



Strength for Life

Live longer, live stronger

Join Australia's Strength for Life movement.



What is Strength for Life?

Delivered by accredited exercise physiologists, physiotherapists and fitness professionals, Strength for Life is a low-cost, evidence-based progressive strength and balance exercise program.

It is designed to help people over 50 stay strong, active and fit, and works for people who have found it hard to exercise.

With individually tailored exercise programs for each participant, all delivered and supported in a fun and friendly group setting, Strength for Life helps improve:

- balance
- cardiovascular fitness
- stride length
- muscle strength
- wellbeing.



How does Strength for Life work?

The Strength for Life program is delivered across two tiers, designed to accommodate participants with a range of needs.

Tier 1 is delivered by qualified and accredited exercise physiologists and physiotherapists and suitable for people with complex chronic conditions, multiple medical risk factors or who may be recovering from illness or injury.

Tier 2 is delivered by qualified and accredited fitness professionals and suitable for people of all fitness levels and abilities who have few medical risks and may be managing chronic conditions.

Participants can enrol in Strength for Life or they can be referred by their GP.

Your instructors will:


- conduct an assessment to confirm the applicant's suitability
- develop a tailored exercise plan for the individual
- invite them to attend their first Strength for Life session.

All the support you need.

Whether you're an exercise physiologist, physiotherapist or fitness professional, when you join our growing network of providers you'll receive specialist training, support and a range of affiliate benefits. This includes:

- Strength for Life instructor training
- Strength for Life accreditation and naming rights
- a dedicated provider portal on our website
- launch and community outreach support
- downloadable marketing collateral
- research and education resources
- national and local advertising and PR.

“It feels good...
We're helping
people stay
active and be
independent.”





Make your local community
(and your brand) stronger.

Use your downtime to lift lives – and your profile – in your community. Join our growing network of Strength for Life exercise physiologists, physiotherapists, fitness professionals and gyms.

Enjoy the Strength for Life *feel-good* factor.

Find out more about Strength for Life and the training, support and accreditation we deliver for our growing network of providers. Discover how you, your business and your brand can benefit from the Strength for Life *feel-good* factor.

Contact us today to become a Strength for Life Provider or visit www.cotansw.com.au/programs-sfl for more information.



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