Macedon Ranges Health has a variety of programs designed by allied health professionals to improve strength, mobility and balance. (Pictures: Supplied)

Take a stand against sitting for your health

Many people worry about not being able to move around as they get older. They fear they won't be able to continue their favourite activities, visit their favourite places, or even keep up with everyday tasks and daily living.

Mobility — the ability to move or walk freely and easily — is critical for functioning well and living independently. As we age, we may experience changes to our mobility. There are many reasons for these changes, including changes in our gait (how we walk), balance, our eyesight and overall physical strength. Whatever the cause, the result of decreasing mobility can be devastating.

All of these factors can lead to falls and make it harder for us to feel confident to go out and visit with friends and family or continue doing activities independently. Older adults who lose their mobility are less likely to remain living at home; they often have higher rates of disease, disability, hospitalisation, and a poorer quality of life.

Macedon Ranges Health is working on this issue as it's not only a matter of physical health, but also the social and emotional wellbeing of older adults.

Early intervention can help prevent issues – the increasing incidence of being sedentary (sitting too much) is a growing health concern. Research has shown positive results on supporting strong mobility, through lifting rates of physical activity and exercise on a regular basis.

Macedon Ranges Health has a variety of programs designed by allied health professionals to improve strength, mobility and balance. These programs run from our health centre located in the centre of Gisborne.

"Our mission is to assist our clients to live their best lives by enhancing and maintaining their independence, as well as providing a great space to meet and socialise with other people," says Rosie West, clinical manager at Macedon Ranges Health.

"We often see the program participants like to hang around after their class and enjoy a coffee and healthy snack (or even a biscuit) with the other participants."

Macedon Ranges Health has occupational therapists who can undertake an assessment to understand what activities you can do, any current limitations, your goals and also to offer advice and techniques.

If you already have a Home Care or CHSP package, these can be part of your funded services. Call (03) 5428 0300 for more information.

Maintaining mobility is key to living independently as we age

Join our groups to keep fit, strong and independent. Enquire today to discover if you're eligible for subsidised services.

- Group exercise programs
- Strength for Life program
- Better Mobility
- Keeping your balance
- Kick Start Your Fitness

Occupational Therapy Service are available for Home Safety Assessments and Assessments for Aids for daily living.

Some conditions apply. GP clearance required for all classes and clients will be assessed by our physiotherapist prior to entering an exercise group. Call us to find out more:

Services and appointments are available at our health centre in Gisborne. Visit mrh.org.au for to find out more.

Call 5428 0300 for more information

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