

Best health, best self



**Health
Studio**

50+



Your best self, starts with your best health

At ACH Group we know that good health is one of the foundations of a good life and varies for each individual.

Whether you are recovering from injury or illness, need to regain some strength or are preparing for an overseas trip, our Health Studio 50+ has everything you need in one place to reach your optimal state of health physically, mentally and socially.

And, as the Health Studio is focused on people aged 50 and over, the range of specialised allied health services and one-on-one or group programs are designed in a way that best meet your specific needs, taking into account the effects that ageing can have on the body.

What's more, we bring you world leading specialised **HUR™ equipment** that uses air pressure to mimic your body's natural movement, allowing you to exercise safely and efficiently, and reducing stress on vulnerable joints.



What's available?

In order to build a program that's right for each individual, we offer three broad categories: Allied Health Services, Group Exercise and Wellness Groups. You can get involved in one, two, or all three!

- Allied Health Services include physiotherapy, occupational therapy, podiatry, exercise physiology, personal training and massage.
- Group Exercise includes Tai Chi, Fit Ball and walking groups with varying intensity that can be stepped up or down depending on your needs and goals.
- Wellness Groups focus on mobility and balance, healthy memory, mindfulness, and support for neurological conditions such as Parkinson's, stroke and multiple sclerosis.

Why Health Studio 50+?

- Holistic approach to reaching your best state of health
- Staff are attuned to the needs of people aged 50+
- Specialised, state-of-the-art HUR™ equipment that's easy and safe to use
- Small group training (up to 12) for maximum attention
- Evolving program to keep you motivated
- No joining fee and no ongoing membership fee
- Private Health Insurance, Medicare rebates and Government subsidies may apply
- Light, bright environment co-located with the Glenelg Football Club – a great place for a coffee or a meal.

HUR™ Equipment

Designed and manufactured in Finland, HUR™ equipment uses world-leading technology to support safe exercise

Easy to use

Swipe your card and the machine automatically adjusts to reflect your requirements including seat height, number of sets, repetitions and heart rate limits. All exercise information is stored so your progress is easily tracked.

Low Impact

Use of air pressure means low impact to prevent stiffness and pain, and protect your joints.

All levels catered for

Starting resistance is close to zero, which means the equipment is suitable for everyone – including people new to strength and resistance training.

Fine tuned resistance

The resistance load can be increased from as little as 100gm increments, which means you are always making progress. The machine can also automatically increase resistance as you go.

Let's get active **1300 22 44 77**
Visit **achgroup.org.au/health-studio**

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Brighton Road, Glenelg East