

Lifestyle Busselton

'Exercise Referral and Weight Management Program'



Who is the Lifestyle Exercise Referral & Weight Management Program for?

The Exercise Referral program exists in Busselton to help shift the balance from treatment of lifestyle related diseases, towards maintenance and prevention. By providing safe physical activity opportunities, our vision is to provide education as an alternative or support for treatment, and promote wellbeing through physical activity and social stimulation.

The Lifestyle program will suit anyone that is currently inactive or overweight with low to moderate risk factors. An individual may be referred to the program if the health care professional believes that they would benefit from follow up personalised physical activity, and are willing to attend.

Lifestyle Program Busselton Structure

This 12 week support program consists of start, middle and end progress checks, along with a solid program of regular weekly instructor lead and supervised sessions.

Appointments Free of Charge –

1. Initial appraisal
2. Gym Induction or meet and greet to recommended session
3. Mid way review (Week 6)
4. Final review (Week 12)

Cost per Lifestyle session – \$7.70

At the end of the Lifestyle program a feedback form will be provided to referring health care professionals, and referral client will be given positive future options to enable them to maintain self-sustaining activity.

Benefits of the Lifestyle Program

- Decreased risk of cardiovascular disease and mortality in general Coronary Heart Disease (CHD). Physically inactive people have approximately double the risk of CHD.
- Regular physical activity and healthy eating prevents or delays the development of high blood pressure, and reduces blood pressure in people with hypertension.
- Physical activity and healthy eating is also important in helping people to control their body weight, and in controlling diseases such as Diabetes.
- Specific forms of physical activity and healthy eating can help to reduce the risk of falls and accidents, by improving bone health and maintaining strength, coordination, cognitive functioning and balance.
- Physical activity and healthy eating reduces the risk of colon cancer and evidence is growing to support links with other forms of cancer.
- Moderate intensity physical activity combined with healthy eating enhances the immune system.
- Research on anxiety, depression and exercise shows that the psychological and physical benefits of exercise can also help reduce anxiety and improve mood.

Lifestyle Timetable

Sessions are available to GLC members, as well as participants referred from their General Practitioner, providing participants a pathway to renewed health and fitness. Participants are required to have a one on one session with a qualified Fitness Instructor who will provide you with a personalised program.

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GROUP FITNESS ROOM						
	8:00 AM			LIFESTYLE CIRCUIT		LIFESTYLE CIRCUIT

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GYM FITNESS CENTRE						
	8:00 AM		LIFESTYLE CIRCUIT		LIFESTYLE CIRCUIT	
	11:00 AM	SUPERVISED GYM SESSION		SUPERVISED GYM SESSION		SUPERVISED GYM SESSION
	6:00PM		SUPERVISED GYM SESSION		SUPERVISED GYM SESSION	

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AQUA AEROBICS						
	9:00 AM		LIFESTYLE AQUAFIT		LIFESTYLE AQUAFIT	

Lifestyle Class Description

<p>GROUP CIRCUIT</p> <p>GROUP FITNESS OR FULL MEMBERSHIP</p>	<p>Group session lead by Personal Trainer, that specialises in training seniors and referred clients. The session will be suitable for clients over 50 years, and referred clients with low to moderate health issues. All exercises will offer variations and suitable progressions and regressions will be provided for clients with varying needs.</p>
<p>GYM CIRCUIT</p> <p>GYM OR FULL MEMBERSHIP</p>	<p>Group session lead by a Personal Trainer that specialises in training special populations, utilising gym based resistance and cardio equipment. The session will be suitable for senior and referred clients with low to moderate comorbidities. All exercises will offer variations and suitable progressions and regressions will be provided for clients with varying needs.</p>
<p>SUPERVISED GYM SESSION</p> <p>GYM OR FULL MEMBERSHIP</p>	<p>Group session supervised by a Personal Trainer that enables you to participate at your own pace utilising gym based resistance and cardio equipment. With the supervision of the instructor, you can follow your own individual program and maintain independence.</p>
<p>AQUAFIT</p> <p>SWIM, GROUP FITNESS OR FULL MEMBERSHIP</p>	<p>Water based gentle exercise session suitable for senior and referred clients. Using the resistance of the water to increase fitness and bone density, the session takes place in our indoor heated pool between 29-30 degrees.</p>

Geographe Leisure Centre

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City of Busselton
Geographe Leisure Centre