



AIREYS FUN WITH FITNESS

Aireys fun with fitness is a program designed to increase strength and agility and keep you fit on your feet. You're never too old to gain muscle strength – in fact, strength training is especially important as we get older. Strength training can help you to:

- Stay active and independent with everyday activities like shopping, gardening, climbing stairs and playing with the grandchildren
- Prevent or manage chronic conditions like arthritis, osteoporosis, type 2 diabetes and cardiovascular disease
- Manage your weight
- Improve your posture, balance, coordination and flexibility
- Build confidence and self-esteem.

When: Tuesday at 10.30am - 12.00pm

Where: Airey's Inlet Hall

Cost: \$10.00 Morning tea included

Bookings: Call 03 5289 4316

Enquiries: Email info@gorh.vic.gov.au

An assessment by a physio or exercise physiologist required before first class. To book in for your assessment or for more information, please call or email using the details above. Please bring your own water bottle to class.