



## What is COTA Victoria's role in Living Longer Living Stronger™?

Council on the Ageing (COTA) Victoria is the peak body representing the wide-ranging needs and interests of older people in the Victorian community.

We are an independent not-for-profit organisation that proudly endorses the partners who deliver the **Living Longer Living Stronger™** program to help improve the health of all senior Victorians.

Interested in becoming a COTA Victoria Member to access our other programs and insurance discounts? To find out more call **9654 4443** or **1800 136 381** (STD Free)

## How do I get started?

To find your nearest **Living Longer Living Stronger™** centre:

**Download the list from**

Website: [www.cotavic.org.au/healthy\\_and\\_ageing/living\\_longer](http://www.cotavic.org.au/healthy_and_ageing/living_longer)

**Or call**

**Seniors Information Victoria**

Tel: **1300 13 50 90**

Email: [askcota@cotavic.org.au](mailto:askcota@cotavic.org.au)

## Where do I participate in Living Longer Living Stronger™?

**Living Longer Living Stronger™** is available from over 100 organisations such as Fitness Centres, Community Health Services, Rehabilitation Facilities, Hospitals etc. across metropolitan Melbourne and regional Victoria.

***“Strength training is suitable for all people from 50 years to 100+”***

Supported By:



Strength training can  
improve your life –  
no matter what  
your age!



## Did you know?

As we get older we lose muscle strength and gain fat, however most people don't know that this is the result of inactivity rather than age. Strength can be regained and maintained regardless of age by participating in **Living Longer Living Stronger™**, the COTA endorsed strength training program.

## How does it work?

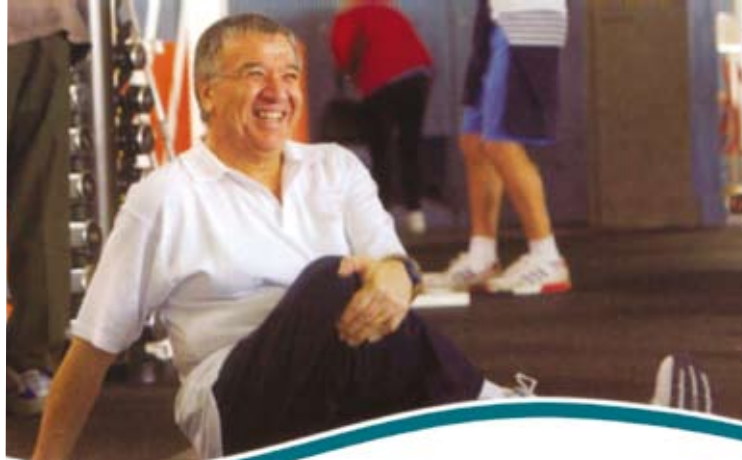
Strength training involves the use of weights: barbells, machine weights and your own body weight to build muscle strength. Strength training starts with a full assessment of your current abilities. An individual program is then designed for you.

You attend group strength training sessions with other seniors in an environment that is friendly, enjoyable and safe. All sessions are fully supervised. Fully qualified instructors are with you to ensure that you use the equipment safely.

As you become stronger, the weights that you use are progressively increased.

Soon you'll begin to see the results, find it easier to do day-to-day things such as carrying groceries and opening jars as well as reducing your risk of falling.

And remember - it's a social activity as well. So come along and join other seniors and have fun while you improve your health.



***“An individual program is designed for you”***

## What are the benefits?

Regular participation in an appropriate strength training program can:

- Improve strength, balance, gait, flexibility and coordination
- Improve ability to lift, walk, bend, climb stairs and enjoy life!
- Increase bone density
- Improve management of type 2 diabetes (combined with diet)
- Reduce blood pressure and abdominal fat, which reduces the risk of heart disease
- Reduces inflammation and pain associated with arthritis when accompanied by an appropriate eating plan
- Is a social activity where you meet other seniors in a very supportive environment.

***“Strength can be regained and maintained by participating in Living Longer Living Stronger™”***

***“It's a social activity as well”***

## I'm too old and unfit

No matter what your age or current abilities, a program can be developed for you. Strength training is suitable for all adults to age 100+ and is of special benefit if you:

- Have diabetes, arthritis, heart disease, osteoporosis, hypertension or obesity
- Are unsteady on your feet or concerned about falling over
- Find it difficult to bend down to put on your shoes or tie your shoelaces
- Are unable to lift or carry groceries, squat to pick something up from the floor or get out of a chair
- Feel tired, weak and have no energy.

## What Living Longer Living Stronger™ participants have to say

***“When I first came here I was using a walker – now I can walk on my own”***

***“Now its not so much of a struggle when I do day-to-day activities”***

***“There's absolutely nothing to be scared about”***

***“The people are delightful – I'm really enjoying the social interaction”***

***“Go ahead and do it – It's not expensive”***

***“I can do things that I couldn't do before”***

***“It will probably add 10 years to your life”***

