



# STRENGTH FOR LIFE

COTA (Council of the Ageing) SA's Strength for Life project is enabling people 50 years and over to access quality strength training programs at local venues across Salisbury. These programs provide affordable, supervised strength training sessions for over 50's.

The 'Strength for Life' program promotes health and wellbeing amongst people over 50 through strength training programs run by accredited fitness providers. You will have a pre-screening procedure and have your own program designed for you to ensure that you are doing a strength program that suits your own needs and abilities.

## What does 'Strength for Life' offer you?

Strength training can alleviate the effects of chronic conditions such as Arthritis, Type Two diabetes, Osteoporosis, and heart disease.

Strength training has also been shown to improve balance and reduce risk of falling, enhance mental wellbeing, improve body composition (more muscle, less fat), raise self-esteem and self-confidence, reduce lower back pain and enhance older people's ability to undertake activities of daily living and maintain an independent lifestyle.

## Cost

Once off up-front fee of \$30 for an individual exercise program (\$55 if completed by an exercise physiologist or physiotherapist) then only a maximum of \$7 per session. Participants have access to supervised, progressive strength training sessions at least twice a week at an allocated time.

PTO for locations

**STRENGTH**  
for life 50+



# STRENGTH FOR LIFE LOCATIONS - CoS

Location	Day	Time	Contact
Burnfit Studio 18 / 296-306 Nelson rd Para Vista	Monday	9:30am - 10:30am 10:30am - 11.30am	0423 591 658
	Wednesday	9:30am - 10:30am 10:30am - 11.30am	
	Thursday	10.15am - 11.15am 5.45pm - 6.30pm	
	Friday	9.30am - 10.30am	
Fun-Life Fitness 11 Roopena St Ingle Farm	Monday	12.00noon - 1.00pm	8264 3918
	Tuesday	12.00noon - 1.00pm	
	Thursday	12.00noon - 1.00pm	
Helping Hand Salisbury Highway, Parafield Gardens	Tuesday	9.00am - 10.00am	1300 444 437
		1.00pm - 2.00pm	
		2.00pm - 3.00pm	
	Friday	9.00am - 10.00am 10.00am - 11.00am 11.00am - 12.00pm	
Northcare Physio 192 Park Tce Salisbury Plain	Monday	11.00am - 12.00noon	8250 7557
	Tuesday	10.00am - 11.00am	
	Wednesday	11.00am - 12.00noon	
	Thursday	10.00am - 11.00am	
	Thursday	5.30pm - 6.30pm	
Parafield Gardens Recreation Centre Kings Rd, Parafield Gardens	Monday	10.15am - 11.15am	8286 8800
	Thursday	10.30am - 11.30am	
The Lodge Health & Wellness centre 1587 Main North Rd Salisbury East	Monday	11.30am - 12.30pm	8258 9066
	Tuesday	3.30pm - 4.30pm	
	Wednesday	11.30am - 12.30pm	
	Thursday	11.30am - 12.30pm	