



Media Release

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ANNOUNCING: New, Seniors for Fitness - Fit today for a better tomorrow

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What is the single most responsible cause for falls suffered by our elderly?

Muscle weakness. But it doesn't have to be... So, local aged care and lifestyle support services organisation, Flexible Living is working to address this by offering a brand new fitness program for Logan locals, sure to knock their sports socks off!

Flexible Living's focus on a 'fit today for a healthier tomorrow' program dubbed, 'Senior's 4 Fitness', will help locals enjoy a fuller, healthier and fitter way of life in the shire, and increase the chances of making the most out of their retirement years.

Facts suggest that staying physically active has never been so important, with muscle mass said to significantly decrease by 50 years of age, with an approximate 40% decrease in total muscle mass by age 70.

However, this can be changed. Simply by introducing some light exercise into day to day living is key to maintaining general health and fitness. Flexible Living's 'Senior's 4 Fitness' fitness programs can also assist with rehabilitation after an accident or a stay in hospital.

Regular exercise for those over 50 has also been proven to assist with the improvement of mental health and incontinence issues, and offer significant impacts on muscular strength and more.

Senior Manager of Flexible Living, Tania Hainsworth Brown says, "Flexible Living is an organization that really understands the importance of independence among members of our elderly and disability communities".



“We are committed to providing flexible, responsive support services that enhance the quality of life of the elderly, people with a disability and their carers”, Tania says.

Flexible Living is inviting anyone over the age of 50 years to attend their ‘Senior’s 4 Fitness’ classes, which have been developed in conjunction with an accredited and experienced Occupational Therapist. Details are:

When: Each Wednesday 10:30am - 11:30am

Where: 3 Wineglass drive Hillcrest

Cost: \$10.00 per session

Class Focus:-

- Overall Health and Fitness to suit each attendees abilities / goals
- Strength building for increased independence in quality living
- Improved cognition through improved wellbeing
- Social participation opportunities
- Opportunity to access additional OT supports through linkage with our OT.

All are welcome to join us for a morning tea from 10am. Some transport may be available upon request.

Flexible Living is part of a national family of organisations (Community Services Group) collectively committed to enhancing and supporting the quality of life of the most vulnerable people.

For further information please contact Media Spokesperson Tania Hainsworth Brown on 1300 359 253 or Erin Masterton, National Manager of Marketing and Communications on 0448 100 287.

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