



Professional Development

Best practice structured exercise for people as they get older

Who: Personal trainers, fitness instructors, allied health assistants and other exercise professionals, Health Service/Fitness Centre Managers are invited

Where: Terang Fitness, 18 Strong St, Terang

When: Fri 11 May 12.30-4pm (including a light lunch)

Program:

Facilitated by Karen Binks, exercise physiologist, nutritionist & professional development trainer

- Victorian Active Ageing Partnership and resources
Presenter: Genevieve Nolan, VAAP Program Manager, MOVE Muscle, Bone & Joint Health Ltd
- Discussion of structured exercise opportunities for people as they age.
The greatest public health gains come from people moving from being inactive to active – for the long-term.
- Practical tips & traps from experienced exercise professionals
Whether you lead gentle exercise, falls prevention sessions, water-based sessions, group gym/strength training circuits or boot camp. Tips and traps from experienced professionals are golden!
- Live Well Exercise Network – interest in joining a trial for 2018

Credits / points: For eligible participants, this event attracts:

- 1 CEC from Fitness Australia (waiting for approval for 3 CEC's)
- 1 PDP from Physical Activity Australia

To reserve your place:

Contact Clare Vaughan clare.vaughan@corangamite.vic.gov.au

or call Corangamite Shire Civic Centre on 5593 7100 by Friday 13 April

Cost: Free

Small businesses and not-for-profit organisations that are required to cancel classes and therefore lose income in order to attend, are invited to contact Clare to discuss payment of a modest reimbursement. Funds are limited; RSVP early to avoid disappointment.

This event is funded by Victorian Government Age-friendly Communities Grant.

