Strength for Life

Stay Strong

Stay active, feel strong and make friends

Safe personalised strength training to help you stay strong, move with confidence and keep enjoying life.

Strength for Life **Stay Strong** is an individualised strength and balance exercise program designed to help people aged 50+ to get fit, stay strong and improve their balance (40+ for Aboriginal and Torres Strait Islander people or those from refugee backgrounds).

Delivered by qualified exercise physiologists, physiotherapists and fitness professionals in a range of locations and settings, your accredited instructor will design a program tailored to your goals, abilities and health needs.

Strength for Life

Build strength at any age with a program tailored to you

Your instructor will develop a plan that matches your needs and ability. There are two tiers to help you get the most benefit:

- **Tier 1:** For people managing complex health conditions, exercise supervised by an allied health professional.
- **Tier 2:** Instructor-led classes suitable for all fitness levels.

It's never too late to feel stronger and improve your health, wellbeing, and life.

You can enrol directly or be referred by your GP

Find your nearest class:

Scan the QR code

or visit **strengthforlife.com.au**

or phone **COTA SA**

FREE CALL 1800 182 324

COTA SOUTH AUSTRALIA

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