



Love Life. Love being Strong!

Nillumbik Community Health Service is running its '**Strong People Stay Young**' exercise group again this year providing strength training suitable for all ages. Participants will learn and practice upper and lower body strength training that will increase health and well-being. Research has shown strength training plays an important role in the **prevention of osteoporosis and managing diabetes** as part of an overall management plan.

Participants in 2010 'Strong People Stay Young' groups felt the exercise classes helped them stay fit and active particularly enjoying the social aspect of the group in meeting people. One participant, Robyn said *"Since participating in the course, my core strength and balance have increased considerably. Our group is a very supportive group with great leadership"*.

CEO of Nillumbik Community Health Service, Amanda Murphy said, *"the Strong People Stay Young course is great for people who want to start exercising and improve their strength and balance"*.

To participate in Strong People Stay Young classes, participants complete a six week introductory course under the supervision of a qualified Physiotherapist and they can continue to exercise with an on-going support group.

Enrolments are now being taken for the next introductory course. For bookings and enquiries, please contact Nillumbik Community Health Service on **(03) 9430 9100**.



From left, local participants from the exercise group: Anne Fitzpatrick, Faye Howell, Jenny Smith, Jan Barnard and Cynthia Addison

"Regular strength training has given me stability when walking and improved my strength in day-to-day activities".

