

EXERCISE & WELLNESS CENTRE

12 WEEK BALANCE & FALLS PREVENTION EXERCISE PROGRAMME



The Balance and Falls Prevention Programme is a supervised and monitored exercise programme designed to provide comprehensive care to people who have balance issues or who may be at a falls risk.

The Balance and Falls Prevention Programme is designed to:

- provide safe individualised and supervised exercise
- Provide replication of activities of daily living that require the maintenance of balance were falls often occur
- Improve functional strength, endurance and improve overall physical condition
- Improve confidence and reduce the fear of falling

Anyone with impaired balance, history of falls or those aged 60 and over are eligible for the programme. Risk factors associated with falls include:

- ✓ Older age
- ✓ Vision problems
- ✓ Muscle weakness
- ✓ Medications (being on 4 or more)
- ✓ A history of falls
- ✓ Medical conditions such as diabetes, arthritis, stroke and fear of falling

Clients with other medical conditions may be required to get medical clearance from their GP.

All clients will undergo a full assessment involving the completion of a health questionnaire, sub maximal cycle exercise test and other functional tests as required.

The results obtained from testing will assist the Exercise Physiologists to design an individualised exercise programme to the client's needs and health status. During each session clients will be monitored with heart rate, blood pressure and oxygen saturation taken pre, during and after exercise. This ensures clients are safe to undertake their exercise programme and exercise within recommended levels and individual limitations.

All clients will also be provided with an individualised exercise programme that they can perform independently outside of the Balance and Falls Prevention Programme.

TIMETABLE

Clinic Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9.00am-11.00am	Cardiac Clinic	Cancer clinic	Open Clinic	Balance Clinic	Open Clinic	
1.00pm-3.00pm	Open Clinic	Open Clinic	Pulmonary Clinic	Open Clinic	Diabetes Clinic	
5.00pm-7.00pm	Lifestyle Clinic		Open Clinic			

Participants are advised to attend the clinic specific to their condition and can attend any of the open clinics throughout the week.

Each clinic is limited to 10 participants.

12 WEEK PROGRAMME PACKAGES

12 Week Exercise Programme Packages

Bronze:	Silver:	Gold:
\$12.00 Weekly	\$25.00 Weekly	\$55.00 Weekly
\$144.00 Full Cost	\$300.00 Full Cost	\$660.00 Full Cost
<ul style="list-style-type: none"> • 1 supervised clinic per week • Unlimited gym access • Basic pre-screen assessment • Tailored Exercise programme 	<ul style="list-style-type: none"> • 2 supervised clinics per week • Unlimited gym access • Comprehensive physical assessment • Basic post programme progress report 	<ul style="list-style-type: none"> • Unlimited supervised clinics • Unlimited gym access • Advanced physical assessment • Fitness Testing • Detailed post programme progress report

Call us for a free consultation

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 [facebook.com/switchedonorg](https://www.facebook.com/switchedonorg)

Hours

Monday - Friday
7am - 7pm

Saturday 8am - 12pm

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