

Murray and Campaspe Strength and Balance Program

in Your Community

A guide for Health Professionals

What is Strength and Balance Training?

A group-based activity that uses light weights to gradually increase participants muscle strength.

The activity works to strengthen muscles, retain bone density, improve balance and keep joints more flexible. Best practice guidelines recommend participants attend two sessions per week to gain maximum results.

You can be assured that Strength and Balance programs in the Murray and Campaspe Shire are safe. The instructors have a Certificate 3 in Fitness and are registered with VicFit or have a National Fitness Organisation's registration. They have expert knowledge of safe, and effective exercises.

The program is also supported by a visiting physiotherapist, who will assess each client and recommend appropriate exercises based on their medical conditions.

What information do instructors need to know?

If participants have any existing medical conditions the instructor and physiotherapist may ask the doctor to provide some medical information before participants are able to start the program. Relevant details include whether the participant has diabetes, heart problems, arthritis or osteoporosis, high blood pressure, asthma and any other condition that may affect the exercise the participant can do safely.

Why is this information needed?

The consulting physiotherapist and instructors want to give participants the best chance of benefiting from the exercise. Knowing if participants have any medical problems allows them to tailor the exercises to suit participants individual needs. This will ensure their safety and help prevent any harm.

How can I refer clients to Strength and Balance programs?

There are strength and balance programs available in all towns across the Shire of Campaspe and in Moama. Please refer to the strength and balance brochure for details or contact your local Community House, Community Health Service or the Shire of Campaspe.

