



**GET ACTIVE**  
Gold Coast

## Profile:

Merv Warren

Age: 96

*Get up, get out... get active!*

### *Merv's Story*

Keep Balanced. Avoid costly falls. That is the message

- I learnt from the special exercises I enjoyed at the Falls Prevention course (Steady Steps). I would recommend it to men and women whatever their ages.

The course should be followed by exercises at home.

These activities have given my muscles strength and

have given me more confidence both within my unit and

elsewhere. Instead of seeking my restful armchair, I spend more time usefully on my feet.

The result – a happier person.



**SENIORS**

[www.getactivegoldcoast.com.au](http://www.getactivegoldcoast.com.au)