



Balance-Fit: A circuit class to reduce the risk of falls

Why do we need this class?

People who have had a fall will usually tell you how scary it is and how quickly they can lose their confidence. But the good news is the research tells us that exercise programmes can reduce the risk of having a fall, as well as decreasing the number of times people fall. If you can get fitter, stronger and can balance better, then you have less chance of having a fall and importantly you will become more confident.

Balance-Fit will give you a supportive environment, where you can practice some of the challenging exercises and activities with a therapist to help you and to make sure that you stay safe. It's also fun to exercise alongside other people who are experiencing similar problems, but you each will be able to work at your own level on your own specific issues.

So we have designed the Balance-Fit class to:

1. Decrease your risk of falls
2. Improve your balance
3. Improve your level of fitness
4. Improve your confidence
5. Be fun!

How will the class work?

The class will consist of approximately 12 stations with one activity or exercise to improve balance, strength or fitness. You will spend three minutes at every station and move around all the stations in a circuit. You will get a little bit of time to move to the next station and read the instructions on the wall or talk to the physio running the class if you need help. The class will run for one hour in total. We are able to make each station harder or easier, depending on the level you need.

Who will be there?

One physiotherapist will supervise the circuit class, which will have around 8-12 people in the class. Sometimes, we also will have physiotherapy students who will help you during the classes. We are happy if you have a family member or friend to help you during the class and they will be given direction from the physiotherapist how best to assist you.

When does it start?

We run Balance-Fit in blocks of six classes throughout the year. The classes are on Fridays from 11am – 12pm. There is usually a one week break between the blocks.

How much will it cost?

The cost of a six-week block exercise classes is \$80. Individual classes cost \$20 each.

Where will Balance-Fit be held?

Classes will be held at the Neuro Rehab Results clinic at Unit 4, 41 View Rd, Wairau Valley.

Is there carparking available?

There is carparking available outside the clinic.



What is the first step?

Before you start the exercise class, you need to make an appointment for a brief screening session. This session will take about 20-30 minutes with a physiotherapist who will run through some brief physical tests with you and discuss which class or classes will best suit your needs. You can schedule this appointment by calling our clinic on 480 6464. When you book this session, we will send some questionnaires to you for you to fill out and bring to the session. This first screening session is free.

Are there any other group classes?

Our weekly timetable of classes is shown below:

Class	Day	Time	Cost
Arm Clinic	Monday	1pm-3pm	\$100 per session
ActivEx	Tuesday	11am-12pm	\$80 for a block of 6 sessions
Move!	Wednesday	11am-12pm	\$80 for a block of 6 sessions
Arm Clinic	Thursday	1pm-3pm	\$100 per session
Balance-Fit	Friday	11am-12pm	\$80 for a block of 6 sessions

You can find more details about each of these classes on our website.

Who do I contact if I have questions?

Please contact Suzie at Neuro Rehab Results on 480 6464 if you have any specific questions.