



## **Educating and changing patient's attitudes about physical activity and exercise can be challenging.**

That's why Arthritis NSW, Diabetes NSW & ACT, the Heart Foundation and COTA NSW have brought a range of programs together under the banner of "Stay Strong to Keep Moving" to help your patients make physical activity a regular part of their life!

### **Benefits of Exercise**

Exercise is important at any age. But what many people don't realise is that as we get older regular exercise stops us from losing strength and balance, reduces the incidence of falls, decreases the reliance on medical support and increases independence.

### **Stay Strong to Keep Moving Programs**

If you recommend one of the "Stay Strong to Keep Moving" programs to your patients they'll not only get all the benefits of regular exercise, they'll also meet new people, [improving](#) their emotional and social wellbeing. Wouldn't it be amazing it see your patients glowing with good health?

Between us, we offer a range of safe, effective, and affordable strength and balance programs delivered by trained and accredited exercise professionals.

The Beat it, Living Longer Living Stronger and Strength and Balance programs are designed around the individual patient's abilities and needs. While Heart Foundation Walking will help patients build 30 minutes of physical activity into their daily routine.

### **All the programs are designed to:**

- ✓ Encourage participation in aerobic and/or resistance exercise
- ✓ Promote sustainable behaviour changes
- ✓ Enhance self-management of health and chronic conditions
- ✓ Promote social connections and inclusion
- ✓ Be accessible and cost-effective
- ✓ Improve balance to help reduce the incidence of falls
- ✓ Help people stay independent for longer

### **How can you get your patients involved?**

Print and display our campaign poster in your consultation rooms and waiting areas.

Talk to your patients about physical activity and encourage them to scan the QR code [↗](#)



# STAY STRONG TO KEEP MOVING



## Heart Foundation Walking online and face to face

Regular walking is one of the simplest ways you can improve your health, and walking in a group has social benefits too. Heart Foundation Walking offers walking groups as well as Personal Walking Plans.

To find out more visit: **walking.heartfoundation.org.au**



## Living Longer Living Stronger face to face

COTA NSW Living Longer Living Stronger is designed to help people aged 50 plus improve their strength, mobility and balance. Participants receive an individual assessment to develop a tailored exercise plan, before joining a fun and friendly group to work towards individual goals.

To find out more: **cotansw.com.au/programs**



## Strength and Balance online

The Arthritis NSW Strength and Balance Program is designed to help people living with arthritis and other musculoskeletal complaints. It's a social program developed to support healthy joint function, build strength, manage pain, improve mobility and support healthy balance.

To find out more visit: **arthritisnsw.org.au**



## Beat It online and face to face

Beat it is an eight-week physical activity and lifestyle program from Diabetes NSW. It includes moderate-intensity aerobic, strength and balance-based exercises, as well as education sessions on healthier living. Suitable for all levels of fitness.

To find out more visit: **diabetesnsw.com.au/education-events**

