Program descriptions for SWAP classes

Physical Activity Programs

Abs Express

An engaging abdominal workout activating your upper, lower and side abdominal area, as well as incorporating your inner core stabilisers. This abs class will get your heart racing and your abs working.

Active Strength

Involves a variety of training tools that may include dumbbells, weight plates and an individual’s body weight. This class will strengthen your entire body and will get you results. The class may include exercises such as squats, lunges and push ups.

Boxing

Is a great cardiovascular fitness class. Benefits can include weight loss, muscle tone, muscle strength and endurance, stress release and, increased cardio fitness.

Beginner Pilates

This class is designed for those new to Pilates, and for those wanting to brush up on their fundamental pilates skills. This class will help improve your core strength by concentrating on muscle control and correct breathing patterns through smooth flowing movements.

High Intensity Interval training (HIIT)

Is a highly effective workout that involves power, agility, weight training and cardio bursts to get you fit. This class is designed to burn fat, increase fitness levels and lean muscle mass. Modifications for all fitness levels are provided.

Pilates

Improves core strength, flexibility and posture. Tone and strengthen the deep and superficial abdominals, gluteals, hips and thighs.

Learn to Swim

Covers the fundamentals such as floating, submersion, kicking on front and back, learning basic freestyle and backstroke arms for half a lap.

Intermediate learn to swim
Are for those who are already able to swim half a lap of freestyle and backstroke and are looking to improve their stroke technique and deep water confidence to swim 25-50m (1-2 laps)

**Studio Cycle**

A non-impact indoor cycle class that is as much about inspiration as it is perspiration. Sessions cater for all levels of fitness and experience. An excellent fat burning class where you are in control.

**Tummy, Hips and Thighs (THT)**

Is a challenging lower body conditioning class that focuses on toning and strengthen the gluteals, hips, thighs and abdominals through an energising workout.

**Yoga**

Increases strength, energy and vitality through dynamic movement with meditation designed to improve body awareness, physiological and anatomical alignment.

**Yoga/Pilates/TaiChi Mix**

This class involves a fusion of Yoga, Pilates and Tai Chi. This class is designed to improve body awareness while building natural strength. Pilates will tone and strengthen the muscles focusing on the deep and superficial abdominals, gluteals, hips and thighs. This class will reduce your stress leaving you feeling invigorated and energised.

**Zumba**

Calorie-burning, body-energising, awe-inspiring movement! The Zumba program fuses hypnotic Latin rhythms and easy to follow moves to create a one-of-a-kind fitness program that anyone no matter their fitness level can join.

**Zumba Gold**

Is a fun and energetic dance class for the more mature gym patron. Zumba Gold introduces easy-to-follow Zumba moves that focuses on balance, range of motion and coordination. Come along for an energetic workout, and prepare to leave empowered and feeling strong.

**Mental Health Programs**

**ESSENCE of Health**

The Essence of Health program is a model for enhancing wellbeing and sustainable performance as well as the prevention and management of chronic illness. Essence is an acronym standing for Education, Stress management, Spirituality, Exercise,
Nutrition, Connectedness and Environment and is a comprehensive lifestyle program underpinned by enabling strategies such as mindfulness, enhancing motivation, goal setting and behaviour change.

The program has been delivered within the Faculty of Medicine, Nursing and Health Sciences for a number of years in training doctors and allied health practitioners in stress and lifestyle management.

This program will explore the Essence model and give evidence and examples illustrating the importance of each element. The program will be an opportunity to explore the Essence model further in a practical course enabling participants to apply the model to personal and professional life.

Mindful Stress Reduction

This group program for staff consists of six one-hour sessions and is designed to help you reduce stress, improve wellbeing and resilience, and increase workplace performance using mindfulness. It is an experiential program consisting of weekly practices, cognitive strategies and reflective activities designed to enhance both the professional and personal life of staff.

Introduction to Mindfulness

Mindfulness involves a series of simple meditative practices and cognitive strategies to help change unproductive thought and behaviour patterns. Mindfulness can also be described as an attitude to living and may enhance:

- stress management
- work and study performance
- contentment, peace of mind and balance
- relationships at home and work
- concentration and focus in the moment
- resilience
- physical and emotional health

Mindful Eating

Research shows we spend half of our life distracted, not paying attention to what we are doing. For many of us, this translates to eating while doing other things, thinking of something else or in front of a screen. This has implications for what we eat, how much we enjoy it and how well we digest our food. This 1-hour experiential workshop will explore effective strategies for eating more mindfully. It will cover:

- Reducing distractions when eating
- Increasing body awareness
- Fully enjoying the act of eating (and savouring)
- Managing cravings
Mindful Relationships

This program consists of 6 x weekly 60 minute sessions. You will learn how to use mindfulness and compassion training to reduce stress and improve your relationship with yourself and others. Research shows this results in better wellbeing and enhanced performance, as well as increased empathy and improved relationships.

Mindfulness for productivity, efficiency and sustainable performance

Research shows we spend at least half our lives distracted, which has significant implications for our productivity. Habits like “multitasking” and digital technology make this even worse. This experiential workshop will explore the costs of distraction and outline a number of simple, mindfulness-based strategies for being more focused, productive and effective at what we do.

Nutritional Health Programs

This program will consist of four 45 minutes sessions running over 4 weeks and aimed at making improved nutritional choices easier and interesting for you and your family. Each session will provide information on a nutrition topic including time for questions and a variety of written information. Making the most of your food intake for your health and enjoyment can fit in to a busy lifestyle and be easy with a little planning.

Week 1: ‘Menu planning and shopping list development for busy families’ will discuss topics such as sources of inspiration for meal times, what you can cook with pantry staples and a variety of ways to plan menus including some of the apps available to help.

Week 2: ‘Incorporating more fruit, vegetables and legumes’ will discuss the benefits of each of these food groups, a variety of ways to experiment with new foods, recipes to incorporate more of these foods in to your diet and provide a sample of a recipe you can use at home.

Week 3: ‘Easy family meals incorporating the Australian Guide to Healthy Eating’ will build on the topics covered in week 2 and discuss how to choose a good recipe, recipe sources including websites, modifying recipes and provide a sample of a healthy and enjoyable food your family could include at home.

Week 4: ‘Packed lunches for the workplace’ will discuss light meal ideas you can make and pack for taking to the workplace. There will be a focus on including variety across the 5 food groups and a sample lunch meal idea to try.