



Central Coast  
Local Health District

## Healthy Bites Episode 18 – Exercise and community groups

Hi, my name is Mana, I'm a physiotherapist with Central Coast Health.

We all know that daily exercise has numerous benefits to our physical and mental health. In addition, exercise has been shown to reduce the number of falls over time by around a quarter. So, why not get involved in exercise on a daily basis?

There are numerous free or subsidised exercise groups across the Central Coast that are bound to suit your taste in some way such as tai chi, dance classes such as Zumba, exercise over 50s, indoor bowls and yoga, among many others. Stepping On is a seven-week free community-based program designed specifically for people who are living at home and have experienced a fall or are concerned about falling.

To find these programs, visit the NSW Health Active & Healthy website – just search 'Active & Healthy NSW' and click 'find an exercise program'. If you're finding exercise hard living with one or more chronic health conditions, ask your GP or health care professional about where to find suitable programs or to get a referral to a physiotherapist.