



CLUB ACTIVE[®]
Change the way you age

LIFT 4 LIFE PROGRAM

WHAT IS THE LIFT 4 LIFE PROGRAM?

Lift 4 Life is a 6-week exercise program facilitated by Club Active Accredited Exercise Physiologists and Dietitians, designed to improve your strength.

The program includes:

- 2 one-on-one Exercise Physiology assessments,
- 2 one-on-one Dietitian consultations,
- 12 group Exercise Physiology prescription classes focused on improving your strength and endurance.

The Lift 4 Life program better supports over 50s in doing the activities they love.

This program involves weight training, including hand weights, machines and, bodyweight exercises to build muscle strength and endurance. Resistance training with our Lift 4 Lift program can help you to stay active and independent as you age!



YOU'RE NEVER TOO OLD TO GAIN STRENGTH!



In fact, strength training is especially important as we get older. Strength training can help to:

- Stay active and independent with everyday activities like shopping, gardening, climbing stairs, and playing with the grandchildren.
- Reduce the signs and symptoms of many diseases and chronic conditions.

HOW TO BOOK IN!

For bookings, contact your local Club Active facility. Visit our website for contact information. Alternatively, please enquire via email: info@clubactive.com.au

Healthcare rebates are available for eligible clients to reduce program costs.

FIFTY
50 by

JOIN US!



LIFT 4 LIFE

REDUCES SIGNS & SYMPTOMS OF CHRONIC DISEASE



01

ARTHRITIS:

The correct exercise prescription reduces pain and stiffness, and increases strength and flexibility.

DIABETES:

Regular exercise helps keep blood sugar levels in a healthy range, improving glycemic control.



03

HEART DISEASE:

Exercise also helps to improve overall cardiac function, reducing your risk for heart disease by improving your lipid profile and overall fitness.



05

CHRONIC BACK PAIN:

Exercise prescription strengthens back and abdominal muscles to reduce stress on the spine, therefore reducing your back pain.



The potential to improve overall health with regular exercise is undeniable! Yet, **only 17%** of Australian adults meet the recommended Physical Activity Guidelines! **It's time to change that.**



02

OSTEOPENIA / OSTEOPOROSIS:

Resistance training helps to improve bone density and strength, improve muscle strength and helps to reduce your risk of falls and subsequent injury.

04



06

