



Leading with Healthy & Happy Living

Embracing Exercise

Inspiring healthy & happy living



Sona™ Methodology

- **Embrace** individuality, skills and passions
- **Enhance** independence & daily living
- **Prosper** with new opportunities and real happiness

Authentic relationships with people



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BallyCara Wellness Centre opens 2013



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In the beginning...



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BallyCara Wellness Program

- Village residents & broader community of seniors
- Membership model with tiers
- Test model with focus groups
- Key feedback themes - affordable, flexible, variety & holistic



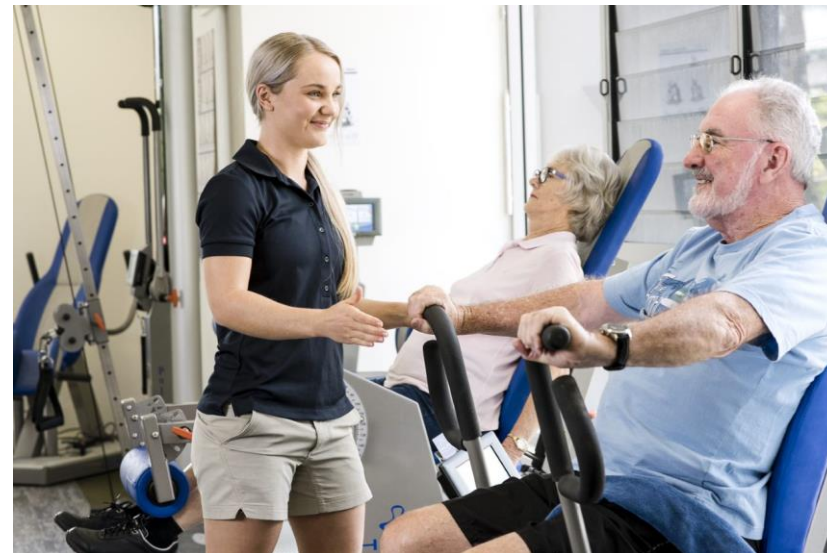
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Officially launched October 2014

 **Weekly schedule - Effective October 2014**
 Please come to BallyCara Wellness Centre for all activities
 *Please book in advance at reception or call 3897 3200

Monday	Tuesday	Wednesday	Thursday	Friday
Supervised Gym* 9 - 10am	Stretch & Flex 9 - 9.30am	Get Up & Going 8 - 9am	Stretch & Flex 9.00 - 9.30am	Healthy Hour (1st Friday monthly) 8 - 9am
Lifestyle Steps 10.30 - 11.30am		Supervised Gym* 9.30 - 10.30am 10.30am - 11.30am	Supervised Gym* 9 - 10am 10 - 11am	
	Supervised Gym* 10.30 - 11.30am	Healthy Moves 10 - 10.45am		Seniors Circuit* 9 - 10am
Embrace Members Exclusive Use of Gym 12 - 1pm	Supervised Gym* 11.30 - 12.30pm		Zumba Gold 9.30 - 10.15am	Yoga 10.30 - 11.30am
Supervised Gym* 1 - 2pm	Supervised Gym* 2 - 3pm	Embrace Members Exclusive Use of Gym 12 - 1pm	Embrace Members Exclusive Use of Gym 12 - 1pm	Embrace Members Exclusive Use of Gym 12 - 2pm
Seniors Circuit* 2 - 3pm	Healthy Living* (4th Tuesday monthly) 2 - 3pm	Healthy Mind 2 - 3pm	Get Up & Going 2 - 3pm	Supervised Gym* 2 - 3pm



The BallyCara Wellness Gym is fitted out with the most advanced health and fitness strength equipment available.

Designed specifically to suit seniors and people completing rehabilitation.

The HUR equipment uses pneumatic air-resistance technology which allows you to exercise more safely.

The HUR equipment is also computerised allowing personalised training programs to be developed and loaded onto a Smart Card.

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Holistic Model of Wellness



Exercise a core focus but must be offered in a variety of ways



Social connection of equal value



Mental wellbeing a “value-add”

Short Term Restorative Care



In 2017 successful in receiving first allocation of Australian government funded Short Term Restorative Care places

