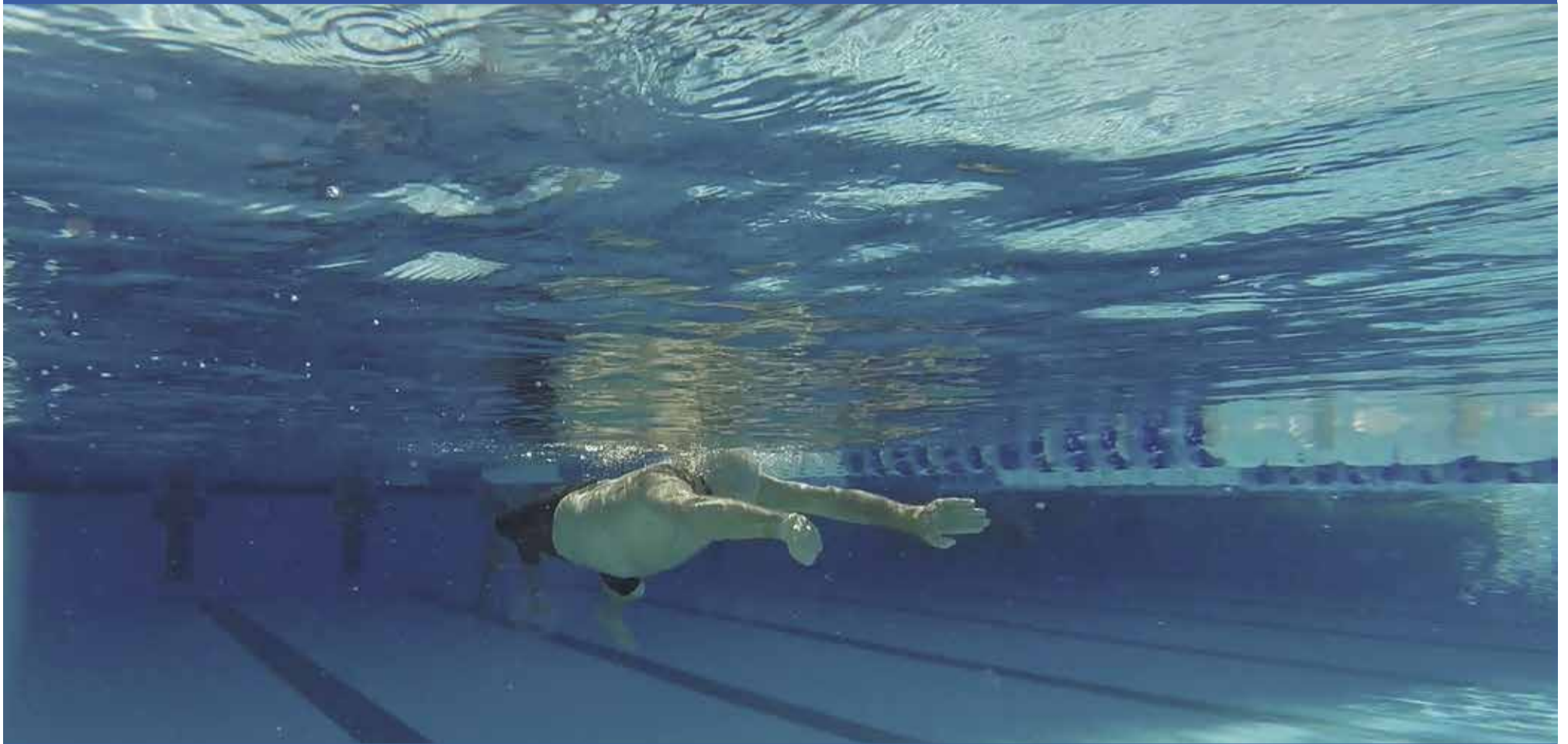
