



# Join Australia's Living Longer Living Stronger movement



# What is Living Longer Living Stronger?

**Living Longer Living Stronger is a low-cost, evidence-based progressive strength and balance exercise program for people aged 50–100+.**

The program was developed by RMIT, health professionals and older people in the community. It is designed to help older people stay strong and improve their balance and mobility. It is suitable for everybody, including people who find it hard to exercise.

Delivered and supported by accredited exercise physiologists, physiotherapists and fitness professionals, Living Longer Living Stronger provides individually tailored exercise programs for each participant in a fun and friendly group setting.

## **It can help improve:**

- balance
- cardiovascular fitness
- stride length
- muscle strength
- wellbeing.



***“It feels good...  
We’re helping  
people stay  
active and be  
independent.”***

# How does Living Longer Living Stronger work?

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

---

**Tier 1** is delivered by qualified and accredited exercise physiologists and physiotherapists and is suitable for people with complex chronic conditions, multiple medical risk factors or who may be recovering from illness or injury.

---

**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.

---

**Participants can enrol themselves or be referred by their GP or health professionals.**

The initial assessment includes:

- personal consultation to establish clients needs and goals
- development of a tailored exercise plan
- an invitation for them to attend their first Living Longer Living Stronger session.

# All the support you need

Whether you're an exercise physiologist, physiotherapist or fitness professional, when you join our growing network of providers you'll receive specialist training, support and a range of affiliate benefits.

## These include:

- Living Longer Living Stronger instructor training and accreditation
- Living Longer Living Stronger naming rights
- a dedicated provider portal on our website
- launch and community outreach support
- downloadable marketing materials
- research and education resources
- national and local promotion and PR.





***Strengthen your local  
community—and your brand***

***Use your downtime to lift lives—and  
your profile—in your community.  
Join our growing network of Living  
Longer Living Stronger exercise  
physiologists, physiotherapists,  
fitness professionals and gyms.***

# Enjoy the Living Longer Living Stronger feel-good factor

Find out more about what Living Longer Living Stronger delivers for our growing network of providers, including training, accreditation and support. Discover how you, your business and your brand can benefit from the Living Longer Living Stronger feel-good factor.

For more information contact us today or visit [www.cotatas.org.au/llls](http://www.cotatas.org.au/llls) to become a Living Longer Living Stronger provider.



COTA TAS

181 Elizabeth Street,  
Hobart, Tasmania 7000

P: (03) 6231 3265

[admin@cotatas.org.au](mailto:admin@cotatas.org.au)  
[www.cotatas.org.au/llls](http://www.cotatas.org.au/llls)

