

Get Active for Living DVD

A DVD of gentle exercises for
older people

GAL - origins

- Office for Recreation and Sport IRIS grant
- Based on the highly successful EMAA and HAMP exercises, developed by Physiotherapists
- Project Advisory Committee role
- CPAA role



GAL - content

- For “older” people
- Captions for people with hearing difficulties
- Simple, gentle exercises
 - Flexibility
 - Balance
 - Strength
- Planning & Safety considerations
- Into the community

GAL DVD ordering – the “plug”

- \$29.95 incl GST
- Discounts for orders 20 or over
- Order form available
- Can order videotapes

GAL acknowledgements

- Office for Recreation and Sport
- Centre for Physical Activity in Ageing
- Deaf SA
- Carers SA
- Alzheimer's Australia (SA)
- TAV Productions