



Please note: all participants who wish to engage with a fitness program at Centacare will undergo a pre-screening assessment. Any evidence of a medical condition/s that may pose a risk to the participant will need a medical clearance obtained from their doctor before commencing

Centacare –Fitness for Disability

Program Content

The aim of our physical fitness and healthy eating program is to improve the overall health and wellbeing of our participants. We will use a combination of approaches to provide variety and appeal to the different learners and motivation levels among our participants.

Centacare will utilise free online resources to provide us with a wide range of exercises and recipes to try in house. We have a great selection of gym equipment in Unit 2 including cardio equipment such as treadmill, cross trainer and bikes; weights including dumbbells, kettlebells and medicine balls, boxing equipment and resistance training/mobility equipment.

To implement the programs we will be utilising personal trainers. A qualified Centacare staff member will oversee all programming with the assistance of a colleague.

This program will include:

- Physical movement and workouts with basic, intermediate and advanced options.

- Health and fitness assessments throughout their engagement in the program
- Full recipes and meal plans with grocery lists, ingredients, and serving suggestions
- Take home worksheets so exercise and meals can be completed at home.
- All workouts come complete with a demonstration sheet which will be explained by the facilitator but can also be followed at home

Program Goals

The main goal of this program is to improve the overall health and wellbeing of our participants. Most of our participants do not engage in any form of physical activity and live a sedentary lifestyle. Having a gym on site provides a sense of security while our participants are doing something new; in a space and with people they are familiar and comfortable with.