

## **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 MS. The Heart Foundation's 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 safe, low-to-moderate intensity exercise incorporating gentle aerobic activity, weight-bearing or resistance exercise and stretching – all of which helps to build strength and fitness, as well as improve balance.

### ***About Heartmoves***

Heartmoves is a low to moderate intensity exercise program and is open to everyone. It is designed to be safe for people with stable long term health conditions such as cardiac, diabetic conditions or MS. People can start at their own level and exercise at their own pace. Heartmoves leaders are trained and accredited exercise professionals who will tailor exercise to individual needs.

### ***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 exercises 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.

The PEAR form will be available at any Heartmoves class you attend and Heartmoves leaders will help you complete the form, we recommend you consult with your GP prior to participating in the class.

### ***What to bring to Heartmoves for MS***

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



We also recommend that you check with the venue hosting the Heartmoves class for facilities such as car parking, showers and disability access.

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

To find a Heartmoves class near you, go to [www.heartfoundation.org.au/heartmoves](http://www.heartfoundation.org.au/heartmoves). On the bottom left-hand side of the page you will find a map of Australia. By clicking on this you can select your state and enter in your postcode to find the nearest class. Please note, that while classes are well established in NSW, currently there are only limited opportunities available in Victoria and the ACT.

The MSL Health Promotion team is working closely with the National Heart Foundation and exercise therapists in the community to launch more classes, they are also calling for expressions of interest for people interested in joining a specific Heartmoves for MS class. A minimum of 10 people are required for exercise classes to go ahead. Venues days and times are flexible and will be confirmed when there are enough people to fill a class.

*Sharon Walks*  
NSW/ACT  
Health Promotion  
(02) 9646 0728  
[msconnect@msaustralia.org.au](mailto:msconnect@msaustralia.org.au)

*Jon Adams*  
VIC  
Health Promotion  
(03) 9845 2840  
[msconnect@msaustralia.org.au](mailto:msconnect@msaustralia.org.au)

### ***Cost of Heartmoves for MS***

Usually Heartmoves leaders will have a special price for people with MS. You will need to talk to your local Heartmoves leader about the cost. As a general guide, the group classes are usually priced between \$5 and \$15.

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

If you require further information about *Heartmoves for MS* classes please contact the team at MS Connect on 1800 042 138 or the Heart Foundation Health Information Service on 1300 36 27 87 who will be able to answer your questions.

Yours sincerely, The Health Promotion Team at MS Australia – ACT/VIC/NSW