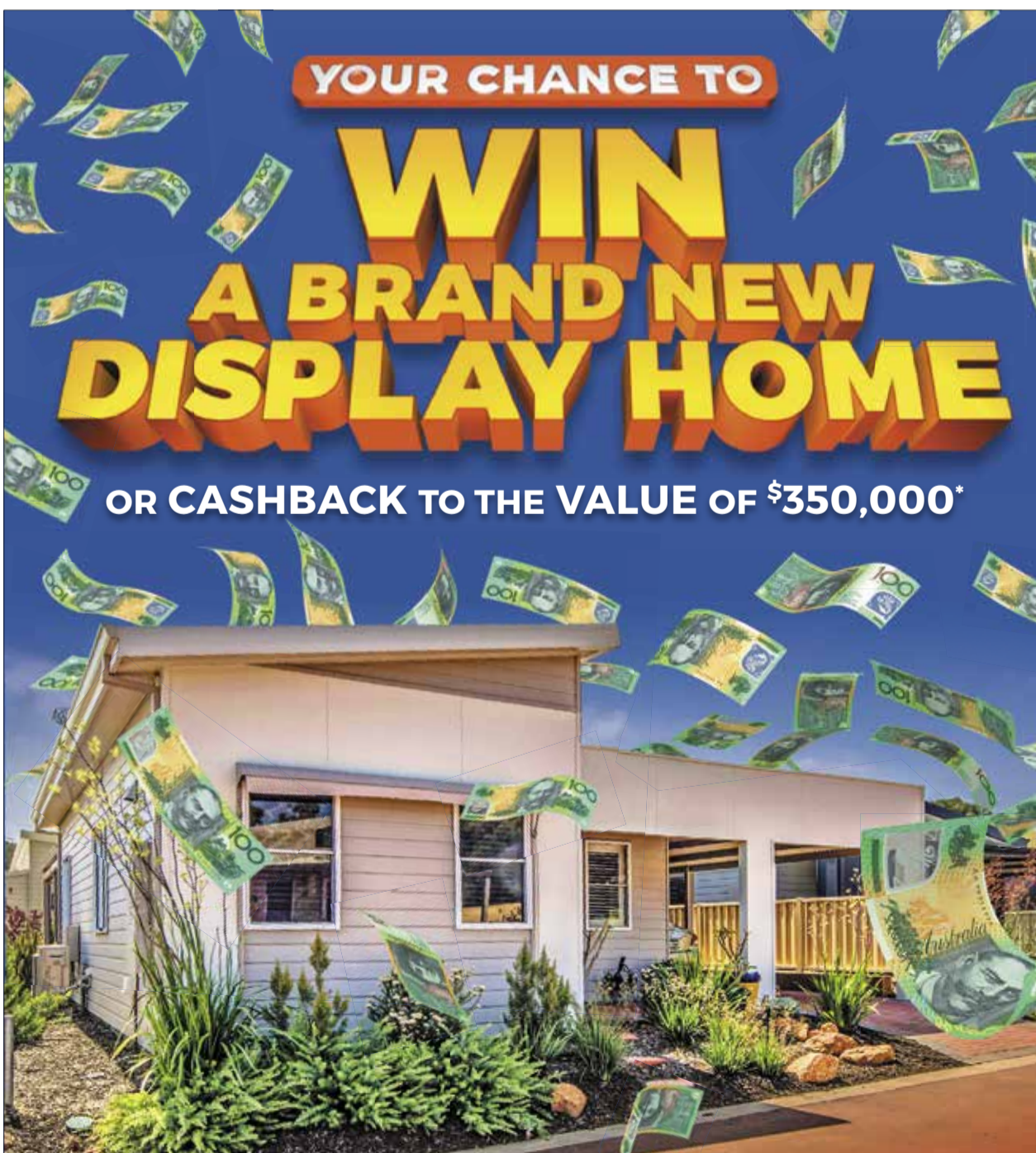


