



Seniors Exercise Park in Thomastown

36 Barry Road, Thomastown



City of Whittlesea

Free fun outdoor exercise for community members aged 50 and over.

What is the Seniors Exercise Park?

- ✓ An outdoor exercise space that includes several exercise stations specifically designed for older people to improve strength, balance, flexibility and mobility

Why use the Seniors Exercise Park?

- ✓ It aims to help you improve your balance, strength, functional movement, range of motion and mobility
- ✓ It has some unstable surfaces that challenge balance, and promote core strength
- ✓ It is a great way to socialise and have some fun
- ✓ It's easy and free to use!

Why exercising outdoors?

- ✓ It is great for your mental and physical health
- ✓ It can improve your mood and reduce stress

Come and try sessions including morning tea

**Tuesday 15 August and 17 October,
10am–11.30am**

Trained staff and volunteers will be on site to assist with the proper use of the equipment.

Bookings preferred. Email
leap@whittlesea.vic.gov.au
or phone on 9407 5940.

The weekly
Seniors Exercise
Park program
commences
Tuesday 22 August
10am-11.30am.

Why physical activity is good for you

Physical activity is very important for your health and wellbeing, so start by doing activity, and gradually build up.

- ✓ It is good for your health and can reduce the risk of developing chronic diseases (such as heart disease, diabetes, cancer)
- ✓ It can make you stronger, fitter and function better in life
- ✓ It is good for your mental and cognitive health



If you require further assistance please call the City of Whittlesea Ageing Well Department on 9407 5940 or leap@whittlesea.vic.gov.au

Examples of exercises you can do using the Seniors Exercise Park

Balance exercises

Balance Beam



This exercise improves your balance for walking safely on awkward surfaces such as uneven paths.

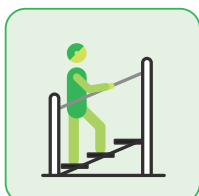
Gangway



This exercise improves balance on uneven and unstable surfaces.

Coordination and functional movement exercises

Stairs



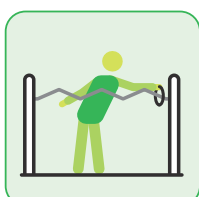
This exercise strengthens the leg muscles and improves ability for using stairs.

Walking Ramp and Net



The exercise helps with balance and strengthens the leg muscles. It also helps with negotiating obstacles, and clearing and positioning your feet when walking.

Snake Pipe - Small Wave



This exercise strengthens and mobilises the shoulders and back, improves reaching skill and balance.

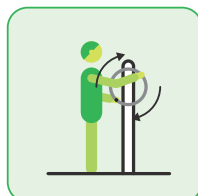
Mobility and flexibility exercises

Snake Pipe - Big Wave



This exercise improves strength and mobility of the shoulders.

Hand Roll



This exercise helps mobility of the neck, shoulder and elbow joints.

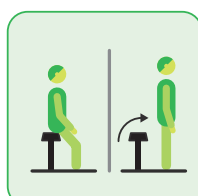
Strength exercises

Push Up



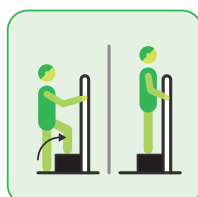
This exercise strengthens your arms, shoulders, back and core muscles.

Sit to Stand



This exercise strengthens your leg and back muscles.

Step Up



This exercise strengthens the leg muscles and improves ability for using stairs.

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