



KIDS IN MOTION

**UNDER 16
YEARS**

Delivered by Accredited Exercise Physiologists, this program is aimed at improving your child's strength, coordination, endurance and movement patterns, essential for everyday activities and sport



Weekly sessions



Initial Consultation \$135.00
Weekly sessions \$45 each

**NDIS & PRIVATE
HEALTH CLAIMING
AVAILABLE**

Sessions will incorporate

- Team building activities
- Strength training to improve muscle activation & function
- Agility and reaction drills
- Hand-eye coordination games
- Aerobic exercise for cardiovascular fitness
- Health, fitness & lifestyle education