



Mid Mountains Neighbourhood Centre Incorporated

ABN: 77 315 591 091

Thank you for your inquiry about the **Strengthening Exercise Classes** held at the Bullaburra Progress Association Hall.

Coordinated by **the Mid Mountains Neighbourhood Centre**, the classes are conducted by a Registered Fitness Instructor, specially trained to offer this program. Below is some general information about the program.

Research suggests that resistance training, or strength training, can improve strength, functional ability, balance, bone density and depression. It can reduce and combat the risks of cardiovascular illness, falls and fractures. These benefits suggest that it should be widely available. Until recently, however, resistance-training programs have largely been conducted at hospitals or gyms, often being too costly and inconvenient.

Strengthening Exercise Classes was designed by a physiotherapist and is adaptable to each individual, depending on their health and fitness capabilities. Qualified and dedicated fitness instructors, who have received training specifically in strength training for seniors, conduct the classes.

WHO CAN PARTICIPATE?

There are very few reasons why a person could not participate in a strengthening program. Both fit and frail people can benefit. If done safely and correctly, resistance training has been shown to improve common chronic conditions such as arthritis, osteoporosis, depression, joint replacements, stable diabetes and stable ischaemic heart disease.

However, the program is not intended for extremely frail individuals with significant mobility problems, or as a replacement for someone needing a rehabilitation program.

Individuals with the following conditions cannot participate:

- *uncontrolled heart problems or chest pain,*
- *uncontrolled diabetes,*
- *uncontrolled hypertension,*
- *a hernia or known aneurism.*

Enclosed are details about class time, location and cost. **If you would like to book in for the coming term, please complete the attached Registration Form and Medical Clearance Form, and bring the forms and fees to the class you wish to join.**

All participants must have a complete health assessment conducted by their GP, and have the attached Medical Clearance Form filled out and signed by the GP prior to commencing classes.

If you have any questions, please ring the Neighbourhood Centre on 4759 2592.

Kind Regards,

MICK BARRETT, MMNC MANAGER

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