



**FOR
ACTIVE
AGEING**

**SPORT
AUS**
MOVE IT AUS
BETTER AGEING
GRANT



BETTER AGEING CLASSES TO HELP YOU EXERCISE RIGHT

Exercise Right has been awarded funding through the **Move it Aus – Better Ageing Grants Program**. Through the Better Ageing Grant, we're able to deliver subsidised exercise classes to older Australians over the age of 65.

The aim of the project is to:

- Provide affordable access to exercise classes led by university qualified professionals
- Provide education to enhance understanding of health, weight management, and managing chronic diseases and depression

ELIGIBILITY

The program is open to inactive older Australians over the age of 65 years. You must complete a pre-screening assessment prior to commencing the classes.

WHAT'S INCLUDED?

Each participant may be eligible for:

- 1 x pre-exercise screening
- 1 x pre-assessment
- 12 x 1-hour sessions
- 1 x post-assessment

HOW MUCH DOES IT COST?

- A co-payment of \$8 is required for each class. An additional one-off payment is also required for your pre-assessment. Prices vary – please contact your local provider for more information.

WHO RUNS THE CLASSES?

Each class will be run by a university qualified **Accredited Exercise Physiologist (AEP) or Accredited Exercise Scientist (AES)**. The classes are delivered either at a physical facility or via an approved Telehealth provider.

The benefits of attending a class run by an accredited exercise professional include:

- Improved safety during exercises
- Exercises that are better targeted to your needs
- Ongoing health and advice to help you stay active
- Referral pathways to other health professionals or services that may suit your needs