



# Active Lifestyle



## Tarragal House Physiotherapy Program

The range of individual and group exercise programs is expanding rapidly at Tarragal House. In addition to individually tailored programs for each resident, we have a variety of group programs to suit different abilities and interests. Regular classes involve group chair exercises, advanced exercises, meditation with movement, balance retraining and hydrotherapy - in the warmer months.

We have recently acquired additional exercise and rehabilitation equipment including parallel bars, a pulley system, cuff weights and a pedal machine which can be used for both upper and lower limbs.

We hope to promote healthier, stronger bodies, reduced falls and maintain interest in appropriate exercise for our residents both permanent and "slow stream rehab" respite admissions. It is also known that movement and exercise stimulates the release of "endorphins" (the happy, fuzzy chemicals) so that we may just be maintaining a healthy mind too!

Tarragal House

