

# 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



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## 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

## Is this for me?

Are you aged 55 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, this program is for you. Scan the QR code to make your referral.



***This program is delivered locally by Healthy Business***

1300 655 530

[etp@healthybusiness.net.au](mailto:etp@healthybusiness.net.au)

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