

HEARTMOVES



Heart Foundation

THE GREAT TRIFECTA...

BALANCE, HEARTMOVES
AND ME!!!



BALANCE
HEALTH CLUBS

WESTS 

I am a Balance Heartmoves member because I:

- ✓ Enjoy FUN, safe, regular and appropriate exercise
- ✓ Love the **Heartmoves** program and want to continue to participate
- ✓ Accept the safety regulations established by the Heart Foundation in the **Heartmoves** program
- ✓ Choose this membership option which provides access to a great range of designated **Heartmoves** programs (please see **Heartmoves** timetable for the full selection of **Heartmoves** programs)
- ✓ Appreciate the friendly, qualified instructors
- ✓ Am a pensioner
- ✓ May have been recommended by my doctor to exercise and/or may have a medical condition that can limit my capacity to exercise
- ✓ Enjoy the social environment of the **Heartmoves** Program
- ✓ Believe it is great value, adds to my health and quality of life, it is great fun and a wonderful experience

**“To be or not to be is not the question,
the question is how to prolong being”**

- *Tom Robbins*

NEW LAMBTON

AM CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10.00-10.45					Heartmoves Lvl 2	
10.00-10.45					Heartmoves Circuit Lvl 1	
10.15-11.00	Heartmoves Circuit Lvl 1	Heartmoves Circuit Lvl 1		Heartmoves Circuit Lvl 1		
11.00-11.45	Heartmoves Circuit Lvl 2	Heartmoves Circuit Lvl 2	Heartmoves Circuit Lvl 2		Heartmoves Circuit Lvl 2	Heartmoves Lvl 2
PM CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5.30-6.15	Heartmoves Circuit Lvl 1					
6.30-7.15				Heartmoves Circuit Lvl 2		
7.15-8.00		Heartmoves Circuit Lvl 2				

MAYFIELD

PM CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11.00 – 11.45					Heartmoves Lvl 1
12.00-12.45	Heartmoves Lvl 1		Heartmoves Lvl 1		Heartmoves Lvl 2
1.00-1.45	Heartmoves Lvl 2		Heartmoves Lvl 2		

Heartmoves

Do you want to start exercising gently at your own pace, meet new people, be more physically active and become healthier? If you are concerned about your health, have high blood pressure, have high cholesterol, have diabetes, have a heart condition, have had heart surgery, are overweight or want to continue exercising after rehabilitation, then **Heartmoves** is for you!

With regular exercise you can help lower blood pressure, improve cholesterol control, help manage weight, help manage diabetes and improve well being and flexibility.

Heartmoves is a low to moderate exercise program suitable for anyone who hasn't done any exercise for a while and would like to start gently in a friendly and professional atmosphere. There are two levels to choose from, Level 1 is an easier class and Level 2 is an intermediate class.

Heartmoves programs are run by fully qualified professionals trained in conjunction with the National Heart Foundation. Fitness leaders are specially trained in managing low to moderate exercise programs suitable for people with cardiac or diabetic conditions.

All programs include screening and, if needed referral to your doctor for a medical clearance to exercise.

HEARTMOVES TESTIMONIALS

Fantastic – great instructors – friendly atmosphere. What more could you ask for. My husband Keith had a big operation 4 years ago. They had to open him twice more in less than 24 hours. He spent 5 weeks in a coma. Home after 7 weeks. He was advised to continue **Heartmoves** at Balance. I attend with him and it was the best move ever. Congratulations to **Heartmoves**!

- Patricia Wilkinson

I have a problem with my breathing as I am a chronic asthmatic and after 4 years at **Heartmoves** I feel that I can cope I am now enjoying my life and feel fit too. But best of all I have not been to hospital for 4 years.

- Margaret Balcombe

After heart surgery, joining **Heartmoves** has given me better health and new friendships. It's the best move I've made – I feel like a recycled teenager.

- Joyce Weaver

Heartmoves was introduced just after my open heart surgery. Not capable of doing more than 5 minutes at a time, I can now enjoy the full 45 minutes of fun. The girls instructing are fantastic and the companionship of fellow participants is wonderful and beneficial to all.

- Joan Duggan

After having 2 heart attacks in 2000, I was told about the **Heartmoves** Program by the staff at the John Hunter Hospital. I started the program in mid 2000 and have been coming ever since. I have found the staff at Balance New Lambton to be very helpful and friendly. I have made many friends over the last 6 years. I hope I can continue to be an active member of the **Heartmoves** classes for many years to come.

- John Adamson

I joined **Heartmoves** after being diagnosed with diabetes. The exercise enabled me to cut my tablets by one third and eventually I was able to get fit enough to ride my motor bike from Tokyo to London across Russia.

- Bruce McLean