



Date

Dear Doctor

Re: DOB:

Your patient wishes to join a Healthy Ageing Program exercise class. Classes may be warm water group exercise (WAVES) or land based group exercise (AIM). Both class types provide gentle exercise for seniors. All classes are designed to promote/maintain cardiovascular fitness, strength, balance and coordination.

Pool temperatures range from 30° - 34° depending on the venue. Non swimmers are accommodated.

See reverse of page for types of exercise classes offered.

Please indicate which group your patient is able to attend / return to?

WAVES AIM

Are there any medical exclusions or contra-indications to consider?

Please provide your details and return by fax to 9382 8265 or email

SESLHD-AIMandWAVES@health.nsw.gov.au

Thank you.

Name:

Date: Provider No.

Practice Stamp:



Land Exercise Classes

Balance class

Seated exercise class

Personalised circuit class for lower levels of fitness or COPD/stroke maintenance/cardiac
(includes gentle use of exercise machines)

Slower paced general exercise class

Tai Chi

Faster pace general exercise class, suitable for seniors who are 'fit for age'

Weights program (free weights and/or machines)

Gentle Water Exercise Classes

Available for various fitness levels

Beneficial for those with arthritic conditions and joint pain

Suitable for those with mobility restrictions

Recovery following joint surgery