

BCH Services Guide - Physical Activity

One of the most significant things you can do to maintain and improve your health is to stay fit, strong and active. Ballarat Community Health runs a variety of exercise programs tailored for specific groups and health issues. These are conducted in a fun and non-threatening environment, under the supervision of our experienced Fitness Trainer. Our programs are affordable and accessible.

Exercise & Fitness Programs

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The following highlights the current programs. For information on locations, costs and session times click [here](#)

Heartmoves

A Heart Foundation approved aerobic workout designed specifically for older adults to improve cardiovascular health and fitness. It includes a variety of aerobic activities such as aerobics, circuits and games combined with floor and relaxation exercises.

Living Longer, Living Stronger

Living Longer, Living Stronger provides strength training specifically designed to meet the needs of older people, including:

Initial and ongoing assessments so your program can be tailored to your specific needs and abilities Fully qualified and committed

Safe, supportive environment

An opportunity to socialize over a cup of tea or coffee after each session

No Falls Program

An exercise session for preventing or reducing the risk of falls in the elderly achieved through exercises to improve strength, balance and functional mobility.

The group also involves education sessions on topics related to falls prevention such as footwear, continence, medications and diet.

Parkinson's Exercise Group

An exercise program designed specifically for people with Parkinson's Disease. Exercises to improve posture, strength, balance, flexibility and mobility are undertaken in a group setting

Pilates

Pilates is designed for people that want an effective mode of exercise that improves core stability, body alignment and flexibility.

Some participants may require an assessment prior to participating.

Pole Walking

Pole walking is simply walking with specially designed poles that provide support and increase the benefits of exercise through active use of both arms and legs. This makes it a fun, functional, feel good exercise for all ages and abilities

Remedial Gym

Remedial gym sessions are a 1 hour group gym session where each individual client has an assessment and an exercise program tailored to their needs. All clients are supervised by a physiotherapist or exercise physiologist

Tai Chi for Beginners

Tai Chi is an ancient and gentle Chinese exercise form that is practiced around the world. It involves slow, controlled movements to improve flexibility, muscle strength, balance and fitness. Practicing Tai Chi may help relieve symptoms of arthritis, improve memory, concentration and your general health

Tai Chi for Health - Part 2

Tai Chi is an ancient and gentle Chinese exercise form that is practiced around the world. Studies show that Tai Chi helps to reduce pain and stiffness felt by people with arthritis. It exercises the entire body and helps to strengthen joints and muscles. It may also help you to relax and improve your concentration

Walking Groups

Joining a walking group is one of the best ways to become active. Being part of a walking group encourages and motivates people to walk because others expect them to be there. Being part of a walking group is also a great way to make friends, support each other and exercise safely

Yoga

Yoga has been practiced for thousands of years and consists of Ancient Theories, observations and principles about the mind and body connection. Substantial research has been conducted to look at the Health Benefits of Yoga – from the Yoga Postures, Yoga Breathing, and Meditation. The benefits of yoga are not just physical but also include emotional, mental and spiritual wellbeing. In Western countries it is best known as a gentle form of exercise designed to benefit every part of the body done in conjunction with breath exercises and meditation. This helps to calm the mind and improve the flow of oxygen to the vital organs, and can offer help for many different needs

Zumba Gold

Zumba Gold takes the Zumba dance style and modifies the moves to a pace that suits the needs of

active older people, as well as those just starting their journey to a fit and healthy lifestyle. Zesty latin music, salsa, merengue, cumbia and reggaeton; exhilarating easy-to- follow moves; and invigorating, party-like atmosphere