

Strength for Life

Are you fit for life?

Strength training is not just for athletes, it's for everyone & its so important for over 50's!

Why strengthening matters?



As we get older we naturally lose muscle mass and strength which effects:

- Mobility
- Independence & ability to do every day tasks
- Balance
- Increases the risk of falls

Strength training is key to a healthy & independent life

Did you know strengthening can:

- Build and maintain strong muscles
- Improve bone health & reduce risk of falls
- Improve balance & mobility
- Help you do daily tasks
- Sharpen thinking and memory
- Boost mood
- Better sleep
- Support brain health



What can you do?



Take the fit for life strength and balance challenge. Start by trying strength & balance exercises, twice per week and combine this with aerobic activity to stay strong and steady and keep doing what you enjoy.

Stay strong & steady for life