

Heart Foundation

Heartmoves



- Heartmoves is a gentle physical activity program that is suitable for people with stable chronic conditions (CVD, Diabetes, Obesity).
- Heartmoves is a non-medically supervised, community-based, low-moderate intensity exercise program delivered by licensed Heart Foundation Heartmoves leaders.



Heartmoves Exercise classes -

- Low to moderate intensity
- Varied to each clients pace
- Seated version or option of all exercises
- Monitoring & supervision (RPE 3-5 Borg)
- Communication with Health Professionals
- Screening and medical clearance
- Group or Personal Training options
- Completely ongoing (no end date)



Heartmoves Classes



- Classes are fun and social (include group exercises like ball throwing/catching)
- Functional exercises in every class eg; sit to stand, weight transfer exercises like reaching and grabbing an object.
- Clients encouraged to work within their limits. Seated or support options are provided.
- Delivered in a group setting; social benefits
- Numerous venues around the state in community centers, church halls, fitness centers and also aged care facilities.



- Delivered only by an accredited Heartmoves leader
- Encourage clients to be aware of and communicate symptoms of exercise intolerance
- Class size limited depending on conditions of clients
- **All Heartmoves classes must have;**
- Warm-up and Cool-down
- Blended components of:
 - aerobic and endurance , **strength training** and **balance**
 - resistance, flexibility, co-ordination



Heartmoves Leaders -

- Are registered, licensed and accredited exercise professionals with current CPR
- Attend specialised Heartmoves Leader Training Course
- Undertake reaccreditation training in **Falls prevention**, Stroke and MS(multiple sclerosis)
- Have Professional Indemnity + public liability coverage





Specific exercise for Falls Prevention

- To prevent falls, we know that exercise programs need to include:
 - challenging balance exercises as well as strength
 - at least 2-3 hours exercise/week
 - ongoing exercise



Objectives of the practical training at Falls workshop.



- the concept of balance
- types of exercise to include in a falls prevention program
- how to develop challenging balance exercises and adapting them for different functional levels
- how often older people need to exercise to prevent falls
- important features of a falls prevention program







Key considerations for balance exercises in Heartmoves

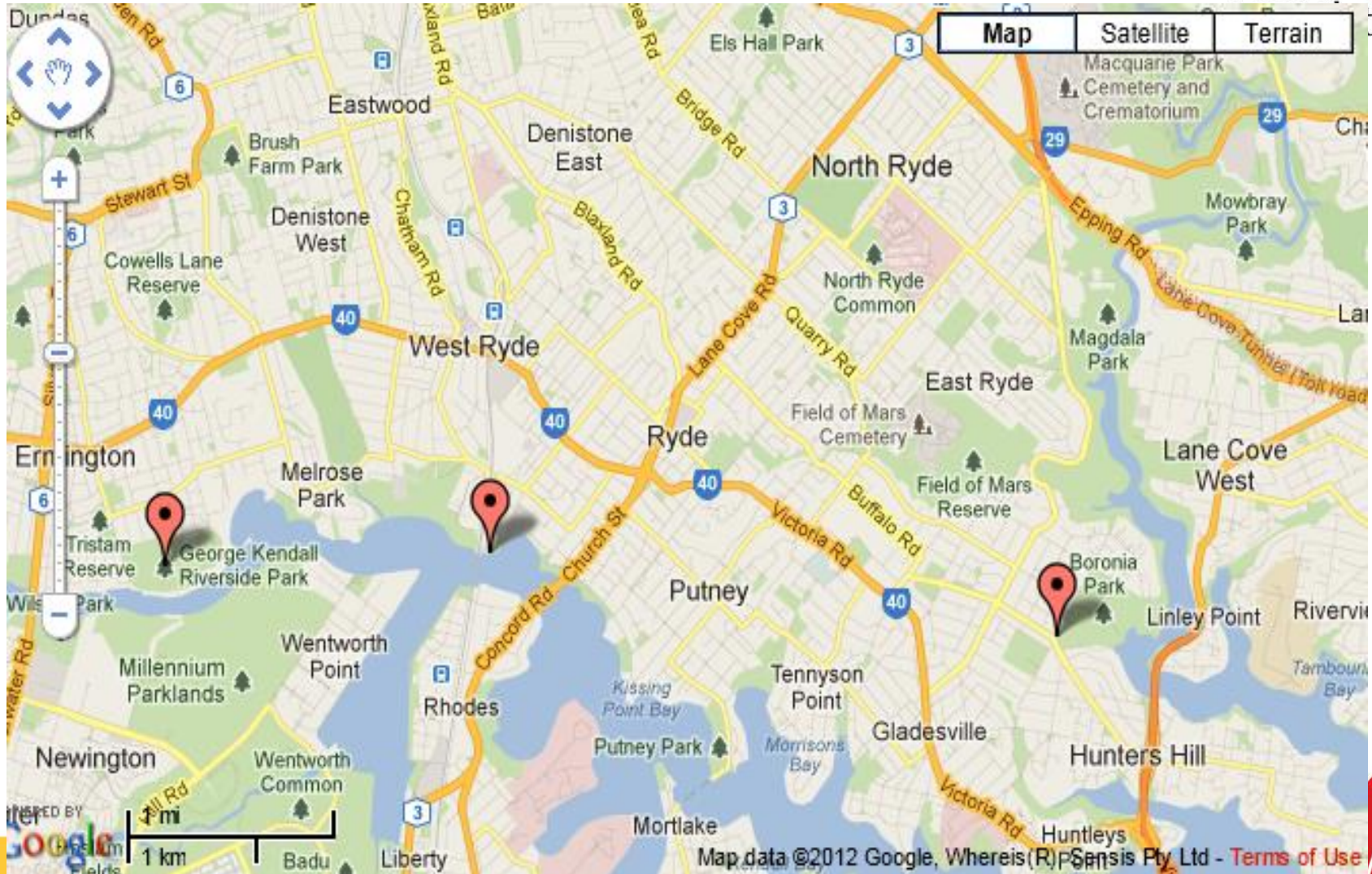


- Challenging
- Monitored and progressed
- Safely completed
 - Appropriate level
 - Safe environment and support
 - Consider attention, fear of falling and safety perception
- Functional





How do you find a Heartmoves class near you?



Heartmoves