



APT

MOBILITY MATTERS

<https://linktr.ee/AndreaGazeAPT>

www.aptandpilates.com

About MOBILITY MATTERS

Mobility really **does** matter. . . don't plan to decline, plan to shine!

Do you want to lead an independent quality life? Would you like strategies to improve your balance, centre your body, get rid of pain? Are you able to play with your grandchildren? Do you want to be able to get out of a chair easily? Do you want to move with joy?

It's never too late to start and the smallest well understood movements introduced consistently into ones daily routine will make a massive positive difference. This online live interactive class/course, is ideal for anyone over 45, regardless of whether you have exercised or been active in your life. No need to kneel or get onto the floor, you will learn to tune into yourself and enjoy that you have choices to make with confidence that are completely right for you.

Mobility Matters was launched in 2019 and flourished online in 2020, 21, 22, 23 & beyond!

How it worked & now works:

Participants welcomed to 5 live online fortnightly 60 minute classes via Zoom during the APT Term until the end of 2023. I have run 16 online LIVE courses over the last 4 years with incredible life changing results! APT continues on with a new instantly accessible format in 2024 – all 5 recordings of the full course available for the full term + walk & talk free sessions to connect with me face to face & others in the community + pick my brain.

This is a simple life changing education – tools that are yours to draw on forever.

What you will learn over the 5 x 1 hour online sessions:

- The 10 key ingredients to mobility matters success
- How to build a well stacked standing and seated posture
- Breathing - how it assists movement and function, as well as pain relief
- Stability - such as core strength and activation
- Balance
- Releasing and lengthening (often referred to as stretching but we prefer the above)
- Accessing ALL the available joints – bringing back lost joint movements
- Improving range of motion
- Safe flexibility improvement
- Staying independent and in control of your life
- Moving well using the whole body in synergy – sharing the load – reducing joint pain/stress
- The four pillars of movement essential to healthy mobility

*Recording videos of 5 live sessions with real participants:

Each session starts with a check-in & discussion followed by the practical class and questions, with discussion to finish. Often a good laugh too!

In 2024 you will now be provided with all 5 full 1 hour recordings straight away - of each of the course sessions from the 16th course, with the full APT term access to review and practice with. **The access ending means you need to schedule the sessions into your diary as an Appointment with yourself – nothing like a deadline to get the job done right!** No one wants to throw their money in the toilet, no matter how good value it is & IT IS!

+ Option to join the FREE Walk and Talk Sessions offered during the time – Term 1 has 3 dates or if you are not Melbourne based a 30 min private Zoom check-in with Andrea.

Testimonies APT's Mobility Matters legends!

Testimonies:

I enjoy Mobility Matters on Zoom and even though I am in Brisbane, I can still join in these sessions every second Wednesday. I find them to be so helpful in enabling me to keep mobile at this stage of my life. Andrea is able to keep a close eye on us and encourages us to KISS (Keep it Simple Sweetheart) I have found that basic stacking of the body which we work on every week is so beneficial during daily life and practising "chair posture" helps to keep me feeling younger as I get out of a chair without groaning or sighing. I try to practice this every day. The recording helps to revise what we have experienced in the session and we get a full body mobility workout in the hour. It is amazing that the smallest movements can be so beneficial as we age, and it is so important to keep moving! Thank you Andrea for another great year in Mobility Matters. Your knowledge and expertise is fantastic and I love how you want to share this so generously. Cheers

Monica - Mobility Matters client in Brisbane

"I have gained so much from Mobility Matters in 2020. In a time when we were isolated for so long we were able to invite Andrea into our homes and she brought with her a sense of fun, wisdom and encouragement. She makes you WANT to exercise and lifts your spirits at the same time. I've been thrilled to see great improvements within myself. My neck, back, hip and foot all move better and suffer much less pain. My whole body works together to improve my mobility. I'm really looking forward to seeing what I can achieve in 2021! Thank you Andrea."

Lynda W - Melb


"I enjoyed the Mobility Matters classes. They made me feel more agile and lighter in body and spirit. I would highly recommend these sessions to other people who want help from a very experienced highly qualified instructor with the ability to tailor activities to the level of individual clients. I found the Zoom classes extremely helpful as I cannot travel at the moment and I need to my wife to assist me as I have macular degeneration and am in my 80's."

John C - Client Dec 2020, 2021 & 2022

<https://www.aptrandpilates.com/mobilitymatters>

for more testimonies, free vids & bookings

BOOKINGS & INFO: <https://linktr.ee/AndreaGazeAPT>

 **APT PERSONAL TRAINING & PILATES**

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Requirements & frequently asked questions:

What do I need for the Mobility Matters Class?

- Barefeet
- Comfortable clothes you can move easily in
- Chair - sturdy dining chair (no arms)
- Towel - hand towel size
- Water
- A clear area you can spread your arms in and move freely
- Mobile device to watch & interact on Zoom: Laptop, ipad etc
- A curious open mind, willing to learn and explore with choice

NB. All participants will be required to fill out a standard PAQ Form, once registered for this course. www.aptandpilates.contact

Do I need to have exercised or done a gym program to participate?

No, anyone can participate and benefit – that is what this method and mindset is all about! All in the privacy and safety of your own home.

Can I participate from anywhere in the world? *The videos are in English language only.

Yes of course!

I strongly advise you participate in at least one walk & talk face to face session or 30 min one on one Zoom, as it's beneficial to you to meet Andrea, ask questions, receive teaching tips and interaction that will motivate you. (APT created this method & program)

What happens if I haven't completed all 5 recordings by the access finish date?

You will not be able to access or open the video links you have purchased.

You will need to purchase the course again in the next term to complete it. For some this is very worthwhile – some of the people who have participated in Mobility Matters have done it many times – we just grow and learn more and improve more on what we know already! This is why the live walk and talks or 30 min Zoom are super helpful too!

For more info/other questions, please email us www.aptandpilates.com/contact

