

**Get stronger
Stay active
Make friends**



What is Living Longer Living Stronger?

Living Longer Living Stronger is an personalised strength and balance program. There is no age limit on exercise! Whether you are 50 or 90, it can help you to get fit, stay strong and improve your health and wellbeing.

The program is delivered by specially trained exercise physiologists, physiotherapists and fitness professionals in a range of locations and settings. Your accredited instructor will develop a tailored exercise plan, just for you.

You can then work towards your goals in a fun and friendly group setting, with support and encouragement to become stronger and fitter.

Progressive strength and balance training can help to improve your:

- balance
- cardiovascular fitness
- muscle strength
- wellbeing.

Tailored exercise plans can also help to manage chronic conditions.



“Best thing I have done for years, I come twice a week.”

How does Living Longer Living Stronger work?

The Living Longer Living Stronger program is delivered across two tiers, designed to accommodate people with a range of needs.

Tier 1 is delivered by qualified and accredited exercise physiologists and physiotherapists and is designed for people who are managing complex health conditions.

Tier 2 is delivered by qualified and accredited fitness professionals and is suitable for people of all fitness levels and abilities. They may be managing chronic conditions but have few medical risks.

You can enrol yourself in Living Longer Living Stronger or you can be referred by your GP. The easiest way to get started is to contact your local provider.



Why getting active is important

We all know that staying active is good for our health and wellbeing, but did you know that strength in particular has many positive benefits for the body and mind?

We're here to help

If you're ready to take the next step, we're here to assist you to stay strong and keep moving.

Once you have enrolled or been referred, your Living Longer Living Stronger instructor will:

- conduct an assessment to understand your needs and your goals
- develop a tailored exercise plan for you
- invite you to attend your first Living Longer Living Stronger session.





Whatever your ability, join your local Living Longer Living Stronger program and stay active in your 50s and beyond.

"I feel stronger, physically and emotionally."

Take control of your health and wellbeing

Visit www.cotatas.org.au/llls to find your nearest Living Longer Living Stronger program and download our enrolment form and medical clearance form, if required.

You may be able to cover some or all of the cost through:

- your NDIS or home care package
- rebate from your private health insurance
- Medicare chronic disease management plan via your GP.



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