



Cardiovascular Exercise
 Improve cardiorespiratory health and blood circulation, enhance mood and cognition.



Strength Exercise
 Increase muscle strength, assist in falls prevention, improve metabolism, enhance mood & cognition.



Core Exercise
 Alleviate chronic lower back pain, improve strength.



Balance Improvement
 Enhance walking stability and safety, improve confidence.



Mind & Body Practices
 Reset and enhance mind-body connection, improve daily movement.

And learn more about *our specialty programs* that may impact you, and how you can benefit from exercise, nutrition and mindfulness practices!



FRACTURE STEREOTYPES

"At Wini Health, we don't only believe, we KNOW what you are capable of, and we want you to join us to shatter the stereotypes associated with healthy aging," said the co-founder, Leigh Sherry. "Wini was my Granny. She believed in equity and inclusion, the very tenet we aspire to live up to at Wini Health."

Wini's goal is to support mature adults in building healthy communities that combat physical and mental ill-health risks. We understand the obstacles they face when seeking reliable and achievable exercises to address their health. Our members seek real, evidence-based solutions that are conveniently available whenever they want to work out, particularly with their friends.

Wini! Award-Winning Online Exercises for Independent Seniors

hello@winihealth.com

www.winihealth.com    



 **Wini Health**



Wini.

Award-Winning Online Exercises for Independent Seniors and Lifestyle Villages





300+
Classes

10+
Trainers

10+
Styles

Innovative Online Solution

Welcome to Wini, the innovative online exercise platform designed for mature adults, including retirees and independent seniors over 60. Our Allied Health Professionals and fitness team advocate inclusive, preventative health training to empower mature residents in building a healthier community.



No Fitness Models, No Commute Required, No Exploiting Insecurities

At Wini, our focus is NOT only on aesthetic benefits. We are focussed on a whole person approach to health, using exercise and meditation to help improve our physical, mental, social, emotional and spiritual wellbeing. Just connect your screen to our online exercise platform, and you're ready to go!

Whether you're a beginner or an experienced participant, and whatever your exercise ability looks like, we have something for you. Choose what feels good for you, and each day that will look a little different.



Over 60's? You're In The Right Place!

If you are over 60, look out for our "Lifestyle" range. These classes are designed specifically for mature-aged adults, but they are available for anyone to use.



In your space or on demand

No need to go far!
Delivered virtually
anywhere, anytime.



Refresh body & spirit

Our holistic solution
comprises physical
and mental supports.



Credible guidance

An evidence-based
approach, delivered
by Allied Health
Professionals.



Designed for every lifestyle

Whether you're just
starting out or pushing
to the next level.



Build communities to fight loneliness

Meet & move together
regularly to improve
people's health.



Miss it? Playback!

Never miss a session.
You can playback at
anytime, anywhere.

Learn more at

 **Wini Health**