



Whatever your ability,
join your local Strength
for Life program and
stay active in your 50s
and beyond.

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

Visit strengthforlife.org.au to find your nearest Strength for Life program and download our enrolment, pre-exercise questionnaire and GP referral forms.

And remember, contact your GP or health fund before you enrol – you may be able to claim the cost of your Strength for Life sessions from Medicare or your private health insurance provider.



**Strength
for Life**

COTA WA

61 Kitchener Avenue
Victoria Park WA 6100

PO Box 923 Victoria Park WA 6979

P: (08) 9472 0104 F: (08) 9253 0099

kairi@cotawa.org.au

www.cotawa.com.au



COTA
WESTERN AUSTRALIA
for older Australians



**Strength
for Life**

**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 over 50 get fit, stay strong and improve their balance.

The program is delivered by specially trained exercise physiologists, physiotherapists and fitness professionals in a range of locations and settings. There are no membership or subscription fees and 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
- leg 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 participants with a range of 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 for Strength for Life or you can be referred by your GP.

Did you know...

You may be able to claim the cost of your sessions from Medicare or your health fund.

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.”

