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Seniors Urged to Stay in Shape With Launch of U3A “Balance and Bones” DVD

Seniors across NSW will have access to an innovative new exercise program, with the launch today of the “Balance and Bones” fitness DVD by Chair of the NSW Ministerial Advisory Council on Ageing (MACA), Kathryn Greiner.

Ms Greiner said the DVD, developed as an initiative of seniors education body, the University of the Third Age (U3A) NSW, would provide seniors with a fun and simple way to stay fit into their senior years.

“It is important that people remain active as they get older, and we hope this DVD will provide a fun and engaging way for seniors to stay in shape,” Ms Greiner said.

“While many older people are actively and happily engaged in activities through a wide array of programs, activities and clubs, others are not, and we hope this DVD will provide them with another great opportunity to stay healthy.

“This DVD has been developed by experienced and qualified Fitness Instructor Beth Denny for the U3A and its members, and will be made available through U3A centres and selected libraries across the state.

The DVD has been developed specifically with seniors in mind, and includes light, age-appropriate exercise programs that involve instructions on warm up, condition, cool down and stretch and relaxation techniques. An accompanying booklet outlines the importance of older people checking with their doctor to ensure they can complete the exercises.

Minister for Ageing and Disability Services John Ajaka praised the initiative, saying it was a great way of ensuring seniors stay active and engaged in their communities.

“This DVD is a great example of some of the innovative projects championed by the MACA to ensure seniors in NSW get the most out of later life and enjoy active and rewarding lives,” Mr Ajaka said.

“The NSW Government is working closely with peak organisations, community and industry bodies to increase older people’s participation in physical and creative activities, and it is great to see the U3A helping to promote these principles.

“I commend the U3A for their innovative work in helping to engage seniors in the benefits of a healthy and active lifestyle.