

Term 2, 2021 Participants Newsletter



Dear Healthy Lifestyle Participants,

We hope you have settled back into your classes. While we understand the process of signing in and taking the additional precautions for COVID-19 has been demanding for everyone, we wanted to thank you for your support and patience. We hope you have dusted off the cobwebs, have your joints moving more freely and are starting to feel the benefits of regular exercise again!

Exercise Equipment in Classes

To ensure the safety of all, Healthy Lifestyle is not looking to provide participants with exercise equipment or allow use of shared equipment in our classes.



We are supportive of you bringing your own exercise equipment to class especially where this allows you to maximise the benefits you gain. We suggest you consider the following important points:

- Speak to your class Leader about appropriate equipment to suit your needs (E.g. small hand weights, resistance bands, pool noodles).
- Consider your own safety in carrying and transporting the equipment to and from class. E.g. use of a carry bag/back pack/trolley.
- Take responsibility for the cleaning and care of your own equipment.
- Ensure you take any equipment back home after each exercise class. There will be no storage facilities provided at venues.

Term 3 Enrolment

Enrolments for Term 3 2021 will open on Friday 11th June 2021

(Enrolments will not be processed prior to this date)

- All participants are required to re-enrol each term.
- Term brochure and forms will be available from the WEBSITE in early June.
- No forms or course codes will be distributed by Leaders in class.



- No phone enrolments will be taken.
- Enrolments will be on a first come, first served basis.

Please refer to our website or contact our staff in early June for more information.

MARK in your calendar for enrolling over the June long weekend.

Class review – Functional Strength and Balance

Our previous Strength Training classes were changed to Functional Strength and Balance (FSB) classes this term to ensure they could continue without the requirement for equipment.



Similar to Strength Training, our FSB classes help with strength, coordination and balance by using muscles that work together to perform everyday movements. Some of the key muscle groups which are targeted include the gluteals, quadriceps and hamstrings, in the lower body, and the back and abdominal muscles, in the trunk, which are crucial for upright posture and walking.

Many of the exercises in the FSB classes challenge the muscles by using one's own body weight – which is ideal for working many muscle groups at once! Remember Tarzan did not have a set of dumbbells in his tree house but he did keep strong with a lot of swinging and jumping in the jungle!

FREE Healthy Ageing Webinar

Attend a FREE Healthy Ageing webinar on Tuesday 25 May at 12:30pm! This is a free webinar presented by SMG Health and supported by NSW Health.

Growing older is one of few inevitabilities in life, but poor health does not need to be inevitable! In this webinar, the following is explored:

- The health of older Australians
- How we can improve our health as we age
- Programs available in NSW to support healthy ageing.



To register for the webinar visit: <https://bit.ly/3dIEpJF>

Healthy Lifestyle Refunds

With unforeseen closures already impacting on Term 2 classes, Healthy Lifestyle are processing these class refunds as quickly as possible. Please be aware that refunds will be returned by the method of payment we received your Term 2 enrolment and do take 4-6 weeks for processing.

To keep up to date with Healthy Lifestyle class arrangements and any changes due to COVID-19 please continue to call our participant HOTLINE number on 8877 5335.

**Kind regards,
The Healthy Lifestyle Team**

If you would like to be removed from this participant mailing list please email:
nsldh-healthy lifestyle@health.nsw.gov.au.

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