

## **Tom Appleby February 2025**

Tom attends two sessions of Strength for Life at Turrumurra and has been attending for 15 years.

"I retired about 17 years ago and had always thought I could and maybe should be a bit fitter, so I decided to join Strength for Life.

I actually enjoy exercising, using weights and testing myself, and extending myself. It's also a very good social activity as well.

I have absolutely noticed the change in myself, especially my balance, I do balance exercises each week, my strength is also really good for my age of 82.

Health and wellbeing are essential as you are ageing and I think it has helped me feel really good about myself, after completion of the sessions. I deliberately push myself to assist in my overall health and wellbeing. I personally think it helps extend your life.

There is a great connection between the groups, and we all have a bit of fun.

Our instructors are quite good, very happy to assist with instructions and your general program, which is devised to suit each individual person.

Don't be lazy! I would encourage anyone thinking about joining Strength for Life to just do it. It improves your strength and balance, and you generally feel good about yourself."