

What is Agestrong?

- a group strength & balance program
- designed for older people
- run by trained exercise leaders
- low cost \$3.00 - \$5.40
- run in safe, supportive environments
- supported by research as a form of physical activity with many health benefits

What does it include?

- exercises using resistance & weights to work the 8 major muscle groups of the body
- progressing at your pace, guided by your trained exercise leader
- each exercise has 2-3 levels of difficulty to be adapted to your needs
- warm up, cool down and stretching



The Agestrong Network

The Agestrong Network is a group of local health professionals and leaders working together to increase safe & suitable strength and balance programs for older people in the Frankston and Mornington Peninsula region.

Who will benefit?

- Older people, especially if you have ceased exercise or have a sedentary lifestyle due to low confidence, fear of falls or chronic health problems

What are the benefits?

- maintains/restores strength
- strengthens bones & prevents falls
- improves glucose control
- increases ease of daily activities
- improves flexibility & balance
- increases confidence

Like to know more?

Call

The Agestrong Network

on

9788 1319

Email: cstapleton@phcn.vic.gov.au

www.peninsulahealth.org.au/ageingwell



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**STRENGTH IS
FOR LIFE**

Agestrong



The following groups also run the Agestrong Program:

**Live Well Strength Training
Stay on your Feet
Staying Stronger for Longer**

**go
for
your
life**



Name	Location	Times	Contact to Register
Chelsea			
Agestrong Chelsea	Longbeach Place 15 Chelsea Road Chelsea	CB Thu 10.00am E Tue & Thu 11.00am S Tue 10.00am SM Tue & Thu 9.00am SM Tue & Thu 1.00pm	ACCESS 9788 1377
Frankston			
Agestrong Frankston CRC	Frankston Com. Rehab Centre Building 3, 125 Golf Links Rd Frankston	E Mon & Thu 11.00am E Tue & Fri 9.30am SM Tue & Fri 11.00am	ACCESS 9788 1377
Agestrong Frankston South	Frankston South Rec Centre 55 Towerhill Rd Frankston Sth	CB Mon & Wed 11.30am A Mon & Wed 10.30am A Mon 1.00pm	ACCESS 9788 1377
Agestrong Mahogany	Mahogany Neighbourhood House Mahogany Ave Frankston North	E Mon 10.00am E Thu 11.00am SM Mon 11.30am SM Thu 9.30am	Frankston Comm Health Service 9784 8100
Mornington			
Stay on Your Feet Mornington	David Collings Leisure Centre Dunns Road Mornington	CB Thu 2.00pm E Thu 1.00pm SM Fri 1.00pm & 2.15pm	Mornington Comm Health Service 5975 8266
Hastings			
Stay on Your Feet Hastings	Pelican Park Recreation Centre Marine Parade Hastings	CB Mon 2.30pm E Mon 1.30pm SM Mon 12.00pm SM Wed 8.10am	Hastings Comm Health Service 5979 2894
Southern Peninsula			
Agestrong Dromana RSL	Dromana-Red Hill RSL 1 Noel St Dromana	E Tue & Fri 10.15am SM Tue & Fri 9.00am	ACCESS 9788 1377
Agestrong Rosebud CRC	Rosebud Com Rehab Centre Cnr Third Ave & Eastbourne Rd Rosebud	E Wed & Fri 1.15pm SM Wed & Fri 2.30pm	ACCESS 9788 1377
Live Well Strength Training Rosebud Library	Rosebud Public Library McDowell Street, Rosebud (next to Ritchies IGA)	E Tue 2.30pm SM Tue 1.00pm	Rosebud Comm Health Service 5986 9250
Live Well Strength Training Rosebud CRC	Rosebud Com Rehab Centre Cnr Third Ave & Eastbourne Rd Rosebud	CB Thu 10.30am	Rosebud Comm Health Service 5986 9250
Staying Stronger for Longer Rosebud	Rosebud Memorial Hall Nepean Highway, Rosebud	CB Wed 12.00pm SM Wed 1.00pm A Wed 2.00pm	David Collings Leisure Centre 5975 0133
Live Well Strength Training Rye	Rye Community Hall 27 Nelson St, Rye	A Tue 1.00pm A Thu 9.00am	Rosebud Comm Health Service 5986 9250
Stay on Your Feet Blairgowrie	Blairgowrie Community Hall 8 William Rd Blairgowrie	E Mon 1.30pm E Fri 1.30pm	Rosebud Comm Health Service 5986 9250

A: Active, CB: Chair-Based, E: Entry, SM: Self Management, S: Super

To receive a registration form contact the number for the group you wish to attend