



24 August 2009

FREE ACTIVE LIVING PROGRAM TO SUPPORT OVER 50'S IN GLENROY AND FAWKNER

The Active Living Program is helping older adults in Glenroy and Fawkner to enjoy the benefits of regular physical activity. Over 50's wishing to be more active can now access the support they need to try local activities that are fun, social and low-cost such as water exercises, walking groups, Tai Chi, line dancing, ballroom dancing, bowls, gym, chair aerobics and more.

Evidence shows that being involved in only 30 minutes of activity on most days of the week will significantly improve health and wellbeing, yet most people aren't active enough to enjoy these benefits. There are usually many reasons why people find it hard to be physically active, such as not knowing what activities are available in their local area, finding it hard to fit in with a busy lifestyle, health reasons and sometimes needing that extra motivation to get started. The Active Living Program aims to address these by offering over 50's:

- A free, one-off Physical Activity Assessment with a Physiotherapist at Merri Community Health Services in Glenroy or Fawkner. This will include recommendations for physical activity that will help people reach their goals and referral into a free or low-cost local activity group.
- Personalised follow-up phone call for extra support.
- Where possible, people will also have the option of free, ongoing individual health coaching with Merri Community Health Services. This coaching will provide extra support for physical activity as well as other lifestyle changes, such as improving their diet.

Julie West, Physiotherapist at Merri Community Health Services explains "this service is free, there are no waiting lists and interpreters are available - it's a win, win, win for Glenroy and Fawkner residents. Assessments and ongoing health coaching are tailored to the individual and there are options for people of all fitness and mobility levels."

Local senior resident Shirley Peake was involved with the early development of the Active Living Program and is passionate about seniors getting active. Shirley, who has been a member of the Moomba Park Tennis Club since 1978 and is the current Club Secretary, says that she has "certainly made a lot of friends in Fawkner" because of her involvement with sport. Shirley would love to see other local seniors getting active and she hopes that the Active Living Program will be of assistance to those who require some extra support and encouragement.

The Active Living Program has received initial funding through Go for Your Life and will be sustained via a partnership between the Hume Moreland Primary Care Partnership, Moreland City Council and Merri Community Health Services.

To make an appointment for a free Physical Activity Assessment phone Merri Community Health Services at Fawkner on 9357 2444 or Glenroy on 9304 9200.

- ENDS -