



Get 'strength for life'

LIVING a healthy, active lifestyle is important for most and Council on the Ageing Seniors Voice program Strength for Life is helping people 50 years and over develop or improve their fitness levels.

With no more than 15 people in a class, members will undertake supervised and individually tailored programs to suit different levels of fitness, ability and strength.

The Strength for Life program is excellent for people with arthritis, osteoporosis, cardiovascular problems, diabetes and joint stiffness.

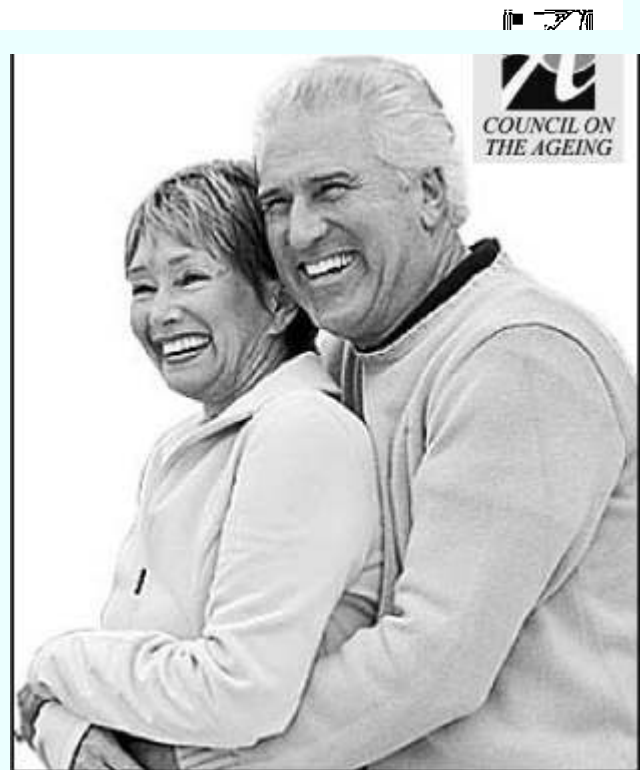
The health benefits COTA's Strength for Life program brings to members have been positive.

"I have been attending Strength for Life for two years now and in the that time I have improved my bone density and strength, which has put a smile on my doctor's face," one participant of Strength for Life said.

"I have noticed an increase in strength. I have thoroughly enjoyed attending, being able to complete my program stress free in a supportive and encouraging environment," another member said.

Strength for Life programs start at the Institute, Virginia and John McVeity Centre, Davoren Park with an information session on March 16.

Other Strength for Life programs are at The Valleys Lifestyle Centre at Clare, Barossa Recreation Centre, Starplex Gawler, Excel Health and Fitness Kapunda, Copper Coast Sport and Leisure Centre at Kadina and with no session more than \$6. Strength for Life is cost



effective and all you need is comfortable clothing, appropriate footwear and a sense of humour.

Call the project officer at Strength for Life at COTA's Seniors Voice on (08) 8232 0422 for more information.