

VITA HEALTH & FITNESS



Transforming the Quality of life of Seniors

Exercise Instruction & classes for Aged Care Facilities and Nursing Homes

We can train in Aged Care Facilities, Community Centres and Gyms. If you are committed and passionate about improving the quality of life for our seniors, then **VITA Health & Fitness** can help.

VITA Health & Fitness have 12 years experience, knowledge and management, providing customised health, fitness and well being classes.

VITA Packages

There's no better time to kick start a healthier lifestyle for residents than NOW! Our exercise programs have been created with safety as the highest priority. We are happy to customise packages to suit the residents and budget – Please contact us to discuss price options.

Chair PILATES FOR SENIORS

Vita health and fitness Pilates provides specific classes designed to keep seniors fit and active. These senior classes are Bone Density Safe and are safe for Osteoporosis clients. Senior Classes are specifically designed to maintain and improve your range of motion and are normally chair based classes with exercises working upper and lower body for maximum effect.

Focusing on

- Postural alignment
- Balance
- Fall prevention
- Class is Safe for Osteoporosis



Call Us on 0412 519 485 for a Free Trial Class

Email: admin@vitahealthandfitness.com Web: www.vitahealthandfitness.com

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The Benefits of regular Physical Activity



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As an older adult, regular physical activity is one of the most vital things you can do for your health. It prevents many of the health problems that seem to come with age. It also helps your muscles to grow stronger allowing you to keep doing day to day activities without becoming dependent on others.

An inactive lifestyle can cause older people to lose ground in four key areas important to staying healthy and independent.

- Strength • Balance • Flexibility • Endurance

Testimonial

“Rocco’s charismatic personality engages our residents to partake in his pilates class with enthusiasm and excitement. He creates a calm and inviting atmosphere that allows residents of all fitness levels to get the most out of his class. We feel honoured to have him as a regular participant in our program.”

Shanae Sewell, Australian Unity Care Services, Events & Functions Coordinator

Our clients:

