

## **XOSIZE HEARTMOVES EXERCISE PROGRAM**

**Heartmoves** is a low to moderate exercise program designed and managed by the Heart Foundation, suitable for anyone who hasn't done any exercise in a while. The course is run by an accredited personal trainer specifically trained in managing safe low to moderate intensity exercise programs.

**Heartmoves** is open to everyone and designed to be safe for people with stable long-term health conditions such as cardiac or diabetic conditions or are at risk of a chronic disease.

**Heartmoves** includes;

- warm up, cool down and stretching
- aerobic and resistance training
- balance, coordination and flexibility
- individual and group programs

**Heartmoves** can help:

- lower blood pressure
- improve cholesterol control
- manage weight
- improve well being and quality of life
- manage diabetes
- improve balance and flexibility
- improve sleep
- improve bone mineral density
- with arthritis management
- prevent falls and injuries from falls.

Your **Heartmoves** leader will explain each exercise to you. Your questions are most welcome. Exercises can be adapted for special needs and done in a chair.

**Heartmoves** leaders will help you complete a pre-exercise screening form and you may need to consult your GP before starting a Heartmoves program.

**Heartmoves** is for everyone!

- Begin physical activity
- Maintain a healthy lifestyle
- Continue your exercise after rehabilitation
- Have fun!

**Heartmoves** – getting ready!

- Wear comfortable casual clothing
- Wear well fitting shoes

- Bring a drink bottle and towel
- Bring any medications you might need while exercising.

**Your Heartmoves Leader:**

- Your leader has been trained by health and legal professionals from the National Heart Foundation of Australia and the Health Department.

**For further information please contact**

Jo Bransby (Xosize Personal Training) –0407826330 or email [jo@xosize.com.au](mailto:jo@xosize.com.au)

Or visit the Heart Foundation website:

[http://www.heartfoundation.org.au/Healthy\\_Living/Physical\\_Activity/Exercise\\_Programs/Pages/default.aspx](http://www.heartfoundation.org.au/Healthy_Living/Physical_Activity/Exercise_Programs/Pages/default.aspx)