Have a Go News ACTIVE AGEING LIFTOUT



Swimming is a great way to keep fit, have fun and make new friends. Find out about a Masters Swimming Club inside...



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It's time to make plans to get active



Jennifer Merigan

THIS final month of winter is the time to start planning your spring pursuits to get out and about and have a go!

Exercising and keeping socially active is the magic potion for ageing well and extended your longevity.

There are many exercise and recreation programs specifically targeted to people 50+ and we have a great

selection of ideas inside this Active Ageing feature.

Research has shown that even if you have a chronic disease, a specially tailored exercise program can help you feel better.

Whatever your fancy there are myriad opportunities to join in on some physical activity which helps expand your social life.

The YMCA have launched a new Seniors Sport program at the Morley Sport and Recreation Centre on Tuesday mornings from 9.30am to 10.30am. The program includes walking basketball, walking netball and badminton. For anyone who loved

those sports when they were younger this program has been created as a low impact alternative and costs \$5 per session with tea and coffee afterwards. Call 9375 3592 or just turn up on the day.

Prime Movers offer exercise to music for the over 50s with classes across the metropolitan area – call 0444 560 037 or visit www.primemovers-exercise.com.au

Mall walking is a popular activity held in shopping centres where people can walk together prior to the centre opening. Karrinyup, Garden City, Cockburn Gateway, Belmont Forum, The Square at Mir-

rabooka, Midland Gate and Ocean Keys all offer the service for seniors. Find out more by calling COTA on 9472 0104 or direct at the shopping centres.

For those who would like to join a tailored gym program for the over 50s inside is a list of the Living Longer Living Stronger participants around the state.

Don't forget our website has a host of information of clubs and groups specifically targeting older adults – visit www.haveagonews.com.au/clubs/ to see the full listings.

Enjoy having a go!

Jennifer Merigan
Editor

Make a splash and have a go...



for all ages with a health and participation focus and opportunities for people to have a go.

Sometimes three generations of a family come together and swim on the day, as WOWSwims is open to all ages.

Masters Swimming's motto is swimming for Fitness, Friendship and Fun and it is also very beneficial for people's health.

Masters Swimming WA are partnering with Injury Matters who deliver the Department of Health funded Stay On Your Feet program, which provides information and resources for older adults, their friends, family and health professionals to prevent slips, trips and falls.

Swimming has been identified as an activity which helps people's balance, endurance, power, flexibility and coordination. Perth City Masters Club member Fred Van Aniel who is 78 years old and an amputee says anybody can start swimming at any time.

"I'll still be swimming in 10 years time – you watch me. I'm fairly positive my general health would not be as it is today if I hadn't joined Masters Swimming – your physical abilities improve and just about anybody can do swimming."

Swimming is a great aerobic activity which helps to improve blood pressure, muscle tone and posture. It's low impact so it is great for rehabilitation from injury or surgery and it promotes health and well being both physically and mentally.

So why not find a local club and join in the Fun, Fitness and Friendships that Masters Swimming WA offer? Visit www.mswa.asn.au

SWIMMING for adults is what Masters Swimming WA is all about. People over 18 with all levels of swimming abilities are welcome.

Clubs provide regular coached training sessions, individual guidance and stroke correction with expert support and advice. They also offer a vast array of social activities which are

just as important as the swimming. It's a great way to socialise and build life long friendships through regular catchups after training or even to planning holidays around state, national and international events. It offers people the opportunity to do a little exercise whilst having fun.

There are now more than 30 Masters Swimming clubs spread around the metropolitan area, plus country clubs as far north as Wickham and as far south as Albany. Each club is unique and run independently, setting their own training times and membership fees.

Masters Swimming offers pool and ocean swimming. Different clubs have different expertise when it comes to the type of swimming people prefer. They have recently established a new Open Water Series, WOWSwims, which is a community focused open water swim series

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Add Life to your years, a directory of sport and recreation for over 50s. To obtain a copy please contact the Seniors Recreation Council on 9492 9773 or email info@srcwa.asn.au

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PHYSICAL activity is good for everyone, but is particularly beneficial to people living with, or at risk of, diabetes. Regular exercise helps to reduce the risk of developing type 2 diabetes, and it lowers insulin resistance in people with type 2 diabetes. It has even been shown to improve mental health. Of course it also helps you to look good!

Experts recommend at least 30 minutes of moderate aerobic activity every day, plus two or three resistance training sessions (weights and strength training) each week. Depending on your initial fitness level, you may need to work your way up to this goal.

