



# Keep Moving Program

There are countless studies that prove there are important health benefits associated with physical activity and exercise and making them part of your daily routine.

## Who is it suitable for?

Royal Rehab Private Petersham's Keep Moving program is focused on making exercising accessible, safe, and fun for:

- people recovering from an injury
- people living with a chronic disease including Parkinson's or other neurological disease
- people with osteoarthritis, musculoskeletal and cardiometabolic conditions
- ageing adults



## Classes

- **Hydrotherapy:** \$330 per term
- **PD Warrior:** \$330 per term
- **Cardiovascular Fitness:** \$330 per term
- **Strength and Balance:** \$417 per term

Advance payment is required for each 10-week term.

## Term dates

- **Term 1:** 3 January - 12 March
- **Term 2:** 13 March - 21 May
- **Term 3:** 22 May - 30 July
- **Term 4:** 31 July - 8 October
- **Term 5:** 9 October - 17 December

## What you can expect



An expert and friendly allied health team who will work closely with you to identify your goals and prescribe the best evidence-based, exercise-oriented treatment plan that best meets your needs.



A genuine partnership between you and your clinical team so you have choice and control.



A warm and friendly environment where you feel safe and cared for.



A fully equipped gymnasium with the latest in rehabilitation equipment and a heated hydrotherapy pool.

## I'm interested. What do I need to do?

Referrals are not essential; however, a medical clearance is required for all classes. For more information on class schedules, fees or to enrol, please contact our team on **(02) 8585 4900** or **dayservices.RRP@royalrehab.com.au**.



Previously known as MetroRehab Hospital

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