



Keep Moving

is a Brain, Balance & Strength Class
by
East Gosford Physiotherapy
& Exercise Physiology



This program is suited for people over 60yrs who have lost the habit of exercise & may have pain & stiffness barriers to exercise. It suits people who don't fit into a gym or boot camp scenario but also NOT suited to a senior citizens exercise group. This group of people need to KEEP MOVING, but often become sedentary & lose their motivation.

WHERE
EAST GOSFORD
Physio & Exercise
Physiology
'Exercise Room'

WHEN
9AM Weekdays*
(*days vary)

Cost
Casual Class \$18
8 Class Package \$128 (\$16 each
& this class can be claimed
through your health fund)

KEEP MOVING
provides **SIMPLE,**
FUN & MOTIVATING
EXERCISE
which considers
STRENGTH & BALANCE
Using the latest research
into **BRAIN HEALTH**
which tells us that
REGULAR EXERCISE
helps maintain
NORMAL HEALTHY
BRAIN FUNCTION!

Instructor
Accredited
Exercise Physiologist

TYPE II Diabetes
If you have Type II Diabetes
you are entitled to 8
Medicare funded sessions
with the correct referral from
your GP to our Exercise
Physiologist

Ideal for people recovering
from Cancer Treatment in
conjunction with our
Strong Survivors Program

- You will be provided with a Tax Invoice with your instructors provider number.
- Your Private Health Insurance must provide a rebate for Group Exercise Physiology to be able to claim.
- Type II Diabetes patients require a referral to claim Medicare.



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