

Dedicated to inspiring and assisting mature aged New Zealanders to improve their fitness and well-being and adventure in life



General Information

The never2old™ Active Ageing programme is a holistic physical activity and education programme developed specifically for adults over the age of 60. It is designed to improve physical function through tiered resistance exercise programmes incorporating balance, flexibility, gait and cardio-vascular function. Members enjoy other fun components including educational seminars, modified sport days, social events and Masters Games.

Who is never2old™ for? Older adults over the age of 60 years from the borderline frail to the already fit who are keen to keep active and well.

The never2old™ programme is fully endorsed by many G.P.'s, hospitals, Waitemata & Auckland District Health Boards, National Heart Foundation and Green Prescription.

The never2old Active Ageing programme aims to help mature aged adults, improve functional fitness, strength, power, heart health, balance and flexibility and to stay living independently and well in the community for longer.

Our philosophy encourages active ageing regardless of age and stage and we understand many of the common health concerns that affect older adults. So, whether you are borderline frail, just plain unfit or a masters athlete, we can guide you to new levels of fitness and well-being.

The programme is fun, has a strong social component, and is life affirming adding life to years rather than years to life

- 17 centres deliver the never2old™ programme across the Auckland region
- 2000+ older adults are involved on a weekly basis, average age 73 years
- Safe, fun and delivered by passionate, highly professional staff
- Endorsed by many health care agencies
- Programme winner of three national fitness awards

A 'multi-modal programme approach' including:

- Regular gym based exercise to improve strength, balance, heart function, flexibility
- Regular seminars on a range of topics related to healthy ageing (subject to numbers)
- Modified sports days and masters games teams (subject to numbers)
- Regular social gatherings and trips (subject to numbers)

With over eight years of programming experience we know the benefits for those bold enough to take the first step of coming along to see what the never2old™ Active Ageing programme is all about. So don't let age, inexperience, or chronic health conditions be barriers to involvement. Make a positive decision today to get active and contact Toi Ohomai Institute of Technology. You'll find the cost reasonable, the friendships encouraging and the fitness and well being benefits of significant value!

Where

Aquatic and Fitness Centre, Toi Ohomai Institute of Technology, 70 Windermere Drive, Tauranga

Cost

- Initial assessment & programme design free, \$6 each session thereafter
- \$55 for a 10 visit concession card or \$395 for an annual membership

When

- Every Monday, Wednesday & Friday mornings from 7.30am to 9.00am (appointments available now).
- Group fitness once a month followed by coffee at Palmers

You're never too old for a new adventure, For more information contact:

Keith Martin

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Megan Read

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never2old

Don't let age be a barrier. Be inspired, get active!



AUT
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never2old
active ageing programme

TOI-OHOMAI
Institute of Technology



Older Adults in New Zealand

Our older adult population is on the rise. Currently there are 450,000 people 65 years+ and by 2026 there will be over 1,000,000. By 2050 one in four Kiwis will be over the age of 65.

We also know from recent Ministry of Health surveys that our older adult population is becoming less active and more sedentary than ever before.

The benefits of regular exercise and physical activity have been conclusively shown through research to be of significant value to older adults right through until the 10th decade of life. Improved functional performance, improved cardio-vascular function, reduced incidence of falls, improved social connectedness and improved mood, cognitive function, prevention and treatment of chronic diseases and improved satisfaction with life.

Our challenge to you... to find out the difference that regular exercise, physical activity and fun can make in your life today.

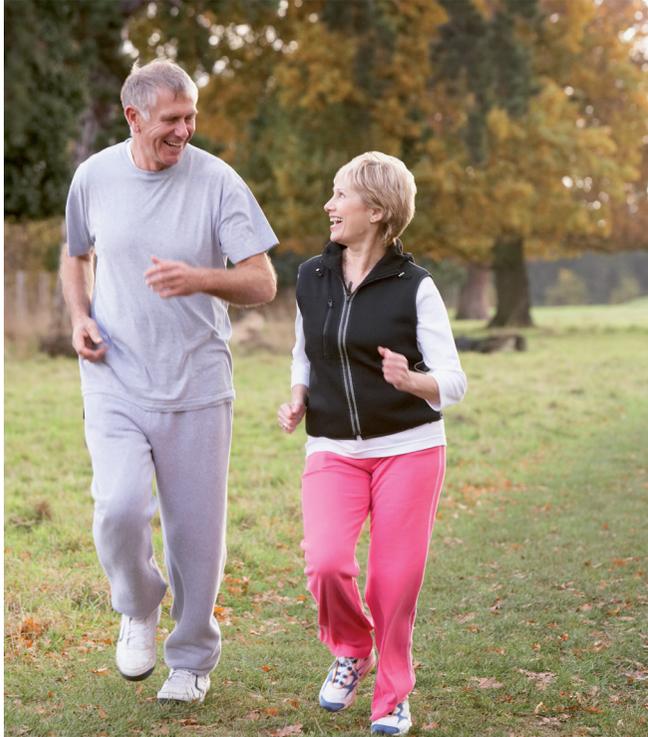
Toi Ohomai Institute of Technology's never2old™ Active Ageing Programme

"The benefits of regular exercise and physical activity contribute to more healthy, independent lifestyle for seniors, greatly improving their functional capacity and quality of life" (ACSM Position Stand, 1998a).

There are two dimensions to good health; the length of life and the quality of life. With this in mind, Toi Ohomai Institute of Technology's never2old™ Active Aging programme is committed to assisting older adults to keep active and healthy. This has positive implications for a number of key health issues associated with this age group.

At never2old™ participants are routinely offered exercise that can reduce the onset of many prevalent lifestyle diseases and conditions associated with the over 60 population such as: heart disease, stroke, frailty, disability, falls, osteoporosis, depression and social isolation.

The hardest part for most older adults is taking that first step to get involved in the programme. Most then tell us within a month or two... "why didn't I get involved sooner?" So take up our challenge, and try out your nearest never2old™ programme...it just might be one of the best decisions you make this year.



What our Participants Say

"I have Type 2 Diabetes. Since I have been coming to never2old my regular check-ups have all been excellent." Margaret Martin (70)

"I really appreciate the increase in my strength because I am finding I can do more things in my daily life." Colleen Scoble (68)

"It's exciting to be going to the Masters Games. I got new knees 5 years ago and it's so wonderful to be able to run again." Judy Crooks (71)

"People are saying I've never looked better." Pam McKeown (72).

"As an arthritis sufferer, the never2old programme has helped me maintain joint mobility particularly the function in my knee and has been great rehab after my hip surgery." Julie Hunt (69)

"6 months ago I could barely do 500m on the rowing machine, now I can easily do 2000m. I feel better both physically and mentally and I'm sleeping really well." Neil Kearney (74)

"I have been part of never2old for 5 years now, but last year I went through a bad time trying sort out my blood pressure medication and felt really tired. I kept doing my programme through it all, and now that my blood pressure has stabilised and I'm feeling better and I actually stronger because I persevered." Kay Martin (90 years young)

**Just do it...
before you talk yourself out of it.**