Credentialed diabetes educator and exercise physiologist Marian Brennan said that for people who don't think of themselves as the physical activity type, the idea of starting an exercise program can be intimidating.

"A good place to start is to just do a little bit more than you currently do. For example, you could start by walking around the block after breakfast."

If you are on insulin or certain glucose lowering medications, you may need to take special precautions in order to prevent your blood glucose level from dropping too low (hypoglycaemia or a "hypo"). If your doctor has asked you to monitor your blood glucose levels, you should check your levels before and after exercise, and during exercise if it's for longer than 30 minutes. Your blood glucose levels may be lower for up to 48 hours after exercise.

If you have a question or would simply like more information about diabetes, call Diabetes WA on 1300 001 880 to speak to a diabetes educator.

Age no barrier - golf offers an all round exercise that promotes active ageing



Melville Glades golfers Lois Lively, founding members Jack and Roma Martin and Nene Katnic

MELVILLE Glades Golf Club this year celebrated its 50th year anniversary. Of the 522 foundation members, only a 12 or so remain, but most of these

still playing golf. The message from the club patron, City of Melville Mayor Russell Aubrey in the Club's 50th Anniversary souvenir booklet

says it all: "Melville Glades is known to be a friendly and welcoming golf club, catering for members of all ages from 10 to 90+ years, playing more rounds than any other private course in Western Australia."

And you don't have to go far to capture the history of the club. Just ask foundation members Roma and Jack Martin both of whom are now in their 90s. What's more, they still enjoy their golf to the fullest.

The Martins have been playing at Melville Glades since the inaugural year having earlier played at the Lakes, now known as Glen Iris. Jack was an ex-WAFL player and former junior member of the state hockey team but with wife Roma, found golf a more comfortable pastime.

In between golf interests they find travel and playing cards a most rewarding experience and have built friendships over 50 years with many other MGGC members, albeit as Jack says: "A lot of the

card players are no longer with us... there's only three of us left."

Others like Nena Katnic 84, have been members since 1974, joining at that time with her good friend Lois Lively, who turned 90 this year.

Both Nena and Lois met at Santa Maria Girls' School at Attadale, working in the tuck shop as both had girls attending the school.

Playing tennis together at St. Pignatelli courts, they soon decided that they should take up golf. They started with no lessons or coaching but eventually groomed their skills under professional Hillary Lawler at The Lakes. Both became members of The Lakes in 1968.

"In 1974 we both decided to make Melville Glades our home club", says Nena, and we've been inseparable ever since."

Lois and Nena have stayed friends on and off the course for more than 52 years.

Lois also adds, to rub

some Championships (alternate hits format) since 1974, only missing out as a team twice due to injuries", Nena says. "We've won five championships, 1977, 1978, 1988 over 36 holes and twice in our earlier years since being played over 18 holes."

The amazing attribute for these octogenarians and nonagenarians is their health and fitness.

"I like to play 18 hole competitions three days per week on Tuesdays, Thursdays and Sundays," says the aptly named Lois (Lively).

Only recently has she acquired a motorised cart. "Before that, I had no trouble walking, walking and playing golf is good for my health", she added.

A dinky-die Docker's supporter, Nena plays just Tuesdays and Thursdays, keeping the weekends free for cheering on her beloved Freo.

How do they do it? Well, Lois still does one day at the gym each week as well as her three days of golf.

"I enjoy playing golf as

much as I do because it's such a friendly club", says Lois.

"I've been a widow for 13 years so the companionship is good and it's thoroughly enjoyable to challenge your ability on the golf course."

In golf, as you get older, one of the benchmark achievements is to score your own age or better. With Melville Glades a par 75 course, Lois says: "I had a 95 recently, so that's pretty close."

All of the senior golfers have seen many changes at Melville Glades over the years from both a course and clubhouse perspective, but more to the point, in gender acceptance.

Lois and Nena both recollect: "The associates (the name for female members back then) were crammed into a small and hot room at the end of the clubhouse, known as the 'Ladies Room', whilst the Men's Lounge was large and spacious and definitely gentlemen only. How times have changed!

a little salt into the male wound: "I was the first lady to win the Diggers' Cup on ANZAC day after the club allowed women to play in the event."

