

Move for Your Health



Do you wake up tired?

Do you experience regular pain?

Are you lacking motivation?

Do you want to improve your overall health?

Despite the benefits of physical activity...

12% of Australian women were found to be sedentary

39% only engaged in low levels of physical activity

At WHISE we currently offer group movement programs suited to your health and fitness level on a Friday, and 1 on 1 health programs with myself on a Tuesday.

Please contact WHISE on 9794 8677 for more information, and make an appointment so you can start moving for your health today.

Your involvement & commitment will result in....

- *Improvement in overall health*
- *Improved sleep*
- *Increased mobility*
- *Prevent illness & further injuries*
- *Pain management*

Women's Health in
the South East

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