



COTA

Debra Petrys - General Manager National Programs

COTA SA - Strength for Life (SFL) Program at Mt Barker Gym

At Mount Barker Gymnasium they are passionate about providing health and fitness. Mark, the manager, says "We are here to help people achieve their personal goals in health and wellbeing and to enjoy life to the fullest, and this is exactly what Fen has done for herself at our Strength for Life Program".

Fen says "I was introduced to SFL by my neighbour. She convinced me that it would do me the world of good".

"Never having been a great believer in exercise but also feeling

I should do something to stay fit, I decided to join".

"Now I feel so much better, both mentally and physically. I can do up my shoelaces and cut my toenails again. Silly little things but very important, and ladies and gents: don't worry about being overweight. I am."

"We have people over 70 years of age. I am 68. Some people can only come once a week, I come twice and still enjoy it after 18 months".

The SFL program is specifically for over 50's. Each person has their own individualised program and socialising is encouraged.

If you would like to join the



Fen is enjoying the fitness program

program at Mount Barker Gym, phone them on 8391 1422 to organise an assessment.

If you require more information generally about the SFL program you can contact the Project Officer on 8232 04212.