At 90 years and getting closer to her special letter from the Queen, Lois is not changing anything in the immediate future.

"I travel back to Albany where I lived for eight years annually to play in the Wittenoom Cup Golf Carnival and we girls just love it", she says.

Not to be outdone by her younger baby-boomer friends, she recently trekked up to Exmouth for a bucket-list adventure.

"Earlier this year I learned to snorkel one day and then swam with the whale sharks the next on the Ningaloo Reef", she said. "At my age I think that's pretty good."

No matter what age you are, golf is a game that can be enjoyed at any time of your life, whether a youngster or even at 80 or 90. These senior citizens show just what a beneficial pastime golf can be at any age.

Exercise for a longer life - it will help you feel better and stronger...



Keeping fit is the key to active ageing

by Frank Smith

COTA (WA)'s Living Longer, Living Stronger (LLLS) exercise program for seniors is set to expand even further from its present base of 60 providers and 3500 participants.

LLLS coordinator Rick Lee said COTA is applying for federal funds that will allow it to expand the program to more outer metropolitan and regional areas in 2020.

"Hopefully, the grant funding will allow us to offer more marketing and promotions for our existing providers as well.

The case for more LLLS funding received a boost last month with the publication of a 20-year study of 15,000 men and women between the ages of 40 and 79 by scientists at the University of Cambridge, UK.

This was one of the few studies that have looked at how changes in physical activity over time are associated with subsequent risk of death.

During the study period, there were 3,148

deaths, including 950 deaths from cardiovascular disease and 1,091 deaths from cancer.

After controlling for existing physical activity and other risk factors such as diet, body-weight, medical history, blood pressure and cholesterol levels, higher levels of physical activity and increases over time were associated with a lower risk of death.

For each 1kJ/kg/day per year increase in energy expenditure due to extra physical activity the researchers found a 24 per cent lower risk of death from any cause, a 29 per cent lower risk of cardiovascular death, and an 11 per cent lower risk of cancer death.

This increase in activity is equivalent to being inactive at the start of the study and gradually, over five years, meeting UK minimum physical activity guidelines.

Results were similar in those with and without a history of cardiovascular disease and cancer. Moreover, participants who became more active over time had a

lower risk of death from all causes, regardless of past activity levels.

But the benefits were greatest for those with existing high levels of physical activity who became even more active over time, with a 42 per

cent lower risk of mortality.

The scientists counted both activity at work and leisure-time activity, such as cycling, sports and recreational activities.

"These results are encouraging, not least for middle aged and older adults with existing cardiovascular disease and cancer, who can still gain substantial longevity benefits by becoming more active, lending further support to the broad public health benefits of physical activity," the study authors wrote.

In Australia Dr Frances Batchelor, director of the National Aging Research Institute (NARI) commented that the study showed becoming active in middle and old age, even if you were not before, can help you live longer.

"In Australia, only 25

per cent of older people meet the recommended physical activity guidelines," she said.

Australian Government Department of Health and Ageing activity guidelines for older people are to be active every day in as many ways as you can, take at least 30 minutes of moderate intensity physical activity on most days, and enjoy some regular, vigorous activity for extra health and fitness.

Dr Batchelor said with higher sedentary behaviour and physical inactivity reported among older people, creating opportunities for older people to engage in any physical activity is important.

"NARI has researched the impact that physical activity has on the mental health of carers and older people from cul-

turally and linguistically diverse backgrounds, as well as whether home-based exercise delivered in real-time via the NBN can help older people become more active.

"The findings have shown that yes, activity helps brain and mental health, as well as general fitness," she said.

The Australian Institute of Health and Welfare reported last month that of the 50 per cent of the deaths of people under

75 each year in Australia were potential avoidable.

The research study was published in the *British Medical Journal* in June 2019.

Living Longer Living Stronger and similar exercise programs for seniors are going a good way towards meeting this challenge.

Find out more about COTA WA's Living Longer Living Stronger program by calling 9472 0104.

