

## BCH Services Guide - Exercise & Fitness

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 Trainers. Our programs are affordable and accessible.

### Exercise Physiology

Exercise Physiologists are university qualified allied health professionals who specialise in the delivery of exercise, lifestyle and behaviour modification programs for the prevention and management of chronic diseases and injuries. They provide services to clients with conditions such as cardiovascular disease, diabetes, osteoporosis, depression, cancer, arthritis, COPD and many more.



### Program Information

#### What is it about?

Exercise Physiologists are university qualified allied health professionals who specialise in the delivery of exercise, lifestyle and behaviour modification programs for the prevention and management of chronic diseases and injuries. They provide services to clients with conditions such as cardiovascular disease, diabetes, osteoporosis, depression, cancer, arthritis, COPD and many more.

#### Who is it for?

Anyone wanting to change their exercise behaviour.

#### How much time will it take?

60 minutes for an initial assessment, 30-60 minutes for a review depending on exercise prescription required.

#### Who provides it?

Qualified exercise physiologists.

#### How do I get into the program?

Must complete a Pre Exercise Screening Tool Form  
Must have been through Ballarat Community Health intake process and must have been assessed

by a BCH Exercise Physiologist or Physiotherapist.

Phone Ballarat Community Health on 5338 4500 to speak to the Intake Worker or fax 5339 3044.

### Other Information

Before commencing most programs, clients are assessed by an Exercise Physiologist or Physiotherapist for the most appropriate exercise prescription. It is recommended that you wear comfortable, loose fitting clothing to the assessment.

## Falls Prevention

The No Falls Program is a 12 week course for preventing or reducing the risk of falls, achieved through exercises to improve muscle strength, balance and increased mobility. The course also involves education sessions on topics related to falls prevention such as foot care, medications, nutrition and home hazard assessments.

An ongoing maintenance program is also available for those clients who have completed the 'No Falls 12 Week Program'.



## Program Information

### What is it about?

A 12 week course for preventing or reducing the risk of falls in the elderly achieved through exercises to improve strength, balance and functional mobility.

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

### Who is it for?

People who have had recent falls or who are at high risk of falling. Caters for people who require the use of a gait aid such as a stick or walking frame

### Where and when is it held?

#### [Lucas](#)

Monday: 2:00 pm-3:00 pm  
Wednesday: 11:00 am-12:00 pm

#### [Sebastopol](#)

Monday: 11:00 am-12:00 pm  
Wednesday: 2:00 pm-3:00 pm

### How much time will it take?

One hour supervised exercise session each week for 12 weeks.  
Some weeks include a 30 minute presentation from a health professional on a topic related to falls prevention.

### Who provides it?

Exercise Physiologist, Fitness Instructor, Podiatrist, Dietitian, Continence Nurse.

### How do I get into the program?

A free physical assessment is required for new clients prior to commencement of the program.  
Phone Ballarat Community Health on 5338 4590 to speak to Intake staff.

### Other Information

**Sebastopol: 260 Vickers Street**

Mon 11.00 - 12.00 noon

Wed 2.00 - 3.00pm

**Lucas: 12 Lilburne Street**

Mon 2pm - 3pm

Wed 11am - 12pm

**Smythesdale:**

Tues 11.00 - 12.00 noon

## 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.



## Program Information

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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.

### Who is it for?

For adults over 50 years of age

### Where and when is it held?

#### Lucas

Monday: 11:00 am-12:00 pm

#### Sebastopol

Tuesday: 1:30 pm-2:30 pm

### How much time will it take?

60 minutes



### Who provides it?

Exercise Physiologist

### How do I get into the program?

Must be a client of Ballarat Community Health:

- Must complete a Pre Exercise Screening Tool Form
- Must have been through the Ballarat Community Health intake process
- Must be assessed by a Ballarat Community Health Exercise Physiologist or Physiotherapist

Phone Ballarat Community Health on 5338 4593 to speak to the Intake worker or fax 5339 3044

### Other Information

Ballarat Community Health  
Mondays 11.00am-12.00noon at Lucas, 12 Lilburne Street,  
Tuesdays 1.30pm - 2.30pm at Sebastopol, 260 Vickers Street

## Life! Diabetes, Heart Disease & Stroke Prevention

The Life! program is a Victorian lifestyle modification program that helps you reduce your risk of type 2 diabetes and cardiovascular disease.

Ballarat Community Health runs daytime and evening Life! groups throughout the year, and the program is free for most people.

To discuss your diabetes and heart disease risk and eligibility for the Life! Program please contact the Diabetes Australia Life! Team on 13 RISK (13 74 75). They will be able to discuss the group options available to you.

Alternatively go to <https://www.lifeprogram.org.au/about-the-life-program/about-the-program> to check your risk and enquire about upcoming programs in your local area.

