



## Meet Carmel Whelan Sydney Harbour Bridge walk at 80!

### An inspirational story:

Carmel is a 79 year old lady who was referred to PACE Exercise Physiology by her general practitioner for prescription of a structured exercise program to:

- assist in rehabilitation following a fractured pelvis
- improve balance and reduce falls risk
- increase bone density and management her osteoporosis.

As a Department of Veteran's Affairs Gold card holder Carmel has been attending PACE Exercise Physiology twice a week. To supplement her in studio sessions, we have also provided her with a home exercise program and a weekly hydrotherapy session.

### Health and fitness goals?

To complete the Sydney Harbour Bridge walk on September 13th 2010 for my 80th birthday with 13 of my grandchildren in attendance. I also want to keep my bones strong and not have any more fractures and be able to keep doing the things I love.

### What do you love about PACE?

I have really enjoyed the balance training, which has improved greatly since starting. Mark has had me doing lots of leg exercises to get those muscles strong enough to be able to complete the bridge walk.

### What are the benefits you have noticed training with PACE Exercise Physiology?

I feel more mobile and confident with my walking, as well as less out of breath when I walk stairs. I think my balance has improved also and I am less worried about having another fall.

What advice would you give to other people who may be of a similar age and want to improve their health and fitness?

It's so easy to be involved and make improvements. I have really enjoyed working with the friendly staff at PACE, they have really made the program what it is today. I think everyone should do it!

How do you think working with a PACE Exercise Physiologist has helped you in your pursuit of your health and fitness goals?

I wouldn't be where I am now if it wasn't for my exercise sessions at PACE, I don't know what I'd be like, but I'm definitely going to be better when I'm 80 than I was last year.

PACE Exercise Physiologists are recognised as service providers by the Department of Veteran's Affairs

Gold Card Holders and White Card Holders (with specific conditions) may be referred by their General Practitioner using a DVA Request/Referral Form (D904).

We request that the patient's medical history is also forwarded along with the referral.

For more information please call your closest PACE Exercise Physiology Location.

DVA | Workcover | Medicare | Life | TAC  
Service Providers



**PACE Exercise Physiology**

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