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**Media Release for immediate use - How to Feel Super After 60 With an Active Lifestyle**  
**From: NZ Register of Exercise Professionals**

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## **How to Feel Super After 60 With an Active Lifestyle**

While the images we often have of the senior generations are of old folks sitting in their rocking chairs lamenting the loss of the good old days, the reality for many, and the future for us is of active vibrant lives lived to the full well into our twilight years.

Exercise professionals in New Zealand are leading the way with positive ageing, keeping people active regardless of their age, and understanding that keeping active and exercising is one of the best ways to improve quality of life.

In New Zealand we are seeing more active seniors, and not just in the physical sense with the numbers of adults over 65 still in the workforce on the rise for several decades. It is clear that many older people are not content to let age run its natural course and are happy to contribute beyond the expected years.

And why not? With some estimates suggesting that about half of the physical decline associated with old age may be due to a lack of physical activity. It has been suggested that people over the age of 65, more than any other age group benefit from adequate exercise and fitness levels to help them maintain independence, recover from illness, and reduce their high risk of disease. Various studies show that it is never too late to get active as the human body responds to exercise, no matter what its age, and there are many health benefits.

The exercise profession is responding to our increasingly active population of older adults with programmes and education for trainers and exercise professionals such as the Ageing Symposium which was held at the national industry conference FITEX in November last year: “The demand to provide exercise options for our Older Adults is only going to grow – driven largely by the boomers themselves (now in their 60s) who are looking to stay functional and fit for as long as possible” says Kris Tynan, organiser of the Ageing Symposium. “The symposium was a great opportunity to look at how we can better serve this demographic.”

And this is certainly an age group that is growing with the number of people aged 65 years and over projected to increase from around 550,000 in 2009 to 1 million in the late 2020's.

While any exercise is beneficial, many older adults are no longer content to stick with just 'seniors style' activities with many seeking the advice of personal trainers, and continuing to work out in exercise facilities and gyms. They benefit most when they use the advice and care of a REPs Registered Trainer who can tailor a programme to allow for their changing needs. (Registration with the Register of Exercise Professionals REPs ensures the exercise professional has the appropriate knowledge and skill to deliver safe and effective exercise advice).

REPs Registered Trainer Rachel Marks from All Active specialises in working with active seniors and says "For the over 60's it's not just about aesthetics, but about balance stability and strength to be able to keep performing everyday tasks such as climbing a few stairs, carrying their groceries, or being able to bend down to pick up their young and active grandchildren'.

Age is no barrier to exercise and activity. With the right advice from a REPs Registered Trainer you can keep active well past retirement age.

References:

<https://www.msd.govt.nz/what-we-can-do/seniorcitizens/positive-ageing/trends/ageing-population.html>

[www.stats.govt.nz](http://www.stats.govt.nz)

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#### **Who is the NZ Register of Exercise Professionals (REPs)?**

REPs is an independent non profit organisation administrating the New Zealand exercise professionals register to ensure that the public receive safe and effective exercise advice. Using REPs Registered Exercise Professionals is the "Warrant of Fitness Check" that exercise professionals and facilities meet New Zealand and internationally benchmarked standards to deliver exercise advice and instruction. REPs is affiliated globally to other national exercise professional registers representing over 70,000 exercise professionals through the International Confederation of Registers for Exercise Professionals (ICREPs) - www.icreps.org.