

SFL Questions
Rae Kosonsen interview

1. Where do you attend Strength for Life Sessions?

A. Turrumurra

2. How long have you been attending Strength for Life Sessions?

A. Been going for 6 years once a week.

3. Why did you join Strength for Life?

A. Had retired and wanted to keep mobility as good as possible

4. What do you enjoy most about being involved with Strength for Life?

A. The company, the exercises, keeping body moving and maintain good balance. We have coffee after class once a month.

5. Have you noticed any changes with your strength and balance since joining the program?

A. We were very active before retirement and feel this program maintains the body and balance as they were.

6. Have you noticed any changes in your overall wellbeing since joining the program?

A. Not really maintaining fitness etc. Enjoy the friendly group

7. Describe your relationship with the other participants.

A. Coffee monthly after class. Look out for each other

8. Describe your relationship with the instructor.

A. Instructor challenges us but never pushes and most importantly NO HURT

9. Anything else you would like to share with us?

A. Thoroughly enjoy it.

10. Are you happy for a picture to be taken/provided by you to publish with your interview?

Yes