

Active Lifestyle

Use it, or Lose it



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The RAO team at Wahroonga Home has devised a comprehensive exercise program. A different activity is offered each day. Stretching, breathing and gentle weight training are conducted with sessions ending with a short meditation. Ball games, hand-eye coordination exercises, yoga sessions run regularly. The very popular seated dance class often attracts a wide range of participants. Residents also enjoy using the training equipment and look forward to the weekly bowling competition which is filled with lots of laughter.

Residents love the weekly walks, especially if they're feeling energetic. Benefits are being noticed with general improvements in stretching, strength, balance and energy levels. Many residents are commenting how much they enjoy the program and how much better they are feeling.

Wahroonga Nursing Home

