



**Strength
for Life**

Live longer, live stronger

**Transform your
patients health
and wellbeing.**



What is Strength for Life?

Strength for Life is a strength and balance exercise program designed to help people over 50 stay strong, active and socially connected, including people who might otherwise feel isolated or unable to exercise.

Delivered by accredited exercise physiologists, physiotherapists, fitness professionals, Strength for Life programs have been co-designed with universities, health professionals and people over 50.

In addition to their professional qualifications, our instructors undergo specialist training to achieve Strength for Life accreditation. This enables them to develop tailored programs for each participant's health goals. Participants then work towards their goals in a fun and friendly group setting.



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.

Strength for Life 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.

“Best thing I have done for years, I come twice a week.”

The referral pathway.

We encourage GPs and other healthcare professionals to refer their patients or clients directly to Strength for Life providers.

Visit www.cotansw.com.au/programs-sfl to find a provider close to where your patient or client lives.

1. Download.

Visit www.cotansw.com.au/programs-sfl to download our enrolment, pre-exercise questionnaire and GP referral forms.

2. GP referral.

Medical clearance is obtained from a GP, including a recommendation on which tier is most appropriate. If Tier 1 is recommended, the cost of the participant's assessment can be included in an extended primary care plan.

3. Book an assessment.

Visit www.cotansw.com.au/programs-sfl to locate a local Strength for Life provider and book an assessment.

4. Assessment.

The Strength for Life accredited instructor will develop an individualised exercise plan.

5. Start exercising.

Participants join like-minded people in a local Strength for Life group and start improving their strength, balance and wellbeing.



Make a referral to
Strength for Life

Make a *life-changing* referral.

Strength for Life's evidence-based program is designed to make the benefits of exercise *fun, friendly, more accessible and affordable* – participants may even be able to claim a rebate from Medicare or their private health fund.



Strength for Life

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