



Active Ageing Australia® has recently produced a DVD of home-based exercises for older people. The exercises are designed to be used as a stand-alone exercise program, or can be combined for use at home on alternate days to any other physical activity programs or classes that are available.

Supported by a grant from the Office for Recreation and Sport, this professionally produced DVD contains 17 gentle exercises that focus on flexibility, strength and balance. It is based on the highly successful EMAA (Easy Moves for Active Ageing®) and HAMP (Home Activity Monitoring Project) exercises. Participants can do their exercises at the same time as the demonstrations that appear on the screen. Features of the DVD include:

- Setting your Action Plan
- Safety Instructions
- Selection of exercises
- Where to from here
- Sub-titles for the hearing impaired

The cost of the DVD is \$29.95 (+p&h) and to place an order for the DVD download the order form from the Active Ageing Australia® website at [www.activeageingsa.net.au](http://www.activeageingsa.net.au) or phone (08) 8232 9077. There are discounts available for bulk orders.



Government of South Australia  
Office for Recreation and Sport

