



# Strength for Life



## Strength for Life Exercise Classes

The Strength for Life Program promotes health and wellbeing by increasing access to strength training programs for people over 50 years of age. The Burnside Community Centre is a tier 2 Strength for Life facility.

One 45 minute assessment with an instructor is required prior to program commencement to assess current level of fitness and to prepare your personalised program.

### Benefits of Strength Training for over 50's

- Improve balance and reduce risk of falling
- Enhance mental wellbeing
- Improve body composition through muscle development
- Raise self-esteem and self-confidence
- Reduce lower back pain
- Enhance ability to undertake activities of daily living and maintain an independent lifestyle

### Class Information

Classes held Monday to Friday at the Burnside Community Centre Wellness Centre. Each session consists of:

- 10 minute warm up
- 35 minute strength training
- 10 minute stretching and cool down

Cost: \$6 per session.

**For more information please contact:**

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