### Program Information

#### What is it about?

The Life! program is a Victorian lifestyle modification program that helps you reduce your risk of type 2 diabetes and cardiovascular disease. Each session is run by a qualified health professional and runs for approximately 90 minutes. Your partner or friend can attend the course to provide extra support. You'll also receive a comprehensive participant workbook full of practical information on nutrition and physical activity, goal setting, sleep, stress and lapses.

#### Who is it for?

To participate in the Life! program, participants must have one or more of the following eligibility criteria:

- 18 years and over and have an AUSDRISK score  $\geq$  12 and a BMI score  $\geq$  25
- 18 years or more and have previously been diagnosed with one or more of the following:
  - cardiovascular disease (including myocardial infarction, angina and angioplasty)
  - gestational diabetes
  - moderate or severe Chronic Kidney Disease
  - familial hypercholesterolemia
  - serum total cholesterol greater than 7.5mmol/L
  - systolic BP of  $\geq$  180mmHg or diastolic BP of  $\geq$  110mmHg
  - impaired glucose tolerance (by FPG, OGTT or HbA1c)
  - polycystic ovary syndrome
- 45 years or more, or 35 years or more for those of Aboriginal and/or Torres Strait Islander descent, and have an Absolute Risk score of  $\geq$  10% when referred by a GP clinic

#### How much time will it take?

The Life! group course involves a 1 hour one-on-one introductory session and five 90 minute group sessions run across a six month period.

The sessions 1 - 4 occur fortnightly, with session 5 taking place four months later.

#### Who provides it?

Life-trained facilitators, Dietitian and Exercise Physiologist

## How do I get into the program?

Phone Ballarat Community Health on 5338 4593 to speak to the intake worker or contact the Diabetes Australia Life! Team on 13 RISK (13 74 75) for further information.

## Other Information

### Exclusions

People with diabetes, pregnant women or people who have had an angina diagnosis or angioplasty or myocardial infarction in the last 3 months.

### Pathology

All participants need to have diabetes excluded by Fasting Blood Glucose (& OGTT if FBG >5.5mmol/L) in the past 12 months. They also require total cholesterol, HDL cholesterol, LDL cholesterol and triglycerides to have been tested in the past 12 months. Facilitators require copies of pathology.



## 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



## Program Information

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- 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 socialise over a cup of tea or coffee after each session

### Who is it for?

People over the age of 50 years

### How much time will it take?

Approx. 60 minutes

### Who provides it?

Qualified exercise physiologists

### How do I get into the program?

- Must be a client of Ballarat Community Health
- Must complete a Pre Exercise Screening Tool form
- Must have been through Ballarat Community Health intake process and must be assessed

by Ballarat Community Health Exercise Physiologist or Physiotherapist

Phone Ballarat Community Health on 5338 4593 to speak to the Intake worker or fax 5339 3044

## Other Information

Sebastopol: 260 Vickers Street

Mon-Thur 8.30-11.00am

Thur 1.00-3.00pm

Fri 8.00-11.00am

Wendouree: 10 Learmonth Road

Tue 1.00-2.00pm

Fri 11.00am-12.00 noon

Lucas: 12 Lilburne Street

Mon-Fri 8.30-11.00am

Smythesdale:

Tuesday 9.30 - 10.30am

Friday 10.00 - 11.00am

## Parkinson's 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.

### Program Information

#### Who is it for?

People with Parkinson's Disease

#### Where and when is it held?

[Sebastopol](#)

Friday: 12:00 pm-1:00 pm

## PD Warrior

An exercise program aimed at slowing down the progression of Parkinson's Disease for those who have been recently diagnosed. It uses the latest evidence and research into this disease to form an appropriate exercise regime for individuals.

### Program Information

#### Who is it for?

People who have recently been diagnosed with Parkinson's Disease.

#### Where and when is it held?

[Wendouree](#)

Tuesday: 2:00 pm-3:00 pm

[Lucas](#)

Thursday: 11:00 am-12:00 pm

#### Other Information

Requires an exercise physiology assessment prior to joining.

## 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.

### Program Information

#### What is it about?

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.

#### Who is it for?

Anyone who is interested.

#### Where and when is it held?

##### [Sebastopol](#)

Tuesday: 4:15 pm-5:00 pm

##### [Wendouree](#)

Wednesday: 2:45 pm-3:30 pm

##### [Lucas](#)

Monday: 12:30 pm-1:00 pm

Thursday: 6:15 am-7:00 am

#### How much time will it take?



45 minutes

### Who provides it?

Exercise Physiologist

### How do I get into the program?

Phone Ballarat Community Health on 5338 4593, fax 5339 3044 or pick up a registration form from any of our BCH sites.

### Other Information

## 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.

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#### Who is it for?

Anyone interested in trying pole walking

#### How much time will it take?

1 hour sessions

#### Who provides it?

Pole walking leader

#### How do I get into the program?

- No assessment required to participate
- Meet and greet at car park

Phone Ballarat Community Health on 5338 4500.

