

Dietetic Clinic

- Members and non-members welcome
- Diet based chronic disease management*
- Evidence based nutrition education
- Assistance to achieve your personal nutrition goals



To make an appointment with our Accredited Practicing Dietitian please call: 1800 011 041

Medicare Rebates and Private Health Insurance available

*Please note that not all chronic diseases are manageable through diet alone.

Fees and Charges

Arthritis ACT Basic Membership

\$41.00 or \$31.00 concession*per year

Warm Water Exercise Membership

\$67.00 or \$49.00 concession*per year

Ticket Prices

Please visit the Arthritis ACT website or telephone our office for current ticket pricing information.

*Centrelink and Veterans' Affairs pensions only.

Information current as at 1st August 2016

Arthritis ACT

Exercise programs

To reduce risk of falls and improve pain, strength and balance



Arthritis
AUSTRALIAN CAPITAL TERRITORY
Including Osteoporosis ACT

PHONE: 1800 011 041

FAX: (02) 6288 4277

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Did you know?

If you have fallen more than once in the past six months, you are likely to fall again

There are many things you can do to reduce your risk of falling!

Keeping active will improve your balance; muscle strength; flexibility; keep your bones strong; help with sleep; increase energy levels and help control weight and blood pressure in addition to helping reduce falls risk.

The eyes have it! Avoiding sudden changes in light, keeping your glasses clean, wearing a hat outside and having your eyesight checked regularly will help reduce the risk of falls.

Put your best foot first choose comfortable, firm fitting, flat soled shoes and see a podiatrist regularly to help reduce your risk of falls.

Regular Maintenance ensure your home is free from tripping and slipping hazards, has good lighting and that there are no structural hazards that could cause you to trip and fall.

For more tips and suggestions see the Department of Health and Ageing '*Don't fall for it. Falls can be prevented!*' - *A Guide to preventing falls in older people*. Available at: [https://www.health.gov.au/internet/main/publishing.nsf/Content/E23F5F7BF8F07264CA257BF0002043F5/\\$File/Don't%20fall%20for%20it.pdf](https://www.health.gov.au/internet/main/publishing.nsf/Content/E23F5F7BF8F07264CA257BF0002043F5/$File/Don't%20fall%20for%20it.pdf)

To attend you will need:

Exercise Programs

Warm Water Exercise: Offered in five hydrotherapy pools in Canberra, water based exercise is particularly beneficial for those with musculoskeletal conditions. Being non-weight-bearing it is kind to sore joints. Sessions are self-led, it is therefore advised that you consult a physiotherapist or exercise physiologist for an exercise program to suit your needs before attending. Sessions are seen by a trained volunteer supervisor. Equipment is available at all locations.

To attend you will need:

- Completed Medical Clearance Form
- Arthritis ACT Membership
- Warm Water Exercise Registration
- Tickets

Strength and Balance: This is an entry level exercise program designed to improve balance, flexibility, strength and confidence in completing everyday tasks. The program is run over 10 sessions with the first and last sessions consisting of a small series of assessments, in addition to the completion of strength based exercises. The remaining 8 sessions focus entirely on the designed strength program. Sessions are overseen by a qualified fitness leader.

Yoga: Arthritis ACT offers Yoga & Chair Yoga Classes throughout the year.

Enjoy the health benefits of yoga, including improved muscle tone, better breathing habits, reduction in stress, better sleep and an improved sense of well-being.

Chair yoga is a general term for practices that modify yoga poses so that they can be done while seated to supine positions. Many of the basic yoga mechanics of the individual postures are retained, no matter the stance of the practitioner. While seated on chairs, participants can do versions of twists, hip stretches, forward bends, and mild backbends.

Tai Chi: Arthritis ACT offers Tai Chi for Health and Falls Prevention. They are one hour each week during school terms and designed to be fun, relaxing and enjoyable. Tai Chi is an ancient practice proven to reduce pain and improve your mental and physical well-being. It is a low impact exercise that improves strength, flexibility and balance. Routines are safe, easy to learn and suitable for every fitness level. Classes are led by a qualified physiotherapist

To attend Yoga or Tai Chi you will need:

- Arthritis ACT Membership
- Tickets