



PRESS RELEASE

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Topic:

Musculoskeletal Australia has received funding from the Australian Government through Sport Australia, as part of the 'Move it AUS – Better Ageing' program focused on making older Australians more active

Musculoskeletal Australia to launch 'Active Neighbourhoods for Older Australians' across 1000 Neighbourhood Houses around Australia

5 February 2019 – The voice of more than 7 million Australians living with musculoskeletal conditions, Musculoskeletal Australia (MSK), has welcomed funding from the Australian Government via Sport Australia to roll out 'Active neighbourhoods for older people'. This project aims to provide additional and improved physical activity programs for older people in 1000 Neighbourhood Houses and centres around Australia.

MSK CEO Rob Anderson says "This is a momentous occasion for the organisation and allows us to, not only expand our national reach to educate, inform and support people's musculoskeletal health but help communities come together. There is a wealth of evidence which shows that group-based programs offer benefits to older people in the form of social connectedness, social support, physical and mental well-being and quality of life."

Working in partnership with the Australian Neighbourhood Houses and Centres Association and the School of Public Health, University of Sydney, this project will offer age-appropriate initiatives that promote strength, flexibility, balance and endurance. These will include activities such as strength training, tai chi, qi gong, Pilates, yoga, group-based exercise and walking.

"Working with Neighbourhood Houses will allow us to develop tailored strategies for each community cluster, reflective of the community's needs." Mr Anderson continued, "At MSK we are enthusiastic about working closely with Neighbourhood Houses to develop their communities' existing strengths and assets that make them part of the solution; it is about doing with, rather than doing for."

The project will focus on improving the capacity of Neighbourhood Houses to provide accessible, high quality physical activity programs for older people, as well as increasing older people's awareness of the importance of remaining physically active.

About Musculoskeletal Australia

Musculoskeletal Australia (MSK) is a consumer organisation working with and advocating on behalf of people with back pain, arthritis, osteoporosis, gout and more than 150 other musculoskeletal conditions. These conditions can affect every aspect of a person's life – with pain and fatigue causing significant distress. Schooling, working, finances, family life, mental health being involved in the community can all be impacted by having a chronic and painful musculoskeletal condition.

Musculoskeletal – it's a hard word to say, and it's hard to live with. We're here to help.

For further information about this event, please contact:

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