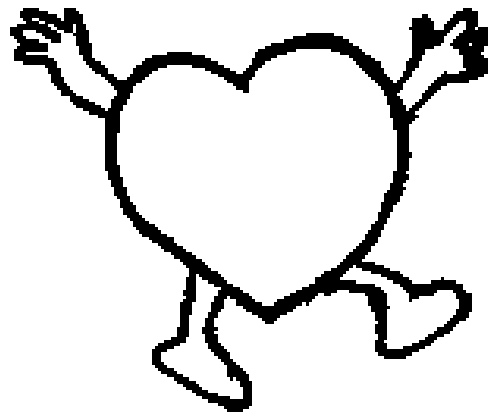
## Heart Take Part

**Heart Take Part** classes are for adults who need gentle, exercise and enjoy the camaraderie of a group.

Gentle exercise can help with weight management, strength and endurance, heart and lung fitness, flexibility, and improve mental health.

The class consists of a gentle warm up, marching (while sitting in a chair), toe tapping and arm movements. This generates a small rise in heart rate. After cooling down, we work on strength with hand held weights and stretchy bands. We finish the class with flexibility and relaxation work.

The exercises are designed to help you with normal everyday activities. We do them safely and slowly and you are encouraged to work at your own pace.



## Bones Better Best

**The Bones Better Best** class offers exercises that strengthen muscles and bones, increase joint movement and create a feeling of well being.

These exercises help adults maintain the muscles used in normal daily tasks such as shopping and gardening.

The class is made up of four major parts:

**Chair based:** Warm up whilst sitting down. This involves putting your large muscles through a range of movements.

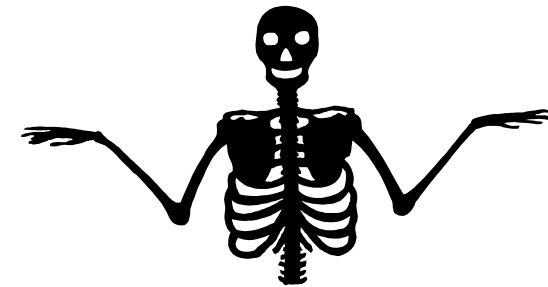
**Strengthening:** Use elastic bands to strengthen your arms, back, shoulders and chest.

**Weight bearing:** A range of movements that strengthen legs and abdominals and help with balance. They include lunging, hip rotation, some moves on the floor and walking around the chairs.

*Your chair is constantly within easy reach, and if you're a little unsure you hold on to it for support.*

**Stretching:** Use of the chair, to stretch while seated. The chair is also used as a bridge to floor work. This allows people who have difficulties with weight or inflexibility to do exercises they would otherwise find uncomfortable.

The class is finished up with stretches, and a quiet resting time, concentrating on deep breathing.



WE RECOMMEND THAT YOU SEEK YOUR DOCTORS ADVICE BEFORE STARTING ANY EXERCISE