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It's put a spark in my life!



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I feel like I have energy again, which is something I haven't had for a long time.

Coming to Morris Iemma indoor sports centre in Riverwood
Wednesday 11th March at 10am.
You must register to attend



Choose to Move



A free and flexible program that provides you with support and motivation to get active in a way that works for you



choosetomove.study@sydney.edu.au



www.choosetomove.org.au



THE UNIVERSITY OF
SYDNEY



What is *Choose to Move*?

Choose to Move is free and flexible community-based program that provides motivation and support to help you get more active, improve mobility and connect with others.

People join to:

- Add activity into their daily routine
- Improve mobility
- Meet new friends
- Make positive lifestyle changes

Choose to Move is perfect for adults over 50 of all abilities!

Developed with older adults by the *Active Aging Research Team* at the *University of British Columbia* in Canada, *Choose to Move* is now running in Sydney for the first time!

What does it involve?

Choose to Move is a 3-month program that includes:

One on one consultation

30 minutes

In this consultation you will develop a personalised physical activity plan with your Activity Coach.

8 coach-led group sessions

90 minutes each session

The group sessions cover lifestyle education topics such as falls prevention, healthy bones, nutrition and how to add physical activity into your daily life.

They also include short movement breaks that focus on balance and strength.

Who can join?

The program is ideal for people are:

- aged 50 years and over
- not currently physically active or are keen to be more active
- interested in adding more physical activity into daily life
- wanting to learn more about healthy ageing topics such as fall prevention and healthy bones
- able to attend the sessions and commit to the program
- willing to complete surveys at the beginning and end of the program and do some strength and balance measures

How can I join?

Use the QR code or URL to learn more and register your interest for a *Choose to Move* program in your area.



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