

SUNBURY



Pat Scott, Zelma Billingham, Jenny Watson and Sylvia Lofts exercise at the Sunbury Lions Community Aged Care. Picture: ROB LEESON

Stations help elderly to keep fit

RESIDENTS at the Sunbury Lions Community Aged Care are being challenged to get moving.

Ten exercise and strength stations have been created, both inside and outside the retirement living home.

Each station has instructions explaining simple

strength and co-ordination exercises.

The circuit, launched last Wednesday has been dubbed the "Lions Active Circuit".


Sunbury Community Health community partnership and engagement officer Erin Callejan said the stations had been designed

using infrastructure and materials such as hand rails by exercise physiologists.

"Each station has a poster explaining the exercise and its benefits," she said.

"As they are all existing fittings it is a low cost and low maintenance way to improve health.

"Already we are getting good feedback and ideally we want visitors and staff to use it as well – we want the circuit to encourage interaction as well."

 More on the Sunbury Lions Community Aged Care centre at sunburychc.org.au/