

Exercise Treatment Program

A **FREE** 14-week program to improve activity levels and quality of life for older people who have – or are at risk of – long-term health conditions.



Individually tailored exercises

Supported by



Exercise Treatment Program

A **FREE** 14-week program to improve activity levels and quality of life for older people who have – or are at risk of – long-term health conditions.



Individually tailored exercises

Supported by



Exercise Treatment Program

A **FREE** 14-week program to improve activity levels and quality of life for older people who have – or are at risk of – long-term health conditions.



Individually tailored exercises

Supported by



How it works

The Exercise Treatment Program involves weekly strength-based group exercise sessions plus advice about healthy living.

Program features

Free – no cost to participants

Individual assessments – one before you start, one when you finish

Individually tailored exercises

Healthy living education sessions

A supported, safe and non-judgmental environment

Video/telehealth sessions available

Is this for me?

Do you live in north west Tasmania?

Are you aged 60 or older, or are you an Aboriginal or Torres Strait Islander person aged 45 or older?

Do you have a chronic (long-term) health condition, or does your doctor say you are at risk of developing one?

If you have answered yes to these questions, ask your doctor or allied health professional if this program is for you.

How it works

The Exercise Treatment Program involves weekly strength-based group exercise sessions plus advice about healthy living.

Program features

Free – no cost to participants

Individual assessments – one before you start, one when you finish

Individually tailored exercises

Healthy living education sessions

A supported, safe and non-judgmental environment

Video/telehealth sessions available

Is this for me?

Do you live in north west Tasmania?

Are you aged 60 or older, or are you an Aboriginal or Torres Strait Islander person aged 45 or older?

Do you have a chronic (long-term) health condition, or does your doctor say you are at risk of developing one?

If you have answered yes to these questions, ask your doctor or allied health professional if this program is for you.

This program is delivered locally by HBP Group

1300 655 530 | etp@hbpg.com.au
www.exercisetreatmentprogram.com.au

This program is delivered locally by HBP Group

1300 655 530 | etp@hbpg.com.au
www.exercisetreatmentprogram.com.au

How it works

The Exercise Treatment Program involves weekly strength-based group exercise sessions plus advice about healthy living.

Program features

Free – no cost to participants

Individual assessments – one before you start, one when you finish

Individually tailored exercises

Healthy living education sessions

A supported, safe and non-judgmental environment

Video/telehealth sessions available

Is this for me?

Do you live in north west Tasmania?

Are you aged 60 or older, or are you an Aboriginal or Torres Strait Islander person aged 45 or older?

Do you have a chronic (long-term) health condition, or does your doctor say you are at risk of developing one?

If you have answered yes to these questions, ask your doctor or allied health professional if this program is for you.

This program is delivered locally by HBP Group

1300 655 530 | etp@hbpg.com.au
www.exercisetreatmentprogram.com.au