

# **MEDIA RELEASE**

9 June 2017

## **Seniors Strength classes to continue**

The Huon Valley Council will continue funding for seniors strength classes in the Valley after the initial funding for the program finished. Council runs the Strength for Seniors classes at Huonville and Dover and these will continue until September 2017.

Local doctors have identified the lack of allied health services for those with chronic health conditions which leaves those most at risk/need in our community with limited options of continued care provisions.

During a local review, seniors from the Valley said priority should be given to programs that assist them in remaining active, strong and independent, enabling them to remain in their homes, community and assist in the ageing process.

The benefits of resistance (weights) training for seniors are manifest. Muscle strength is important for bone health, balance and just being strong enough for daily activities, such as climbing stairs or carrying groceries. Strength training increases flexibility, bone density, lowers body fat, increases lower back strength and can reduce symptoms of chronic diseases.

Regular muscle strengthening has also been shown to help manage blood pressure, blood sugar and blood cholesterol levels, as well as prevent and control heart disease and type 2 diabetes. Research also shows it has positive effects on brain health.

Due to demand, the overwhelming community benefits and positive feedback from those that have been attending the Strength for Seniors sessions, Council will continue to fund these classes in Huonville and Dover until September 2017.

**For more information:**

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