



## ***Keen-Agers: an outstanding way to promote physical activity***

You are never too old to enjoy being active—that’s the message from *Keen-Agers*, a project that has put a whole new spin on table tennis.

And on Wednesday night *Keen-Agers*’ contribution to increasing physical activity in older people was recognised by VicHealth with an outstanding achievement award. ***Keen-Agers - Increasing Physical Activity Amongst Senior Victorians*** was successful in the category for projects with budgets under \$75,000.

The award was presented to Council on the Ageing (COTA) Vic Executive Director, Sue Hendy and the founder of *Keen-Agers*, John Gale at VicHealth’s Annual General Meeting and Awards Night on 12 December, in front of an audience of 750 people.

According to VicHealth CEO Todd Harper “This year’s awards for outstanding achievement in health promotion highlight the innovative and inspirational work being undertaken by VicHealth’s partners around the State”.

The first *Keen-Agers* club was started by John Gale in Bairnsdale in 2001. COTA was funded by VicHealth to work with *Keen-Agers* to expand the model across Victoria and to evaluate its impact. There are now over 20 *Keen-Agers* clubs with more than 500 regular participants.

“*Keen-Agers* has made a significant difference to the lives of many older people across Victoria”, said Sue Hendy. “It provides an opportunity for people to participate in a healthy activity in a social, non-competitive environment.”

As John Gale said, “Most people can remember playing table tennis as a kid, but you are never too old to pick up a bat and enjoy a friendly game. Everyone should have the opportunity to participate in physical activity—*Keen-Agers* makes this possible.

**For more information, please contact:**

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