#### Other Information

Thursdays 9am - 10am

Meet at the Ballarat Community Health carpark, 260 Vickers St Sebastopol at 8.45am

## Remedial Gymnasium

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.

### Program Information

#### What is it about?

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.

#### Who is it for?

Suitable for people who are frail and have limited movement and have been unable to find an appropriate exercise program, or who have fallen recently and are unsteady on their feet.

#### How much time will it take?

Approx 1 hour

#### Who provides it?

Exercise Physiologist

#### How do I get into the program?

- Must be a client of Ballarat Community Health
- Must complete a Pre Exercise Screening Tool (PEST) form
- Must have been through Ballarat Community Health intake process
- Must be assessed by Ballarat Community Health Exercise Physiologist or Physiotherapist

Phone Ballarat Community Health on 5338 4593 to speak to the Intake worker or fax 5339 3044

#### Other Information

**Sebastopol - 260 Vickers Street**

Mon 1.00pm - 3.00pm

**Lucas - 12 Lilburne Street**

Tues 2.00 - 4.00pm



## Tai Chi

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.

### Program Information

#### What is it about?

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.

#### Who is it for?

For those with competence in Tai Chi for Beginners.

#### How much time will it take?

Sessions are 45minutes

#### Who provides it?

Accredited Exercise Leaders

#### How do I get into the program?

?Contact BCH on 5338 4500.

#### Other Information

**Ballarat Community Health**  
**Wendouree - 10 Learmonth Road**  
Wednesdays 1.00 - 1.45pm  
**Sebastopol Elderly Citizens rooms**  
**Cnr Vickers & Beverin Streets**  
Fridays 9.30 - 10.15am

## Tai Chi - Advanced

Tai Chi involves slow, controlled movements to improve flexibility, muscle strength, balance and fitness.

### Program Information

<b>Who is it for?</b>
People who are experienced in Tai Chi
<b>Where and when is it held?</b>
<a href="#">Wendouree</a>
Wednesday: 1:00 pm-1:45 pm
<b>How much time will it take?</b>
45 minutes
<b>How do I get into the program?</b>
Contact Ballarat Community Health on 5338 4500

## Tai Chi - Intermediate

Tai Chi involves slow, controlled movements to improve flexibility, muscle strength, balance and fitness.

### Program Information

#### What is it about?

Tai Chi involves slow, controlled movements to improve flexibility, muscle strength, balance and fitness.

#### Who is it for?

People with some experience in tai chi

#### Where and when is it held?

[Wendouree](#)

Wednesday: 11:15 am-12:00 pm

Sebastopol Senior Citizens  
250 Vickers Street  
3356 Sebastopol, VIC

See map: [Google Maps](#)

Friday: 9:45 am-10:30 am

#### How much time will it take?

45 minutes



**How do I get into the program?**

Contact Ballarat Community Health on 5338 4500

**Other Information**

Some participants may require assessment before participating

## Tai Chi for Arthritis

A program that has been designed specifically for people with arthritis, but may also be useful for anyone wishing to maintain general health and wellbeing.

### Program Information

<b>Who is it for?</b>
People with arthritis.
<b>Where and when is it held?</b>
<a href="#">Smythesdale</a>
Tuesday: 2:00 pm-2:45 pm
<b>How much time will it take?</b>
45 minutes
<b>How do I get into the program?</b>
Contact Ballarat Community Health on 5338 4500

## 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.



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### Who is it for?

Everybody is affected differently according to their body's needs. If a part of the body is overused it will be relaxed and an underused part will be stimulated. Yoga teaches and gives us tools to help us 'let go' – letting go of thoughts in our minds and letting go of any 'holding-on' in our body. By opening up and letting go in the mind and body we feel refreshed, renewed and released... in today's busy world, that is one of the best benefits of yoga!

### Where and when is it held?

[Lucas](#)

Tuesday: 5:30 pm-6:30 pm  
Thursday: 9:30 am-10:30 am

Sebastopol Senior Citizens, Vickers St

See map: [Google Maps](#)

Friday: 10:30 am-11:30 am

### How much time will it take?

1 hour

### Who provides it?

Accredited Fitness Trainer

### How do I get into the program?

Lucas: ?Contact the Lucas gym on 5338 9102.

Sebastopol Senior Citizens: Phone Ballarat Community Health on 5338 4593, fax 5339 3044 or pick up a registration form from any of our BCH sites.

## 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.



### Program Information

#### What is it about?

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.

#### Who is it for?

Active older adults who want excitement and fitness as a regular part of their weekly schedule. It's a dance-fitness class that feels friendly, and most of all, fun.

#### How much time will it take?

45 minutes

#### Who provides it?

Accredited Fitness Trainer & Zumba leader

#### How do I get into the program?

Phone Ballarat Community Health on 5338 4593 to speak to Intake staff.

#### Other Information

##### Sebastopol

Fridays 8.45-9.30am at 260 Vickers Street

##### Wendouree

Wednesdays 2.00-2.45pm at 10 Learmonth Road