

# Media Release

IMMEDIATE RELEASE  
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## Power Movers set to take off at Alberton

A new community exercise group will be launched with a **free Come 'N' Try day** at Port Adelaide on **Monday** (7 March).

**Power Movers** is an exercise and education program for people aged 50 years and over held at the Port Power gymnasium and training ground at Alberton.

Run by not-for-profit community organisation ACH Group, Power Movers is aimed at people who find it hard to begin or maintain exercise, sometimes due to chronic disease or injury.

Twice weekly sessions will be run by exercise physiologists and will cover all aspects of physical health including balance, coordination, flexibility and mobility.

ACH Group Fitness Leader Angus Smart says it's a great opportunity for people to try a range of exercises, including body weight and theraband exercises, stretching, balancing and teamwork.

"It can be hard to get started and maintain regular exercise, particularly when you experience a chronic condition or reduced function," he says. "Joining in a group session is a great way to have fun, make friends and live a healthy, active life."

As well as exercise, the program includes education topics that cover nutrition, footcare, motivation and goal setting, chronic disease management, motivation and goal setting, relaxation and stress management.

"We also talk about the importance of a 'Brain Gym' – exercising the brain," Mr Smart says. "There are many facets to a healthy lifestyle and joining a group exercise program is a great place to start."

Hour-long classes will run on a Tuesday and Thursday at 11am, 12pm, 1.30pm and 2.30pm and cost \$9/session.

**A free Come'N'Try day will be held on Monday 7 March from 9am to 11am. To register or book a class, phone ACH Group on 1300 224 477.**

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### **About ACH Group**

At ACH Group we believe growing older is akin to turning a new page and with it comes a sense of great anticipation and optimism.

Our focus on innovation and services that respond to changing needs reflects our desire to shift the way the community thinks about older people.

ACH Group's 1700 specialist staff and hundreds of volunteers share our belief that older people should be valued and respected, connected to their communities and in control of their lives. This mindset drives our every action to empower older people, to support them to lead a good life and continue to make a contribution to family, community and society.

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