

We offer evidence-based programs delivered by exercise experts.

Our team includes Accredited Exercise Scientists (AES), Accredited Exercise Physiologists (AEP), allied health and exercise professionals. Our instructors are able to adapt sessions to suit all abilities, presentations and goals.

Clinical assessments and 1-on-1 consultation are able to support those with more complex goals or health considerations and ensure all exercise sessions are flexible and responsive to participants needs.

Medicare, NDIS, DVA and/or private health rebates may apply.



Thriving Adults

Building strong, happy + healthy families through exercise



Locations:

Programs are available at various Perth metro locations, along with online/telehealth service availability. To find the service closest to you visit our website or get in touch.

✉ hello@thrivinginmotion.org

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Thriving Exercise Rehabilitation Inc. ABN 56 164 667 098





Why exercise is important for all families?

Exercise can significantly improve health by slowing the negative impacts of ageing and adding to the number of years lived in good health and independence – improving your health span. By engaging in health promoting exercise, you can enjoy:

- More energy for family and fun
- Improved physical health leading to stronger heart, muscles and bones
- Better mood and reduced stress
- Sharper brain health and cognitive function
- Greater confidence in your body's ability to do what matters to you
- Increased resilience for daily life, and new challenges



Thriving Gold

An evidence-based exercise program that supports positive ageing by building strong, resilient and healthy older adults. Whether it's kicking a footy with the grandkids, staying steady on your feet, or keeping fit for everyday life, Thriving Gold helps you stay active, confident, and strong.

Fit 4 Family

Fit 4 Family provides a safe, supportive community where parents and carers can prioritise their own health and wellbeing, be part of a like-minded community, and build strength and resilience together.

Thriving Generations

Brings children and older adults together through fun games, playful challenges, and movement-based activities. This is more than just a playgroup or exercise session, it's a movement program to build healthy, strong, and connected families

By partnering across generations, participants build trust, share laughter, and create lasting memories. And above all – it's fun! Every session is designed to be a joyful experience for all ages.

Positive behaviours are contagious – when adults make exercise a regular, positive habit children are more likely to grow up active, healthy and confident in movement too.



Services Available

One-on-one assessments and consultations*

For people with complex health needs or specific goals. Start with an assessment prior to entering a studio or group class to determine baseline health needs, define your goals and receive tailored advice.

Ongoing one-on-one sessions are available for those who need individualised support, but appointments are limited.

Studio (max 4 people)*

Small group training for those who need a bit of extra support. Perfect for those who want personalised guidance or need additional support to adapt for their needs and goals.

Group Classes*

A well-rounded fitness experience in a supportive, social environment. Sessions are flexible, responsive and safe for participants of all abilities.

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