

## Key Benefits of Strength Training

- Strengthens your muscles and makes daily activities easier also reducing likelihood of falls
- Builds bone density, reducing the risk of osteoporosis.
- Increases flexibility, balance, coordination and posture.
- Improves muscular endurance.
- Improves immune system functioning.
- Increases the level of HDL (good) cholesterol.
- **Improves your mood, sense of well-being, and energy levels, thereby adding quality to your life.**
- Reduces the risk of injuries to the lower back.
- Lowers your resting heart rate, making your heart more efficient.
- Lowers blood pressure.
- Decreases gastrointestinal transit time, reducing the risk of colon cancer.
- Produces positive health effects for sufferers of diabetes



## **Tailored Fitness Personal Trainers are all qualified and registered with Fitness Australia**

- We are passionate about helping to make a difference to our clients “wellness”
- Exercise plays an integral part of total wellness and will have a *positive effect* on:
  - Your mood
  - Your energy levels
  - Your mobility
  - Your functional “everyday strength”
  - Heart health & blood pressure
  - Stabilised blood sugar levels

## Strength Training **for Over 50's**

What makes us different ?

1. qualified experts in what we do
2. Small groups with maximum 8 people which means personalised attention
3. Comfort of an air conditioned studio
4. No contracts or joining fees.
5. \$15 person per one-hour session.
6. Initial assessment - Health appraisal and postural analysis. A \$30 once-off assessment fee applies.

*Don't delay: An investment in your health is the best investment you can make.*

\*\* This program is not affiliated with the Living Longer Living stronger Program.



*STRENGTH Training is vital  
NOT OPTIONAL*

### Why you need a qualified Personal Trainer

A qualified over-50s trainer ...

- has the knowledge and experience needed to design a program that meets your personal fitness needs and takes into account your medical history
- has specialised knowledge relating to aging and exercise
- ensures that your fitness program is varied and always offers an appropriate level of challenge
- helps you to stay motivated and to enjoy your training
- tracks your progress
- provides you with important information relating to fitness, lifestyle choices, and nutrition.

*Tailored Fitness Studio. Unit 3, cnr Lilburne and Hilarion Road. Duncraig*

**FREE TRIAL Call Ann 9448 2003**