



Living Longer
Living Stronger™

Strength Training for the over 50s

Congratulations on taking the first step towards a healthier and more active lifestyle! Soon you will be joining your peers at one of our non-intimidating, fully supervised centres whilst completing your own individualised exercise program at a discounted cost.

Living Longer Living Stronger™ is Western Australia's premier strength training and exercise program for the over 50's and is currently enjoyed by more than 8000 participants at over 70 locations state wide!

As our bodies get older they change in many ways and not always for the better! Research into the Living Longer Living Stronger™ program, and strength training in general, shows you can expect to see increases in strength and muscle mass, reduction in the risk of major chronic diseases (including osteoporosis), improvements in the management of existing ailments (e.g. diabetes and arthritis) and improvements in your coordination and balance.

To ensure safety and quality of service the Living Longer Living Stronger program has a tiered health system which will enable anyone to participate no matter their health history, injury or illness.

Our tier one providers are physiotherapists and/or exercise physiologists who have the skills and knowledge to deal with more complex conditions and injuries.

Tier two providers are fitness professionals who have completed the advanced Living Longer Living Stronger training course.

Your doctor will help you to decide which tier level is the most suitable for you according to your health history.

Please note that it is COMPULSORY for all participants who wish to commence the Living Longer Living Stronger program to obtain a medical clearance prior to attending their initial assessment. This allows our instructors to develop a safe and effective program catering for your health needs.

Working with all older Western Australians to achieve a just, inclusive and equitable society since 1959

COTA WA: The Perron Centre, 61 Kitchener Avenue, Victoria Park WA 6100 • **postal:** PO Box 923, Victoria Park WA 6979

• **tel:** (08) 9472 0104 • **fax:** (08) 6161 8902 • **web:** www.lllswa.org.au • **email:** llls@cotawa.org.au

Where to from here?

1. Ensure that you have downloaded all the relevant forms using the checklist below:

- Doctor Referral Letter (Medical Clearance)
- Exercise and Training Readiness Assessment
- Activities Specific Balance Confidence
- Physical Measurements
- Living Longer Living Stronger™ Provider List

2. Obtain your medical clearance from your doctor – use the form provided

- Your doctor will help you decide which Tier level is most suitable for you!
- If referred to a Tier 1 provider, ask if your Assessment can be included in your Extended Primary Care plan

3. Fill in the following forms:

- Exercise and Training Readiness Assessment
- Activities Specific Balance Confidence

4. Contact your nearest provider and book in for an assessment

- Don't forget to take your completed forms with you!
- See the Provider List for a full list of current providers and their contact details

5. Attend your assessment, get shown through your program and enjoy being part of the Living Longer Living Stronger Family!

6. If you have any questions or problems don't hesitate to contact us at the Living Longer Living Stronger office on 9472 0104.