

KEEP ACTIVE PROGRAM



Multiple Sclerosis Society
of SA & NT

Feb - July 2011 timetable



Exercise for people with Multiple Sclerosis and other neurological conditions.

Semester Dates 2011

The Keep Active program runs throughout the year with a break in July and December. The dates, unless otherwise advised, are:

Semester 1: 31 January to 8 July 2011
Semester 2: 25 July to 16 December 2011
No classes on Public Holidays

It is your responsibility to call the centre where your group is held if you are unable to attend a session. Failure to do this for two consecutive sessions may result in you forfeiting your position in the program.

Hot Weather Policy

If the 8am news forecast (on the morning of your session) states that it is going to be 38 degrees or over then all programs will be cancelled for that day.

The Keep Active Program is proudly supported by the 24 hour MegaSwim



Water Exercise Groups

There are many benefits to exercising in water. The warmth assists in relaxing tight and overactive muscles to achieve more effective stretching. The buoyancy of water reduces the weight of limbs so those with reduced strength can move more easily through their full range of movement to strengthen muscles. Water also provides a safe medium to practice standing and balancing exercises which may be too difficult for some on land.

Keep Active Water Group

- This group is designed for those who are still mobile with or without aids.
- This group is designed to challenge your balance, improve mobility and strength.

Where: **MS Society Klemzig office**, 274 North East Rd Klemzig
Wednesday 9:15 – 10:15am and Friday 9:00 - 10:00am
Cost \$6

Maintenance & Rehabilitation

- This group is designed for people with higher needs who require individualised assistance within the pool.
- An individualised program is prescribed aimed at maintaining joint mobility and strength.

Where: **MS Society Klemzig office**, 274 North East Rd Klemzig
Wednesdays 10:15 - 12:15pm
Cost \$6

Lap Swimming

Lap swimming is excellent for fitness and good training for the annual MS Society fundraiser 24 Hour Mega Swim. Sessions are supervised by a Masters Swimming coach.

Where: **Payneham Swimming Pool**
Wednesdays 2:00- 3:00pm
Cost: Payneham pool entry fee

In Winter, lap swimming is held at the Adelaide Aquatic Centre. Please call 8360 0800 to confirm day and time for Winter sessions.

Motorised Bike Pedals

Motorised pedals provide people with decreased function and strength in their legs an opportunity to maintain range of movement and strength in a seated position (e.g. from their own wheelchair).

The pedals are able to assist a person with the pedalling movement at various speeds and directions. It provides opportunities for those who have difficulty to participate in exercise.

Sessions conducted by appointment. Cost \$6
A home hire program is also available.
Cost \$40 for a 4 week hire period.



Whole Body Vibration

Recent research has suggested that whole body vibration can positively influence balance, mobility, strength and endurance in people with MS.

Performing exercises and stretches on the vibration plate optimizes muscle recruitment without the increased effort. This helps manage fatigue, a common symptom in MS.

Sessions conducted by appointment from **MS Society Klemzig & Elizabeth South** offices.
Cost \$6



Yoga

Yoga can help to relieve stress. It encourages better breathing and aids sleep. It increases flexibility and concentration. The relaxation techniques of yoga can help to combat fatigue, and increase a feeling of well being. The class may be performed on a chair, or from the floor depending on ability.

Where: **Enfield Community Centre**, 540 Regency Road
Tuesdays 9:30 - 10:45 am
Venue ph: 8342 9168, Cost \$10
Instructor: Maria Merlino ph 8269 5210, 0411 384 486

Exercise Groups

Research has shown that regular exercise improves fitness, strength, mobility and other quality of life factors for people with MS. These groups provide a supportive social environment for people to perform exercise.

All exercise groups are **\$6** per session and involve a combination of:

- Strengthening exercises
- Balance exercises
- Stretching exercises
- Tai Chi and relaxation

ELIZABETH Exercise Group

MS Society & Multiple Solutions, Elizabeth office, Ph: 8256 3700

Shop 6, 183 Philip Highway, Elizabeth South

(Corner Walsh St & Philip Hwy)

Tuesdays 10:00am – 11:00am & 11:00am -12:00pm

Fridays 10:00am – 11:00am, 11:00am -12:00pm & 2.30pm -3.30pm

MARION Exercise Group

Marion Salvation Army Hall, Ph: 8377 0001

Corner Morphett & Sturt Road, Marion

Mondays 9.15am -10.30am (standing based with chair options)

Mondays 10:45am - 11:45am (chair based)

REYNELLA Exercise Group

Reynella Neighbourhood Centre, Ph: 8322 3591

164-170 Old South Road, Old Reynella

Tuesdays 10:30am – 12:00pm

How do I get started?

Please contact the physiotherapy department on 8360 0800 to make a booking into any of the Keep Active programs. An assessment may be required prior to starting.

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