

Located at CrossFit Huski

*Exercise  
your mind  
and body.*

# AGEING STRONG CLASS

**60YRS +**

- Strength and resistance
- Balance
- Coordination
- Mobility



## CLASS ONE:

Tuesday 10:45am- 11:30am

## CLASS TWO:

Friday 10:45am - 11:30am

**BOOK NOW**

[karla@crossfithuski.com.au](mailto:karla@crossfithuski.com.au)



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# STRENGTH TRAINING BENEFITS FOR OLDER ADULTS



- Helps maintain independence and perform daily tasks with ease
- Reduces the risk of osteoporosis and fractures
- Enhanced mobility and flexibility makes physical tasks easier
- Better balance and coordination reduces the risk of falls and injuries
- Improved cognitive function may help slow down age-related cognitive decline
- Helps weight management and reduces the risk of chronic diseases.
- Enhanced mental health reduces stress, anxiety and depression