



GET ACTIVE
Gold Coast

Profile:

Pat

Age: 71

Get up, get out... get active!

Pat's Story

I've been coming to 60 and Better Inc. for physical activity and other activities for nearly 15 years. 60 and Better help people to get out of the house and meet new friends. They are a fantastic group of people.

We do heaps of things such as strength and balance activities with Janet (Fitness Instructor) and other exercises all to music (which I love). I find the exercise enables me to maintain my independence and keeps me going!

When you can't get to a session you really miss it and can't wait to get back to the next one!

We all love going there.



SENIORS

www.getactivegoldcoast.com.au