



**Life Care Active** provides health, fitness and wellbeing classes in the one location.

Our health and wellbeing services and some exercise programs are also provided at our Residential and Independent Living locations at Aldinga Beach and Old Reynella.

**Life Care Active**  
230 Payneham Road  
Payneham  
T 08 8168 7600  
[lifecareactive.org.au](http://lifecareactive.org.au)



## HEALTH, FITNESS AND WELLBEING FOR 50+







The first choice in health, fitness and wellbeing for men and women 50+ in Adelaide.

Our aim is to help you to become and remain fit and active.

We provide a range of specialist health and wellbeing services through to individual and group fitness programs to ensure you have the flexibility, strength and overall good health to be 'active' every day.

By specialising and focusing on the 50+ market, we can ensure our programs and health services are appropriate, targeted and relevant to your needs, at your stage of life.

We are not a gym or a fitness studio offering a 'one size fits all' approach.

What makes Life Care Active unique is our ability to work collaboratively with a full complement of specialists to help achieve your goals.

Our on-site health professionals work closely with our fitness professionals, to ensure that your treatment complements your fitness or movement program with a holistic approach. This means that we can help take care of your health and fitness needs in a single location.

Our exercise programs range from group sessions, to one-on-one personal training to address any specific areas or help with fitness, weight loss, rehabilitation of an injury, or recovery from surgery. We also offer Pilates classes, equipment and gym work.

You can book a personal consultation with one of our therapists to help create a program to meet your needs.

Our aim is to help you make the most of every day, gaining strength, fitness and mobility to truly be 'active' every day.

**Our range of health, fitness and wellbeing services tailored to your needs include:**

### Health and Wellness Services

Occupational Therapy  
Physiotherapy  
Podiatry  
Exercise Physiology  
Home Safety Assessment  
Massage Therapy

### Keeping Fit and Active Individual and group exercise

Pilates - equipment and mat work  
Personal Training  
Exercise Classes (multiple levels)

### Managing your ongoing health needs with specialists support programs

Parkinsons  
Cognitive and Dementia Support  
Multiple Sclerosis  
Cardiac Rehabilitation  
Strength and Balance  
Falls Prevention  
Osteoporosis Management  
Chronic Disease Management

If you are looking for health or wellbeing services or a fitness program that is tailored to your level of ability and range of mobility just call us on 08 8168 7600.

Bookings are essential.

