

Personalised fitness sessions
in approved facilities
by expert trainers.



Improve your health with a
program that has ongoing
partnerships with WA
universities, which contribute
to research into seniors'
health and wellness.

This program in Collie is supported by COTA and
was made possible through funding by the
Department of Sport & Recreation



Government of **Western Australia**
Department of **Sport and Recreation**

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Exercise for the over 50s



**ROCHE
PARK**
RECREATION
CENTRE

You are never too old to start a strength training program!

The Living Longer Living Stronger program is an evidenced based, progressive strength training and exercise program designed specifically for the over 50's.



Living Longer Living Stronger is WA's premier strength training and exercise program for seniors, and has more than 3,500 participants at over 50 metropolitan and regional locations across WA.

What are the benefits of a progressive strength training program?

Strength training can help you prevent and manage a wide range of health conditions including osteoporosis, arthritis, hypertension and diabetes. It is also very beneficial for improving coordination and balance.

How does it work?

Each session is conducted in a group setting, with everyone following their own individualised program. Sessions are fully supervised by a qualified instructor. Sessions run on Tuesday and Thursday mornings.



All participants must be assessed prior to commencing the program, enabling our qualified instructors to develop an individualised strength training program suited to your level of health and fitness. This includes a medical check and clearance by your GP.

All participants must be assessed prior to commencing the program, enabling our qualified instructors to develop an individualised strength training

How much does it cost?

Assessment fees are capped by COTA WA, and rebates are available through HBF. Your initial assessment (once-off) is \$60. There are no yearly membership fees.

Session prices are currently \$5.00. It is recommended that you attend two sessions per week.

How can I sign up?

Contact Terresa, Collie's Living Longer Living Stronger instructor on 9734 4388 for more information.

Meet the LLLS Ambassador Bob Ziegler

87 years old.

Emeritus Professor.

World traveller.

Bob has been taking part in the LLLS program since 2004, and has enjoyed the many benefits it brings. He has doubled his upper body strength and tripled his lower body strength. He now plays an 18 hole round of golf every week. "I would recommend this program to everybody. As we get older we tend to lose muscle mass and balance, and not be as strong and become somewhat restricted in movement. Exercising helps get blood back to the heart. Living Longer Living Stronger gives us a better quality of life".

