



Best health,  
best self

**Health  
Studio**

**50+**

**ACH  
GROUP**

Christie Downs



# Your best self starts with your best health

Health Studio 50+ at Christie Downs has everything you need in one place to reach your optimal state of health - physically, mentally and socially.

50+ is a guide, not a rule. Our range of specialised allied health services and one-on-one or group programs are based on scientific research and provided by professionals so you can exercise with confidence, knowing our team are experienced at training older bodies and people with conditions such as arthritis, dementia, stroke, cardiac/pulmonary conditions, and frailty.

The Christie Downs studio is fitted with state-of-the art HUR equipment and a specialised training platform, called HUR Senso – the first of its kind in South Australia, so you can rest assured you not only have qualified health professionals guiding you but also the best equipment to support you to reach your goals.

# Services & classes

**An allied health professional will work with you to understand your health goals and build a program especially for you.**

**The program may include:**

## **Allied Health Services**

One-on-one clinic services including:

- Physiotherapy
- Exercise physiology
- Podiatry
- Occupational Therapy
- Dietetics

## **Wellness Programs**

With a focus on mobility, balance and healthy memory, our Wellness Programs are run with the support of a qualified health professional.

## **Group Exercise**

Guided by a fitness leader, the classes suit people of all fitness levels and offer varying intensity that can be stepped up or down depending on your needs and goals. Classes include HUR equipment sessions and a variety of other interactive groups that work on balance, strength and flexibility, at your own pace.

**Scan the QR code on the back of this brochure for the latest services, classes and timetable at Christie Downs.**





## **Exercise safely with HUR equipment**

Fully automatic HUR resistance machines feature world-leading technology that uses air pressure to allow people to exercise safely, efficiently and help reduce the stress on their joints. It is suitable for anyone to use, including people new to strength and resistance training.



# Specialised equipment

**HUR Senso is a scientifically based physical training platform that uses a computer screen and pressure plate sensors to create interactive, dual-task training sessions.**

## **How does it work?**

The training is delivered via games that challenge your body and brain at the same time; training reaction speed, balance and your ability to multi-task in everyday situations. Training with HUR Senso is proven to reduce the risk of falls and improve cognitive function.

## **Personalised program**

Designed to suit your personal needs, training is provided in a one-on-one session and programs are reviewed regularly to help you meet your goals.

## **Assessment**

An initial assessment by an allied health professional will identify your areas for improvement, establish your baseline and help to understand your goals of training.

Two to three 30 minute sessions a week are recommended for best results.

## **Who would benefit from using HUR Senso?**

Anyone would benefit from training with HUR Senso, but especially people who:

- have had falls or worried about falling
- know their balance isn't as good as it could be
- are living with neurological conditions
- are frail.

Let's get active **1300 22 44 77**  
Visit **[achgroup.org.au/studio](https://achgroup.org.au/studio)**

17 Elizabeth Road, Christie Downs



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ACH Group is a not-for-profit community organisation  
promoting opportunities and services to support good lives  
for older people since 1952.

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