

Heart Foundation  
**Heartmoves**



Helping all Australians Stay active for life

### What is Heartmoves?

Heartmoves is a gentle physical activity program designed to be safe for people with stable long term health conditions such as cardiovascular disease, diabetes, arthritis, osteoporosis and obesity. Heartmoves is also suitable for anyone who hasn't exercised in a while and is ideal for falls prevention.

Heartmoves is run by accredited exercise professionals specifically trained in managing safe, low to moderate intensity physical activity programs. Classes are limited in size to ensure maximum safety for the participants.

### Heartmoves can help to

- lower blood pressure
- improve cholesterol control
- manage weight
- improve wellbeing and quality of life
- manage diabetes
- improve balance and flexibility
- improve sleep
- improve bone mineral density with arthritis management
- prevent falls and injuries from falls

Your Heartmoves leader will explain each exercise to you. Your questions are always welcome. Exercises can be adapted for those with special needs and can always been done in a chair.

### Join a Heartmoves class to:

- Increase physical activity
- Maintain a healthy lifestyle
- Continue your exercise after rehabilitation
- Have fun and meet people

### Typical elements of exercise programming in a Heartmoves class include:

- resistance training
- strategies to improve balance, flexibility and co-ordination
- functional movement; and
- aerobic fitness and endurance training

Visit [heartmoves.org.au](http://heartmoves.org.au) or contact Heartmoves on **03 9693 9777** or [heartmoves@ymca.org.au](mailto:heartmoves@ymca.org.au) to find your nearest Heartmoves program.

