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 e.g.; 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?