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- Attadale - Attadale Physiotherapy Centre 9317 4777
- Balcatta - Bounce Physiotherapy 9344 7476
- Bayswater - Life Ready Physio 6313 4040
- Bedford - Exercise for Life 9371 8563
- Bicton - Life Ready Physio 6313 4010
- Bentley - Curtin University Physiotherapy Clinic 9266 1717
- Bullcreek - Revolv Health (at Definition Health Club) 9313 5125
- Bunbury - Maximum Results Exercise Physiology 9792 4179
- Butler - Life Ready Physio 9544 3822
- Bedford - Exercise for Life 9371 8563
- Cannington - CMC Physiotherapy 9258 1000
- Canning Vale - REPS Movement 6258 5822
- Claremont - Essence Lifestyle Changes 9386 8588
- Coogee - Coogee Beach Fitness Club 9418 4227
- East Fremantle - REPS Movement 9319 8355
- East Fremantle - Southern Plus Health and Wellness Centre 6424 7443
- Floreat - Life Ready Physio 6280 1090
- Inglewood - Life Ready Physio 9276 6155
- Joondalup - ECU Vario Wellness Clinic 6304 3444
- Marangaroo - Life Ready Physio 6444 6363

- Margaret River - Margaret River Recreation Centre 9780 5625
- Merriwa - Seaside Exercise Physiology 0497 065 883
- Midland - Life Ready Physio 9250 7772
- Myaree - Alti2ude High Performance Gym 0418 913 683
- Northam - In balance Physiotherapy and Fitness 9622 5335
- Rockingham - Life Ready Physio 9500 7643
- Wangara - The Health and Fitness Centre 9409 3033
- Warwick - Life Ready Physio 6168 8564

Tier 2 and Working Seniors Tier Providers are accredited fitness professionals who have also completed the compulsory Living Longer Living Stronger™ Instructor Training Course. Working Seniors' Tier is now available at most Tier 2 Providers – providing an expert level assessment and safe gym program for those unable to attend regular session times.

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- Augusta - Augusta Recreation Centre 9780 5625
- Beechboro - Swan Active Beechboro 9207 8555
- Bedford - Exercise for Life 9371 8563
- Boddington - Active Plus 0429 806 086
- Bridgetown - Bridgetown-Greenbushes Recreation Centre 9761 2966
- Cannington - Cannington Leisureplex 6350 7300
- City Beach - Bold Park Aquatic Centre (Tier 2 only) 9385 8767
- Collie - Roche Park Recreation Centre 9734 4388
- Denmark - Denmark Recreation Centre 9848 2044
- East Perth - Stadium Fitness 0434 233 382
- East Victoria Park - Leisurelife Centre 9373 5450

- Ellenbrook - Jetts Ellenbrook 9296 7042
- Falcon - Anytime Fitness Mandurah South 9534 4495
- Forrestfield - Hartfield Park Recreation Centre 9359 1700
- Harvey - Harvey Recreation and Cultural Centre 9729 3311
- Kalgoorlie - Eastern Goldfields YMCA 9021 1035
- Kelmscott - Genesis Health Club 9390 4900
- Kwinana - Kwinana Recquatic 9236 4700
- Mandurah - Mandurah Aquatic and Recreation Centre 9550 3600
- Melville - Leisure Fit Melville 9364 0800
- Merredin - Merredin Squash and Fitness 9041 2381
- Merriwa - Seaside Exercise Physiology 0497 065 883
- Midvale - Swan Park Leisure Centre 9250 2120
- Morley - YMCA Morley Sport and Recreation Centre 9375 3529
- Mt Barker - Mt Barker Recreation Centre 9851 2122
- Mundaring - Club Sierra 9295 1426
- Narrogin - YMCA Narrogin Regional Leisure Centre 9881 2651
- North Lake - Lakeside Recreation Centre 9310 7700
- Northam - In-Balance Fitness 9622 5335
- Pinjarra - Shire of Murray Recreation Centre 9531 2000
- Riverton - Riverton Leisureplex 9231 0930
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Department of Communities



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