



## Media Release

10 May 2018

### Make a Move with Link Health and Community

**It's never too late, or too early, to make exercise a part of your daily routine. Link HC has launched a free Ageing Well series during Exercise Right Week, to help older adults discover their personal motivation to move more #motivatedtomove.**

There can be many personal barriers when it comes to not exercising – sometimes people are convinced they can't exercise, are in constant pain, have a chronic health issue, or just not motivated! According to the latest national statistics, more than 50% of Australians live with chronic pain, which can be prevented or managed by exercising. During Exercise Right Week it's a chance for people to discover their personal motivation - whether it's reducing pain or risk of falls, improving heart health, losing weight or something else – and get moving more.

To support older people to look after themselves at any age, Link HC has designed a free Ageing Well series to help people understand the benefits of exercise and improve their overall health and wellbeing. During these four interactive sessions people will learn about osteoporosis and which exercises help for strong bones, arthritis awareness on hips and knees, practical tips for managing daily activities, nutrition advice, and being active at any age with our exercise physiologist demonstrating practical exercises to help improve strength, balance and flexibility! To avoid injuries and prevent slips or falls our podiatrists are also providing free footwear checks at Link HC groups too.

Link HC also has Exercise Physiologists available who can design the right exercise for you. By understanding your specific goals and health issues, they tailor an exercise program which can help fix underlying causes of pain and injury, manage or prevent chronic conditions, or just improve overall health and wellbeing.

*"I now feel fantastic! The facilitators are helpful, there is no pressure, you do your own exercises at your own pace".* Says Mary who has benefited from attending our prescribed gym program and has since re-engaged with all her social activities.

Now that you're #motivatedtomove, find out more about our free Ageing Well series or how an exercise physiologist can help with your specific goals and health issues, by calling 1300 552 509 or visit [www.linkhc.org.au](http://www.linkhc.org.au), or connect with us on Facebook ([www.facebook.com/LinkHealthCom](https://www.facebook.com/LinkHealthCom)), Instagram ([www.instagram.com/linkhealthcom](https://www.instagram.com/linkhealthcom)), Twitter ([www.twitter.com/@linkhealthcom](https://www.twitter.com/@linkhealthcom)) or LinkedIn.

#### **About Link Health and Community**

Link Health and Community is a not-for-profit organisation that provides medical, health, and support services to improve the health and wellbeing of all residents living in the east and south east of Melbourne. [www.linkhc.org.au](http://www.linkhc.org.au)

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