



PHYSICAL ACTIVITIES

-An Older Person's Perspective

Edith Chen

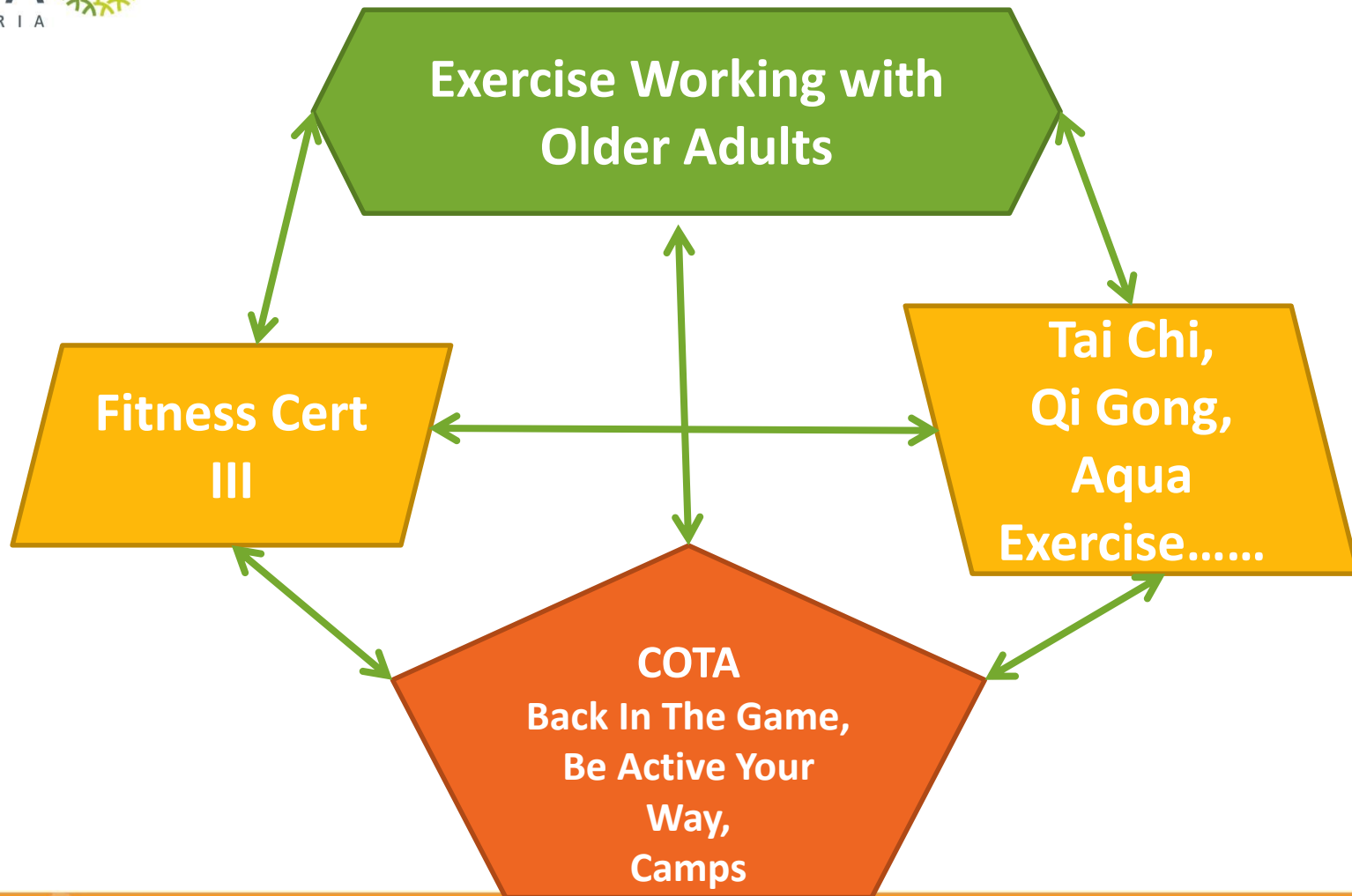
COTA Victoria - Peer Educator

for

Victorian Active Ageing Partnership Research and Practice Forum

24 August 2017

PERSONAL BACKGROUND



1. Fitness Industry Association
2. Trying out different physical activities
 - Pilates (felt dizzy)
 - Yoga (Injury)
 - Aqua, Qi Gong, Gym and Walking to support cycling
3. For Leisure - Outing and Camps



COTA
VICTORIA



In 2012 COTA Victoria demonstrated "Back in the Game"

14/6/12 别站那麽直，请多多练习半蹲 - SQUAD!!!!!!



