



GET ACTIVE
Gold Coast

Profile:

Del

Age: 74

Get up, get out... get active!

Del's Story

I was playing golf twice a week until 2007, but had to go into hospital because I collapsed on the golf course. I could not longer play golf, but realised that I needed to keep doing something.

I joined 60 and Better last year to build my strength and balance back up. I am now feeling lots better and find Janet (Fitness Instructor) to be very encouraging.



SENIORS

www.getactivegoldcoast.com.au