

Well don't just sit there: move!

A MINIMUM of 30 minutes a day exercise, good nutrition and a positive outlook can improve health and reduce the ageing process, says physiotherapist Alison Ford, now of Brisbane and formerly of Rockhampton.

Alison (nee Primer), who has been working with physiotherapy patients in her clinic and gym for more than 30 years, has developed the "Actively Ageing" program, which has achieved astounding results in trials with patients, all over the age of 60 years.

"The trial participants have shown that, by including special 'designer exercises' into their weekly/daily routines, they have quickly created a happier and healthier future for themselves, where quality of life keeps pace with the

quantity of life," she said.

"This fitness for seniors means it's OK to be over 55 and start an exercise routine for the first time."

Alison said muscles responded to exercise and rebuilt almost as efficiently as if you were 30 years younger.

She said it was never too late to start a gentle exercise program.

"You will reduce the signs of ageing and minimise the risk of osteoporosis by strengthening your bones, therefore reducing the risk of fractures."

Alison presented her program at a conference at CQUniversity Community Sports Centre this week.

Speakers at the conference, held by the Capricornia Healthy Ageing Taskforce, included senior lecturer Brendan Humphries, Sue Jones and Emma

Kirkland, of Blue Care, psychologist Peter Swarbrick and Tai Chi instructor Lynn Zelmer.

Alison's message to seniors was: "Do not give yourself permission to be sedentary."

She said some form of exercise for just 30 minutes to an hour a day was not a lot but could make a huge difference to maintaining good health.



GET ACTIVE: Speakers at CQUniversity are (from left) program developer Alison Ford, of Brisbane, organiser Natalie Molyneux, speaker Lynn Zelmer and Dinie King, of Mercy Health and Aged Care day therapy centre.

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