

How do I book in?

An initial assessment in our rooms (either Maroochydore, Buderim or Nambour) is required before you get started in the gym, this ensures our physiotherapists can thoroughly assess you and tailor a gym program to best suit your individual needs.

A doctors referral is not required (unless you are covered under Veteran's affairs), but we do recommend that you get your doctors clearance to begin physical activity especially if you are recovering from an injury. We do liaise closely with your medical practitioner, to ensure the best results.

Classes are fully covered by Veteran's Affairs, and health fund rebates also apply!

CLASS TIMES (120 King St, Buderim)

MON: 8:30 - 9:30am
TUE: 8:30 - 9:30am
THU: 8:30 - 9:30am



FEES:

1hr class \$23.00

HCC holders/pensioners \$21.00

*Fully covered by Veteran's
Affairs
Health fund rebates
available*

Sports & Spinal PHYSIOTHERAPY CENTRES

Maroochydore

'Chateau Royale' 19 Memorial Avenue
Maroochydore Q 4558

Ph: **5479 1777**
mphysio@sportsandspinalphysio.com.au

Buderim

120 King Street
Buderim Q 4556

Ph: **5476 9068**
bphysio@sportsandspinalphysio.com.au

Nambour

16 Daniel Street
Nambour Q 4560

Ph: **5441 2744**
nphysio@sportsandspinalphysio.com.au



Seniors' Gym Classes

Don't let pain interfere with your life...



BUDERIM MAROOCHYDORE NAMBOUR

Sports & Spinal

PHYSIOTHERAPY CENTRES

Why exercise for Seniors?

Strength and mobility – exercise helps to prevent stiffness in your joints and helps to strengthen your muscles.

Joint pain—exercise can help to reduce joint pain, especially pain involved with OA (Osteo-arthritis) of the knees.

Fitness – exercise increases your heart rate and can improve your fitness by enhancing the efficiency of your heart and lungs.

Weight – exercise increases the amount of energy your body burns up and, in combination with a healthy diet, can help to control your weight.

Sleep – exercise can improve your sleep by increasing your sense of well-being and making you a bit tired.

Bone health and fractures – exercise is important in the prevention of osteoporosis, and can reduce the risk of falling by improving your balance.

What exercise is best?

Increasing your fitness level means being able to do more with less effort. Remember:

- Incorrect exercise can be worse than no exercise
- The right exercises need to be done correctly and regularly
- Monitor your progress eg. check for improved walking times or increased distances
- Always warm up and end with some muscle stretches, this helps prevent injury and stiffness
- Wear sensible, comfortable clothes and shoes when exercising
- Don't over exert yourself. You should be able to talk or whistle whilst exercising otherwise you are working too hard



How can physiotherapy help you?

Physiotherapists are highly skilled in developing exercise programs to suit the needs of seniors and are particularly concerned with people who have a condition which limits them physically e.g. arthritis, stroke, a fracture, osteoporosis or heart disease.

Sports & Spinal's 'Seniors' gym classes' provide an enjoyable and social environment with physiotherapy supervision. This means that all exercises are taught and supervised by a fully qualified physiotherapist.

All patients are thoroughly assessed prior to commencing classes to tailor a program to suit your specific needs, to optimize your physical function and fitness and can help you to remain mobile or improve your mobility.

Medical evidence shows that if you keep fit by exercising regularly, you increase your chances of living a healthier life - Feeling well, looking well, maintaining your lifestyle.