

22/02/10



Bruce Pulman  
Park Trust

## ACTIVE AGING PROGRAMME ON BRUCE PULMAN PARK

We can change the way we age by staying active to the fullest extent possible within all areas of life. The AUT never2old active aging programme is currently delivered in 18 centres from Whangaparoa in the North to Papakura in the South.

The Gymsport & Recreation Centre on Bruce Pulman Park are planning the delivery of the never2 old programme to the over 60's community in the Counties Manukau region.

Classes will be led by qualified trainer Alan Edwards. Thirteen years ago Alan was faced with issues such as stress, tiredness, overweight, unfit, high cholesterol and early stages of arthritis in both hips. Listening to "Deaker on Sport", Murray Deaker speaking on the benefits of weight training, cardio fitness and nutrition struck a chord with Alan and he took the first step forward and began his journey to where he is today – a very fit, strong and healthy 63 year old. "I have had several setbacks, such as a double hip replacement in 2002. My surgeon told me to be as fit as possible, so I got fit, had the operation and six weeks later was back playing golf". "A few years later I had to undergo a full shoulder reconstruction following a fall. While rehabilitating I decided to turn my love of fitness into a full-time job and have since graduated as a Personal Trainer".



### GYMSPORT & RECREATION CENTRE

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The never2old programme will commence at the Gymsport & Recreation Centre, Bruce Pulman Park on Friday 26<sup>th</sup> March at 10.00am and thereafter on Tuesdays and Fridays. A community Open Day is being held on Tuesday 23<sup>rd</sup> March for everyone interested in learning about the programme or requiring further information. This two hour session will commence with morning tea at 10.00am.

The clear benefits of the never2old active aging programme are less falls, improved functional performance, ability to live independently and well for longer and, most importantly, less social isolation.

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