



LIVING LONGER
**Living
Stronger**

Safe, accessible and effective strength and balance training sessions for older Tasmanians.



Affordable strength and balance training delivered by accredited providers and instructors.



What is Living Longer Living Stronger?

Living Longer Living Stronger is a personalised strength and balance program for older Tasmanians.

There is no age limit on exercise! Whether you are 50 or 80, it can help you get fit, stay strong and improve your health and wellbeing.

Affordable access to strength training

The program is designed to provide affordable access to strength and balance training. Fees are capped to keep costs low and participants may also be able to access rebates through their health fund or Medicare.

A promotional graphic for the "Living Longer Living Stronger" program. On the left, the text reads "Get stronger", "Stay active", and "Make friends" in a bold, dark font. Below this is the COTA TASMANIA logo, which features the word "COTA" in a large, bold font and "TASMANIA" in a smaller font below it, with a colorful circular logo to the right. On the right side of the graphic is a photograph of four people (two men and two women) of various ages, all smiling and holding dumbbells. To the right of the photograph is the "Living Longer Living Stronger" logo, which consists of three stylized human figures in green and orange, with the text "LIVING LONGER" above "Living Stronger".

For more information visit: www.cotatas.org.au/lls