

# Physical Activity & Mobility Clinic

This clinic offers several programs related to physical activity and mobility. Each program commences and concludes with some brief published measures of physical activity and mobility.

## Balance and Mobility Groups



## Floor Rise Program



## Functional Fitness Testing Program



## Be Your Best Telehealth Program



## Pulmonary Maintenance



**Balance and Mobility Group:** A 9-week group circuit training program of physical activities suitable for adults of all ages, including different types of strength, endurance, and balance exercises.

**Functional Fitness Testing:** A one-on-one assessment of six simple, validated physical tests that help measure everyday functional abilities, followed by personalised recommendations to support health, activity levels, and independence.

**Floor Rise Program:** This program focuses on teaching safe, step-by-step strategies to maintain or improve the ability to get up and down off the floor (or ground). Small-group sessions for graded practice, strengthening exercises, and balance training.

**Be Your Best program:** The program runs for 6 months and is delivered via telehealth (phone or video call). Initial assessment: Participants choose from four health-focused, self-paced modules to work on during the program: Better Bones, Better Joints, Better Life, or Better Balance. Modules co-designed with people with OA. weekly text messages to track your progress.

**Pulmonary Maintenance:** Small-group exercise sessions once per week. These sessions focus on general fitness, muscle strength, daily physical activities and education.

See over for links to Participant flyers for each program

### Balance and Mobility Groups



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### Floor Rise Program



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