



Get Active

With Active Physiotherapy Mackay's Program

Active Physiotherapy Mackay in conjunction with Northern Queensland Primary Health Network (NQPHN) are running 2 sets of FREE exercise classes in 8 week blocks throughout the year.

GET ACTIVE - a program for people who are unaccustomed to exercise. Conditions that participants may have include but are not limited to diabetes, heart or lung conditions and obesity. A higher-impact & intensity exercise class focusing on aerobic, resistance and balance exercise to help individuals maintain their independence. Perfect for those who already complete some physical activity but are looking for more guidance and variety.

GET BALANCED - for people who are medically deconditioned, have osteoporosis, poor balance, are frail, elderly or those with neurological conditions leading to reduced balance and unsafe to exercise independently. These classes will promote healthy lifestyles by encouraging structured exercise at home, incorporating movement into daily living, and giving participants the knowledge to perform exercise safely at home.

CLASS INFORMATION

Location: Mackay - Studio 53, 53 Gregory St.
Sarina - St Lukes Hall, 58 Broad St.

Dates: For current dates and times, please contact Active Physiotherapy Mackay on **4953 3557**

Classes will be 45 minutes duration, water and fresh fruit will be provided. We request participants make themselves available for the duration of the classes. A health screening questionnaire will be required before commencing and possibly GP clearance to exercise.

Classes will fill quickly so please call Active Physiotherapy Mackay on **4953 3557** to secure your spot.



FREE



Active
Physiotherapy
Mackay

phn
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An Australian Government Initiative