

## **Heartmoves : A fun, safe and gentle exercise program appropriate for people living with Multiple Sclerosis**

MS Australia – ACT/NSW/VIC together with the Heart Foundation, is delighted to announce that the Heartmoves program is now available to people living with MS. Physical activity plays an important role in assisting to minimise the symptoms of Multiple Sclerosis. The Heart Foundation Heartmoves program, available in fitness and community venues across Australia, is a safe and easy way to exercise for health. The program focuses on delivering low-to-moderate intensity exercise incorporating gentle aerobic activity, weight-bearing or resistance exercise and stretching – all of which help to build strength and fitness as well as improve balance.

### ***About Heartmoves for MS***

*Heartmoves for MS* program is a standard Heartmoves program which is being offered especially to people living with MS, allowing you to start exercising in a supported environment, alongside people sharing similar issues. Everyone can start at their own level and exercise at their own pace. Heartmoves leaders are trained and accredited exercise professionals who are ready to tailor exercise in individual needs. All Heartmoves programs include chairs which can be used to participate in the seated version.

### ***What to expect at Heartmoves***

Part of the aim of Heartmoves is for participants to have fun and enjoy exercise. There are always chairs available, and you are welcome to use them during the session. Your Heartmoves leader will explain each exercise to you and each one can be adapted for special needs.

### ***Pre Exercise Assessment and Referral (PEAR) Form***

Before participating in a Heartmoves class, you are required to complete a Pre-Exercise Assessment and Referral (PEAR) form which will be available from the Heartmoves leader or you can download it from the Heart Foundation website. This document is used by Heartmoves leaders to identify those clients who may need medical clearance prior to exercising, which is recommended for people with MS.



### ***What to bring to Heartmoves***

To ensure you have a great Heartmoves experience we suggest you:

- ♥ Wear comfortable casual clothing
- ♥ Wear well fitting shoes
- ♥ Bring a drink bottle & towel
- ♥ Bring any medications you might need while exercising
- ♥ Leave plenty of time to get to the venue, and into the exercise area for the start

We also recommend that you call the venue hosting the Heartmoves class for information about their facilities (eg cost of the session, car parking, showers, and disability access).

### ***How do I find my nearest Heartmoves class?***

You can either:

1. Call the Heart Foundation on 1300 36 27 87
2. Call MS Connect on 1800 042 138
3. Go to [www.heartfoundation.org.au/heartmoves](http://www.heartfoundation.org.au/heartmoves). In the bottom left-hand corner of the page you will find a map of Australia. By clicking on this, you can select your state and enter your postcode (or suburb), and the radius around which you would be happy to travel, then click “locate” and a red pointer will appear at each location in that search. Please note, that while classes are well established throughout NSW, programs are in the early stages of being established in ACT, Victoria and other states.

### ***Who do I contact for more information?***

The MSL Health Promotion team is working closely with the Heart Foundation and Heartmoves leaders in the community to encourage people with MS to attend Heartmoves and to launch more classes.

To express your interest in a Heartmoves class specifically for people with MS, please contact your local Heartmoves leader or MS Connect on 1800 042 138 or the Heart Foundation Health Information Service on 1300 36 27 87.

