



*Live Life,
Feel GREAT!*

*Tired of trying to navigate
your way through the
healthcare maze?*

*Let our team of
experienced professionals
show you the way.*

**The Bellerive Quay Health Hub
Holistic Wellness Centre**

The Bellerive Quay Health Hub
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**THE BELLERIVE QUAY
HEALTH HUB**
HOLISTIC WELLNESS CENTRE



**Your One Stop Multi-Disciplinary
Healthcare Service**

SIT & BE FIT Chair Exercise for Older Adults.

SIT & BE FIT Chair Exercise was developed by Vicki Allan of Time 4 You Health & Fitness in 1996. The program has been successfully conducted at various community venues, nursing homes, and retirement villages in Hobart and surrounds over that time.

This class is chair based and chair assisted. This means that most of the class is conducted in the chair and participants will stand (if able), to use the chair to balance where specific exercises for improving leg strength and balance are conducted.

The class is 45 minutes in duration, with a cuppa and chat to follow. A great opportunity to meet new people, have some fun and improve your health!!

Many older adults have enjoyed the benefits of renewed strength, flexibility, balance and vigor that this great class can bring.



How can regular moving help you?

Increased Strength

The use of hand weights and resistance bands during the class can help improve overall strength.

Increased Flexibility

Overall body stretch at the end of each session will improve flexibility.

Improvement in Balance

Balance will improve as a result of specific balance exercises performed during class.

Aids in Improving Sleep

Regular exercise can help improve sleep and help control stress levels.

Aids in Stress Management

Feel better and happier with more confidence.

Increased Vitality

Exercise, the more you do it, the more energy you have to tackle those everyday tasks.

The list goes on! Our classes cater for people of all fitness levels and abilities!

***“Great company,
no pressure,
most enjoyable exercises”***

- Colleen, 76

Bellerive Quay Health Hub will be offering in the second half of 2015:

Big T-Shirt Class

The Big T-shirt class will be set in a circuit format and will include the use of hand weights, fit balls, bosu balls and steps etc. This class is perfect for people who are new to exercise or would not feel comfortable in a gym due to their size or age. All you need is your big smile, a big t-shirt and a sense of humour.

***“I have been coming to
SIT & BE FIT since day
two. It keeps me up
mentally and physically”***

- Nancy

