

# Strength for Life

2018

## Facts

Strength training with a progressive format is more effective as it gradually increases the intensity of the exercise. The focus is always on posture, balance and core control. SFL programs will include functional exercises which relate to activities in everyday life.

- Muscle strength can be regained and maintained no matter what the age and physical condition of the participant.
- Supervised strength training is not a high risk activity for over-50's.

Having strong muscles is a necessity in living and active and independent life. It is our muscles, after all, that enables us to climb stairs, dig in the garden and lift groceries.

Unfortunately, many people, find their strength diminishes as they get older.

This is not generally a result of getting older, but of being inactive, and can be reversed by undertaking regular, supervised strength training.

Class Schedule						
time	monday	tuesday	wednesday	thursday	friday	saturday
7:00am	SFL					
9:00am		SFL	SFL	SFL	SFL	SFL
10:15am		SFL		SFL		SFL
5:30pm						

**\*\* PLEASE NOTE: All Strength for Life participants must have an Assessment and Program appointment prior to joining the class. Our facility requires ALL Strength for Life participants also produce a medical clearance from their doctor.**

## Over-50's speak about the program:

"My back is stronger, I've travelled recently and had no problems."

"When I started I couldn't even touch my toes but within 6 months I can not only touch my toes but I can run! I'm fitter than I was 5 years ago."

"I am more supple, thinner, my flexibility has improved. Talking with other participants also helps me mentally and emotionally."

"I feel physically better, especially my balance and coordination. Because it is such a fun group, this helps my mental wellbeing."

"I am stronger. I recently had a 2 week break and noticed the decline."

"After stroke I had real balance problems—SFL has been really helpful."

"I don't get as tired now when playing golf—I have better stamina."

"I am not in as much pain in my leg, I have better endurance and love the social aspect."

"I can now easily walk upstairs, SFL helps with fatigue and I have better flexibility."

"I am stronger— I have a heart condition and my cardiologist is very happy with the improvement."

