



## Live, Long, Lift Group Exercise Classes

Are you in midlife or beyond and looking to maintain your independence, energy, and overall health? Join our specialised small group classes at First Light Health Care Ballina, led by Bonny, a female Accredited Exercise Physiologist.

Why Choose This Class? Our program is designed to target key areas of health as we age:

- **Muscle Strength:** Combat age-related muscle loss (sarcopenia) and maintain daily functionality.
- **Bone Health:** Improve bone density to reduce the risk of osteoporosis and fractures.
- **Balance and Coordination:** Prevent falls and stay steady on your feet.

Resistance training and falls prevention exercise can improve:

- Muscle strength and reduce the risk of sarcopenia.
- Bone mineral density and reduce the risk of osteoporosis.
- Improve balance and coordination, significantly lowering the likelihood of falls.
- Boost cardiovascular health, improving heart and lung function.
- Promote mental health by reducing symptoms of anxiety and depression.
- Enhance self-efficacy and confidence in performing daily activities.

For any further enquiries or to book, please call First Light Healthcare Ballina on (02) 66856326  
[flhealthcare.com.au](http://flhealthcare.com.au)



**Bonny Riddle**

*Exercise  
Physiologist*

While Bonny understands the serious role of exercise in overall well-being at all stages of life, she also believes exercise should be fun and engaging. She dedicates her time to ensuring an individualised approach to each person's needs, recognizing that this is crucial in fostering a sustainable exercise journey rather than just a temporary solution. Having personally undergone rehabilitation, Bonny understands the challenges and triumphs that come with recovery, shaping her empathetic and patient-centred approach.

<b>Initial Assessment</b>	<b>40min</b>	<b>\$110.00</b>	<b>(Can be claimed through EPC or PH)</b>
<b>Group Class*</b>	<b>60min</b>	<b>\$ 25.00</b>	<b>(Can be claimed on PH – not EPC)</b>

\* Pricing per class



**First Light Healthcare Ballina**  
Tamar Village, Suites 10-14, 92 Tamar Street,  
Ballina, NSW 2478 Phone 6685 6326 /  
Fax 6680 7311 / [ballina@flhealthcare.com.au](mailto:ballina@flhealthcare.com.au)