MEDIA RELEASE | **30 March 2023**

Get all the benefits of a strength training exercise program while contributing to crucial research

As we get older, staying fit and healthy with regular exercise becomes increasingly important.

Residents in Victor Harbor will now have an opportunity to join a free exercise program specifically designed for older individuals, and simultaneously support a national study.

People over 60 years of age are invited to join a 12 week physical activity program study taking place at the Victor Harbor Library (1 Bay Road, Victor Harbor).

The program involves progressive workouts and a wide range of exercises in line with the Geri-Fit® program.

City of Victor Harbor Mayor, Dr Moira Jenkins, said this is a great opportunity for older people in our community to enjoy some physical exercise in a safe environment.

"If you're interested, I encourage you to learn more about this program which focuses on improving strength," said Mayor Jenkins.

"The benefits of exercise extend well beyond just physical – there's a range of social benefits too!"

A total of 24 classes will take place throughout May, June and July 2023. That's two 45 minute classes per week, with participants encouraged to attend as many as possible.

All equipment is provided for participants and most of the Geri-Fit® exercises will be performed while seated in a chair. Participants will not be required to get onto the floor.

Upon completion of the 12 week program, each participant will fill out a survey to help evaluate the program and determine if their strength, stamina, balance and range of motion has improved.

The study is being conducted by Curtin University and Geri-Fit® in collaboration with the Victor Harbor Library and the City of Victor Harbor.

To qualify for the study, participants must be aged 60 years or above and not be doing any kind of strength training exercises (walking, tai chi or yoga is accepted).

Places are limited. To register your interest, please visit **www.victor.sa.gov.au/libraryevents**.