



Production and Distribution of Training DVDs

Get Stronger, Live Longer

Promotes the benefits of strength training for both physical and mental health

This resource can be used to promote strength training and its benefits to older people. The aim is to provide information and inspire people to go out and start strength training and enjoy the benefits.

Increased strength can help prevent falls and also helps in the prevention and management of health conditions such as osteoporosis and diabetes.

In the DVD a number of people of various ages talk about the benefits to them of doing strength training including increasing friendships and social networks. With improved physical, social and mental health comes a renewed quality of life. The clear message is “Strength training – you’re never too old to start”.



Written and produced by [Fran Haarsma Productions](#) in partnership with Council On The Ageing (COTA) and the Living Longer Living Stronger Program.

Price

AUD\$65.00

Duration

10 mins 37 secs

More information

For more information on any of our DVDs please contact us

P +61 3 9525 1407

F +61 3 9525 1424

info@ideasthatwork.com.au

PO Box 2189

Prahran, Victoria

Australia 3181