

## Strength & Balance classes live on Zoom

Research has shown that strength training can alleviate the effects of chronic conditions such as Arthritis, Type 2 Diabetes, Osteoporosis and Heart Disease. Strength training has also been shown to:

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Improve balance and reduce risk of falling

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Enhance mental wellbeing

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Improve body composition (more muscle, less fat)

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Raise self-esteem and self-confidence

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Reduce lower back pain

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Improved ability to undertake activities of daily living and maintain an independent lifestyle

## More details and how do I get involved?

**Initial 1 to 1 Assessments for all clients by an accredited exercise professional and a personalised exercise program written to your needs/goals**

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Supervised, progressive strength training sessions by Strength for Life Instructor/Exercise Physiologist to oversee the sessions.

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An accessible and safe online environment for people 50 years and over and an opportunities to socialise with others online after class

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**Only \$85 for initial 1 to 1 Assessment & Exercise program by an Accredited Exercise Physiologist, includes 4 classes, \$15per class thereafter, or blocks of five class for \$60 (You may be eligible for Medicare or Health fund rebate)**

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**Venue: Online platform zoom - free to [download here](#)**

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**Strength for Life Facilitator: Jacquie Sekulovski**  
Exercise Science Sydney

**For more information or book your assessment:**

**Call Trent on 0402 333 853**

**Email: [exercisesciencesydney@gmail.com](mailto:exercisesciencesydney@gmail.com)**