



**FOR
ACTIVE
AGEING**



**SPORT
AUS**

MOVE IT AUS
BETTER AGEING
GRANT

Exercise Right for Active Ageing – Subsidised Group Exercise Classes

What is the ERAA project?

The ERAA project provides up to **12 subsidised group exercise classes** to older Australians over the age of 65 living in the community.

These classes are delivered by university qualified exercise professionals who are trained and experienced in providing safe and effective exercise interventions.

Proactive Pilates is one of our program facilitators and offers Reformer Pilates based classes tailored to all ability levels.

Eligibility

Each potential participant must satisfy the following criteria:

- Over the age of 65
- Classed as *inactive* according to the Department of Health guidelines (less than 30 minutes moderate intensity exercise most days of the week)
- NOT receiving subsidies for exercise classes through another funding source at the same time (e.g. DVA, aged care or private health exercise physiology subsidies)

Costs

The costs for each participant are outlined below:

- Individual assessment: \$18.50
- Group classes: \$8.00 per class

The individual assessment is paid as a once-off before starting classes.

Target Audience

Anyone who is interested in being more active would benefit from attending regular classes, and the social benefit of exercising together.

Participants who have the following goals would benefit significantly from the following types of classes:

- Falls prevention
- Better balance and mobility
- Classes to manage specific chronic conditions (arthritis, hypertension, heart disease)
- Anyone who wants to get advice and support to be more active

Getting involved

Please contact our Accredited Exercise Physiologist Teresa Holmes at Proactive Pilates to register for your Individual Pre-screening Assessment.

Mobile: **0407 422 290**

Email: teresa@proactivepilates.com.au

Location: Proactive Pilates – Horizon Building Unit 1, 18 Brighton Road Scarborough (cnr Brighton Rd and West Coast Hwy)