Short duration, high intensity
8week program of restoration

Now have 41 places across 2 regions

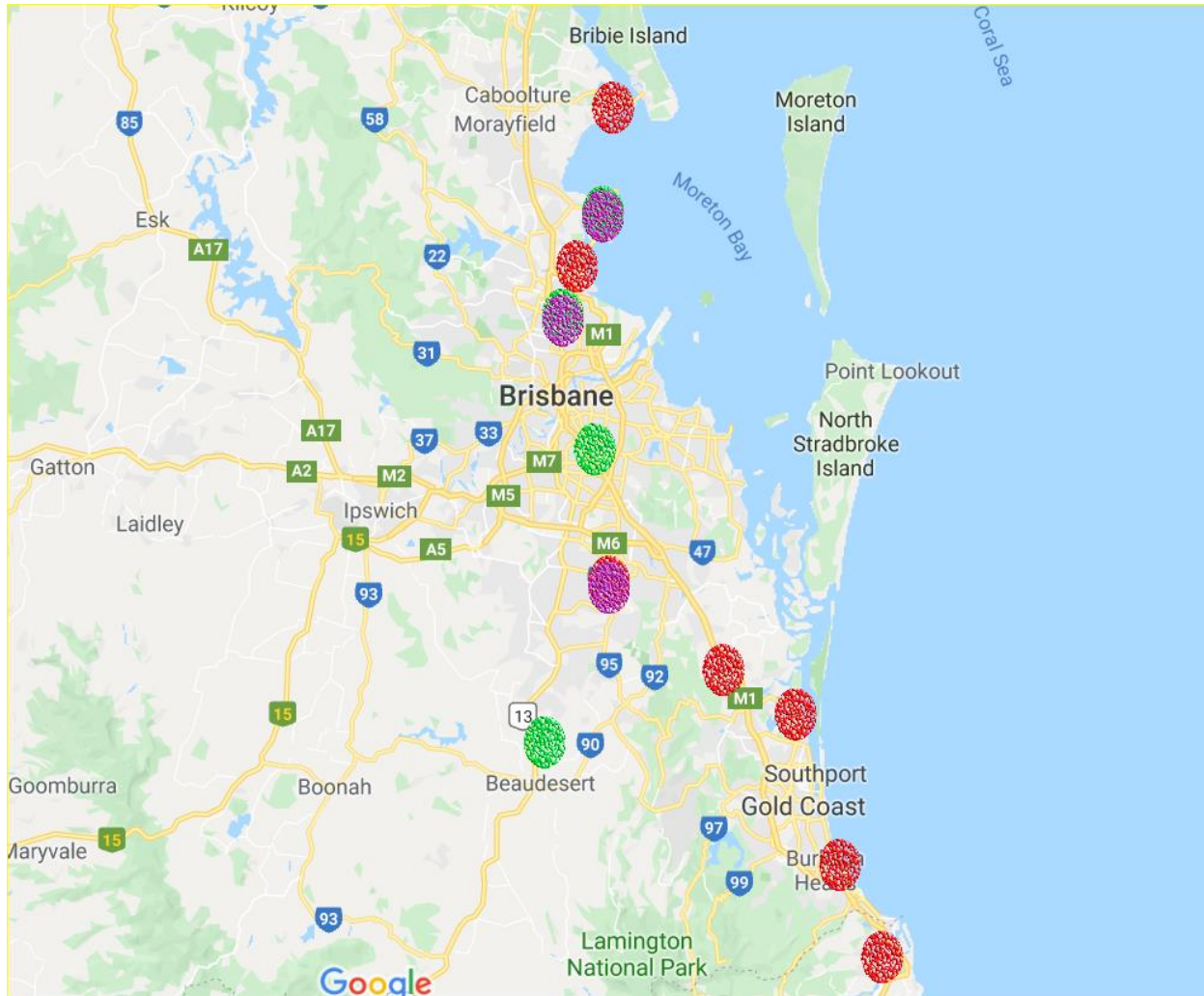
Coaching model with Exercise Physiologists as Lead Coaches

Multi-disciplinary team that engages with General Practice

Current funding sources

- Short Term Restorative Care Program
- Commonwealth Home Support Program
- Home Care Packages program
- Private Health Insurance
- Medicare
- Department of Veteran's Affairs
- Local Governments
- User pays

Strategic growth



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Community Engagement & Research



Active Ageing Partner



Walking Netball
Major Partner



Griffith Health
5.3K subscribers

The Healthy Beat Acupunch for Sarcopenia Exercise Program is a feasibility study that was co-run at Ballycara Village and taught by PhD candidate Ms Meiling Qi from Griffith University. The project led by the Griffith University team (Cindy Jones, Wendy Moyle, Ben Weeks, Winnie Wu, Charlotte Seib, Fangli Liu) was designed by Kuei-Min Chen from KMU, Taiwan. The design was validated by a Delphi Technique. Prof Kuei-Min Chen was a Griffith University short-term visiting fellow in 2018.

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Keys to Success

Invest in

The right exercise equipment – HUR is worth the investment

Invest in

Suitable space and location – be as accessible and visible as possible

Invest in

The right workforce – Accredited Exercise Physiologists are GOLD

Invest in

Your brand and customer experience

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