Camps

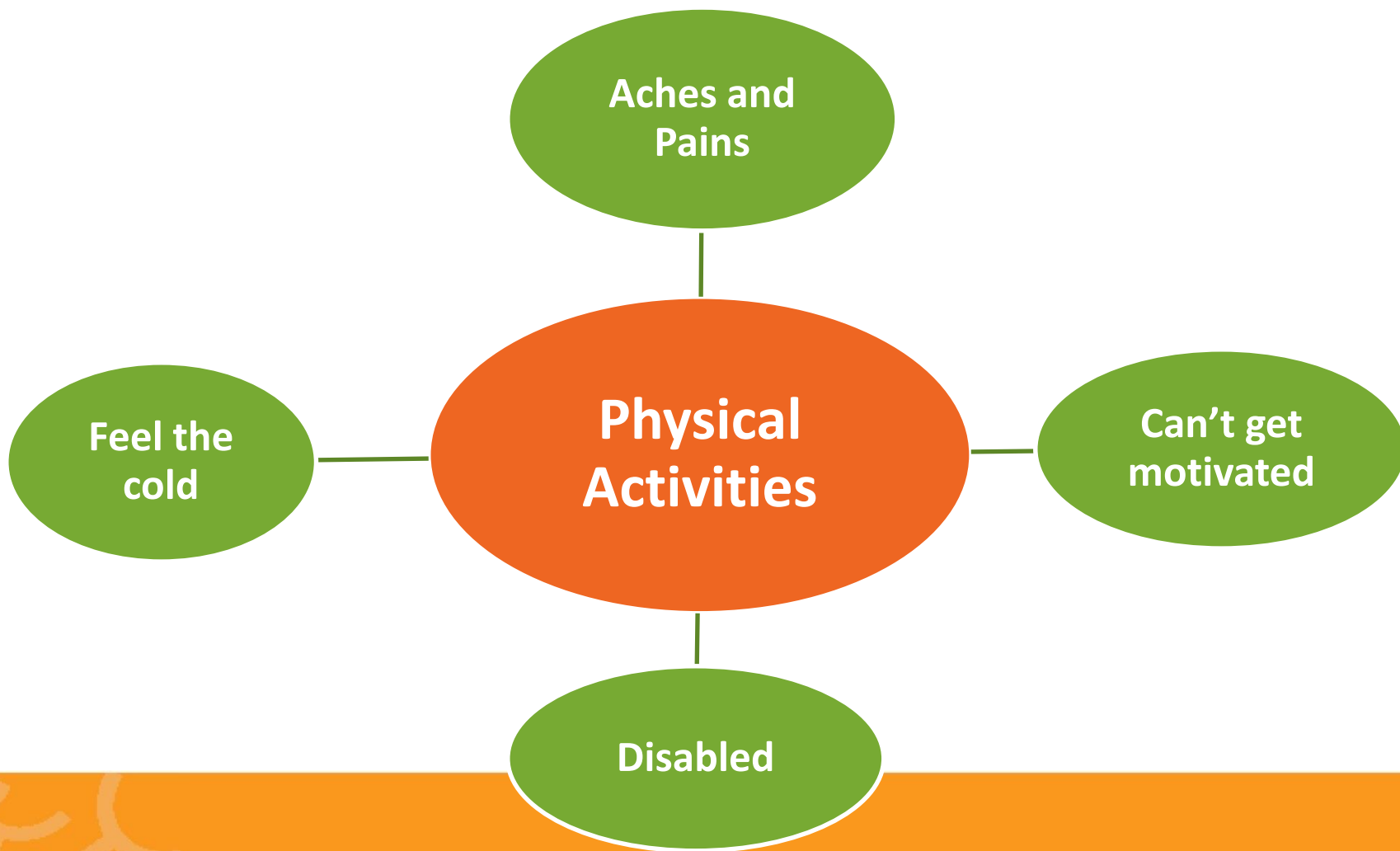




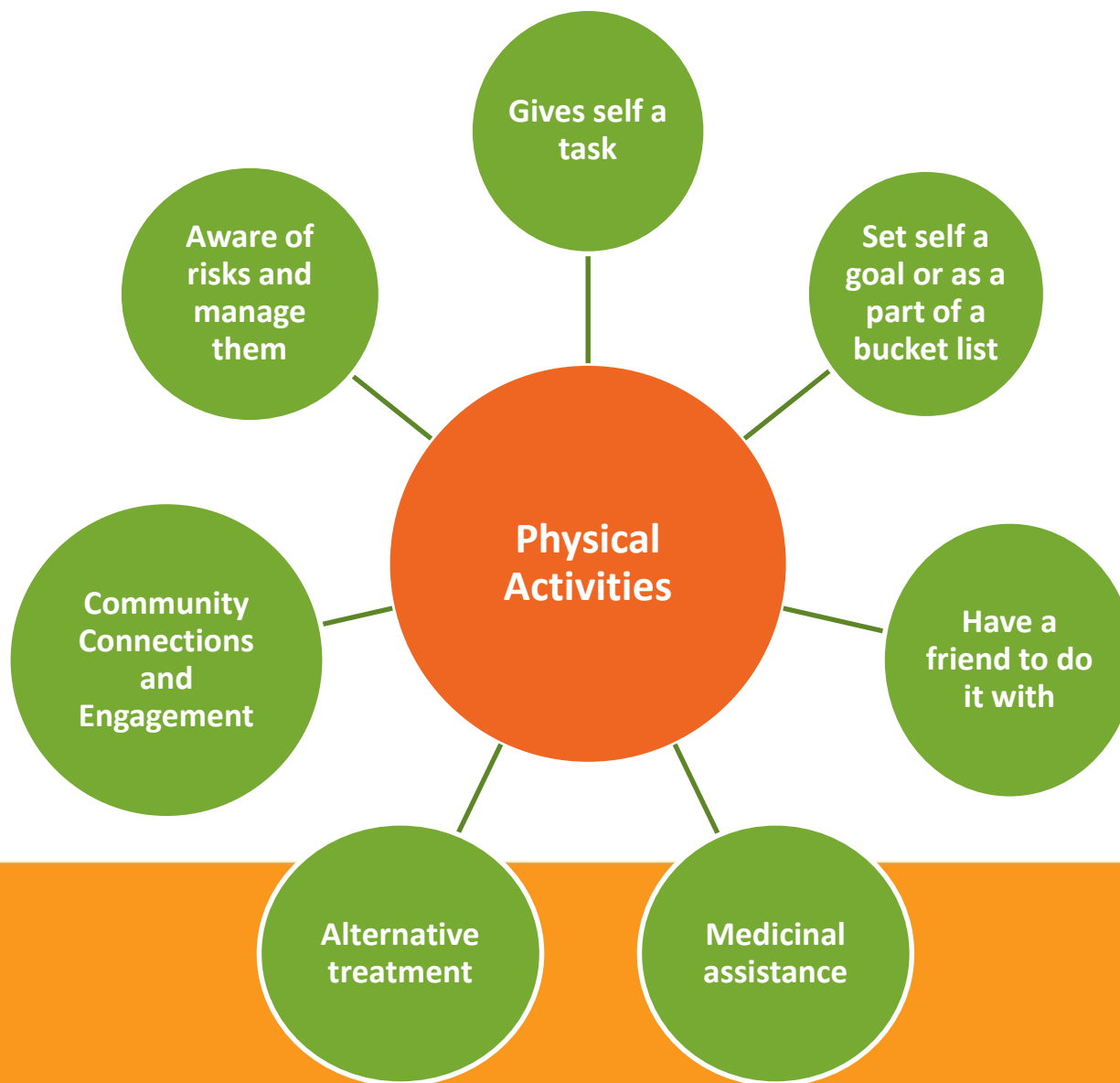
Easy Exercise Boucher (Mitusko's)



DIFFICULTIES



MAKING IT EASIER



ISSUES: CULTURAL or GENERAL



THANK YOU !!



COTA represents older Australians in all their diversity

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