



Whatever your ability,  
join your local Strength  
for Life Provider and stay  
strong and active.

## Take control of your health, wellbeing and *life*.

Visit [www.cotasa.org.au](http://www.cotasa.org.au)  
click on (Strength for Life) to find your  
nearest Strength for Life Provider and  
download our enrolment, screening and  
referral forms.

And remember, you may be able to  
claim a rebate from Medicare or private  
health fund. Contact your GP or private  
health insurance provider before you  
enrol.



### COTA SA

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Wellbeing SA



**Get stronger.  
Stay active.  
Make friends.**





# What is Strength for Life?

Strength for Life is an individualised strength and balance exercise program designed to help people aged 50+ to get fit, and stay strong and improve their balance.

**Aboriginal and Torres Strait Islanders or people from refugee backgrounds can participate from age 40+.**

The program is delivered by specially trained exercise physiologists, physiotherapists and fitness professionals in a range of locations and settings. Your accredited instructor will develop a tailored exercise plan, just for you.

You can then work towards your goals with like-minded people in a fun and friendly group setting, with support and encouragement to become stronger and fitter.

Staying fit and active will improve your:

- balance
- cardiovascular fitness
- muscle strength
- wellbeing

Tailored exercise plans will help manage chronic conditions.

“Best thing I have done for years, I come twice a week.”

# How does Strength for Life work?

The Strength for Life program is delivered across two tiers, designed to accommodate your personal needs

**Tier 1** is delivered by qualified and accredited exercise physiologists and physiotherapists and is designed for people who are managing complex health conditions

**Tier 2** is delivered by qualified and accredited fitness professionals and suitable for people of all fitness levels and abilities who have few medical risks and may be managing chronic conditions

You can enrol in Strength for Life or you can be referred by your GP.

# Did you know...

You may be able to claim a rebate from Medicare or your private health fund. Contact your GP or private health insurance provider before you enrol.

Once you have enrolled or been referred, your Strength for Life instructor will:

- conduct an assessment to understand your goals
- develop a tailored exercise plan for you
- invite you to attend your first Strength for Life session.

“I feel stronger physically and emotionally.”

