

Exercise and mates keeps John young

John Sedgley may be 99, but he doesn't let that slow him down.

In fact, he's just as active as many people 20 years his junior.

He even goes to the gym with his friends three times a week at Gippsland Lakes Community Health and afterwards goes out for coffee and a catch-up.

Whoever said retirement was dull?

Mr Sedgley, of Metung, has been part of GLCH's active senior exercise program for 14 years and even at 99 has no plans to stop now.

The retired army officer and high school teacher said he loved coming to the gym each week to see his friends, all veterans, as much as for the physical exercise and social interaction as anything else.

Exercise physiologist, Brooke Palfreyman, said the exercise regime kept Mr Sedgley active and mobile and better able to maintain his independence at home.

He works to an individualised program tailored to help maintain his balance and strength.

"I put my wellness down to this," Mr Sedgley said last week.

"I'd recommend this to anybody. It needn't be gym, it could be swimming or sailing - I've got a yacht at Metung and I sail, but I do need help now."

Mr Sedgley said he felt especially blessed as he was fortunate enough to be able to work out with fellow former defence force mates, with whom he feels a great sense of camaraderie.

GLCH executive manager, Angela Ellis, said the fit club also helped keep men like Mr Sedgley mentally fit and socially connected.

GLCH is promoting the



John Sedgley in the Gippsland Lakes Community Health gym with exercise physiologist, Brooke Palfreyman. Mr Sedgley has been a part of GLCH's active senior exercise program for 14 years and at 99, puts his wellness down to the activities. K1115-5762

benefits of regular exercise and incorporating exercise into everyday activities that don't necessarily have to be strenuous or hard.

The best exercises are the ones that fit into your daily routine, that speed your heart rate, that build your strength and flexibility.

According to GLCH figures, 17 of the 21 men in the fit group reported improvements to their physical health and the same number reported the importance of the camaraderie or friendship gained by participating in one of the men's exercise groups.

Eleven of the men directly reported improvements to their mental health.

GLCH offers a range of free and low-cost activities in Lakes Entrance and Nowa Nowa each week.

relaxing and slow moving session.

* Walking program: Meet new people and enjoy a gentle walk with a group of friendly people.

* A range of gym groups for men and women of differing ages and fitness levels.

* Pilates.

* Planned activity groups where people get together and enjoy a day out, while helping maintain their independence within the community.

* Exercise Physiology.

* Physiotherapy.

* Hydrotherapy.

Just 30 minutes of physical activity a day can help you:

* Stay socially connected and make new friends.

* Remain independent.

* Feel happier and more relaxed.

* Prevent or control chronic conditions such as Type 2 diabetes and heart disease.

* Maintain strong bones.

* Keep your brain active and improve memory.

Any veteran needing help with physical or mental health can contact Soldier On and the Lakes Entrance RSL Sub-Branch.

Activities are run by qualified fitness professionals and can help improve your fitness, but also meet other people and have fun at the same time.

Activities for seniors include:

* Tai Chi: Helps build strength and health in a



Mr Sedgley cuts his birthday cake made by GLCH staff. K1115-5765