

Fees:

- \$72 for the 8-week program (\$9 per week) for low-medium income* earners
- \$144 for the 8-week program (\$18 per week) for high income* earners

Fees will be discussed at your initial assessment. If you are a concessions card holder or experiencing financial difficulty please discuss with the SIS Coordinator.

Private Health Funds and Department of Veteran Affairs may reimburse some costs – eligible clients should consult their Private Health Fund or DVA as appropriate.

**income bands available at initial assessment.*

What do I need to bring?

- Wear comfortable clothing and footwear to exercise in
- Water
- Snack for after class
- Glasses and hearing aids (if you need them)
- Mobility Aids (if you need them)
- Medications such as Ventolin or Anginine or GTN (if you need them)
- Oxygen (if you need it)

How do I get more information?

Please make an appointment with your GP for further information or contact the SIS Program Coordinator.

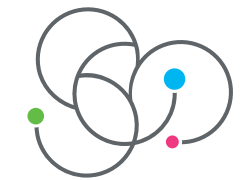


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Jack Clark
Exercise Physiologist

Jack holds a Bachelor's in Exercise Science with a Master's in Exercise Physiology from La Trobe University. He has a keen interest in exercise and education based cardiac and pulmonary condition management and rehabilitation.



**springs
medical**

we're here for you

Put a Spring In
your Step (SIS)

**Wellness
Program**



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This leaflet provides information about the 'Put a Spring In your Step' (SIS) Wellness Program at Springs Medical. Please speak to your General Practitioner (GP) or the SIS Coordinator for further details.

Do you want the best out of life? Do you want to improve your skills at managing your own health so you can spend more time doing what you love? Then spring into action with the 'Put a Spring In your Step' (SIS) Wellness Program.

The 'Put a Spring In your Step' (SIS) Wellness Program is an 8-week wellness program.

This program will give you knowledge and skills that will help you manage your health. You will get a better understanding of how your health affects your body and mind and how diet, exercising and catching up with friends, family, or doing activities you love helps to improve your quality of life.

Aims of the Program:

- To increase your strength, exercise capacity and the distance you can walk
- To improve your quality of life
- To increase your confidence and ability to self-manage and cope with your condition
- To keep you out of hospital
- To encourage life-long behaviour change

How do I get Involved?

SIS is a wellness program involving exercise and education for eligible participants living in the Hepburn Shire. If your GP has referred you to the program a member of the SIS team be in contact with you to discuss the program and book in an initial assessment.

If you have not discussed the program with your GP but you are interested in finding out more, ask your GP if you are suitable for referral to the SIS program.

What is included in the program?

Initial Assessment:

Your initial assessment with a member of the SIS team will be at the clinic and will take approximately 45 minutes. We will explain the program in more detail to make sure it's right for you and gain your commitment to the program. We will go through your medical history and reason for referral and agree some goals you'd like to work towards. We will also baseline measurements such as; blood pressure, heart rate, weight and height. There will be a little bit of paperwork and you will be given access to the SIS Online Education Series.

30 min gym assessment:

This is a 30 minute one on one session at the gym with the Exercise Physiologist. You will be asked to do 4 - 5 short physical tests to help us understand your level of fitness across a few different areas. The Exercise Physiologist will then design a gym program based on your ability and goals. This will be sent to you by email before your first gym session. There is also an option for a printed version.

8-Week Wellness Program:

You will attend 2 x 1hr exercise sessions per week over the 8 week program at a local fitness facility. There are 10-12 people in each session. You will work through your individual gym program, starting off gently and gradually you will progress your exercises with guidance from the Accredited Exercise Physiologist.

You will also be asked to login onto the SIS Online Education Series and complete at least one unit per week. Topics such as Medications, Foot Health, The science behind exercise, Advanced Care Planning and Pain Management are there to help provide knowledge and skills on how to live well.

8-Week Assessment:

At the end of the 8-weeks you will be booked in for another one on one session with the Exercise Physiologist. We will redo the physical tests you did at the beginning of the program to measure your progress. You will be offered an optional 6 week maintenance program where you can consolidate and build on everything you have learned. We will also discuss how you can continue to exercise independently after you have completed the program.

Optional 6-week maintenance program:

During the optional 6-week maintenance program you will continue to have 2 scheduled exercise sessions per week, with support from the Exercise Physiologist. The emphasis will now be on self-management where we support you to manage your own exercise program and find what works for you. The aim is to continue with healthy lifestyle adjustments through the program and beyond to stay fit and improve health and wellness.

Where will the program be held?

The program will be held across the Hepburn Shire for residents of Hepburn Shire or patients of Springs Medical. The exercise sessions will be held in local fitness facilities in Daylesford, Trentham and Creswick. We welcome external referrals from surrounding medical practitioners for Hepburn Shire residents. Please refer to Springs Medical website for details.

Program Partners:



TFNC

