



Exercise for Veterans Online

What is EVO?

EVO is short for 'Exercise for Veterans Online', and it's a new online exercise program providing veterans associated with the Kedron-Wavell Services Club the opportunity to access exercise and health education sessions twice weekly for a total of 40 weeks (about 9 months).

The EVO program will enable veterans and their families to participate in group-based fitness activities ranging from low to moderate intensity levels. The activities are moderated for participant fitness levels, in their own homes. Each session will include an educational component as well as exercise specifically for each educational theme.

All participants will receive a welcome pack with educational material, home exercise program and a resistance band to use when completing some of the exercises at home. You may also find a sturdy chair and an exercise mat useful.

The EVO program was developed by the Healthy Connections Exercise Clinic with the delivery of the program being fully funded by The Veteran and Community Grant (V&CG) program.

What will you receive?

- Opportunity to participate in twice-weekly exercise programs in your own home
- Access to recordings of sessions when unavailable to attend in real-time
- Resistance band
- Ongoing support from Accredited Exercise Physiologists
- Educational material
- Home exercise programs to complete in conjunction with the online program to achieve best results
- Improvement in health, social and physical wellbeing
- Test your progress document.

Who will deliver the sessions?

The exercise sessions will be delivered by Accredited Exercise Physiologists from the Healthy Connections Exercise Clinic, a subsidiary of Burnie Brae Pty Ltd. They are four-year university-trained exercise professionals who deliver programs to improve the health and wellbeing of individuals, with the exercises incorporated into this program being tailored to be safe and effective for participants of the veteran's community.

What you need to access the program:

- Email address
- Access to a computer/ laptop / tablet with webcam and audio
- Zoom app

Home Assessment Record to track and compare your results?

In your starter pack we have included comprehensive functional assessment tasks which you can administer in your own time at home. Specific tests and procedures for testing will be discussed throughout the program and we recommend you record your progress before beginning the program, mid-way through program and at the end of the program to track and compare your results.




If you have any concerns regarding the tests nominated, please contact our exercise professional and cease until you have clarity around the test.

Sign up

<https://form.jotform.com/212618251970051>



To access our services, contact us using the details below:

-  (07) 3624 2185
-  gym@healthyconnections.org.au
-  60 Kuran Street, Chermside