



What is Heartmoves? How can I benefit from it?

Heartmoves a low to moderate exercise program suitable for anyone who hasn't done any exercise in a while.

Heartmoves program is run by accredited fitness leaders specifically trained in managing low to moderate exercise.

Heartmoves is designed to be safe for people with cardiac or diabetic conditions.

Heartmoves is a program developed by the National Heart Foundation, NSW Health Department and the Hunter Area Health Services.

Heartmoves is suitable for people who are, concerned about exercising or have any of the following:

- High blood pressure,
- Overweight
- Diabetes
- A heart condition
- Have had heart surgery,
- High cholesterol, or
- Want to continue exercising after rehabilitation.

Who is the accredited Heartmoves instructor?

Alma Weber winner of the NSW Fitness Leader (2002) for dedication to Exercise and Healthy Living in Western Sydney

Where is the Heartmoves program available at?

Call NOW for FREE Demonstration & Details



**Level 1, 40 Third Avenue – Blacktown
(Next to Blacktown RSL)**

☎ 9831 4287



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