



Living Longer Living Stronger exercise program changes 63 year old man's life

by Josephine Allison

WHEN Bertram man John Peffer (pictured left) underwent a triple heart bypass last year it was a wakeup call that eventually changed his life and saw him take on new challenges.

The 63-year-old was visiting the Affinity Retirement Village in Baldivis last November with wife Fiona. There he met former COTA CEO Ken Marston who suggested he become involved with the Living Longer Living Stronger program.

"I had several spells in hospital and on each occasion was told there was something funny about my heart; my father died of a heart attack at 63 so there was a family history. I was told I had three blocked arteries so I underwent surgery at St John of God Hospital, Subiaco."

John had been a top athlete in his youth, taking part in snow skiing, karate and mountain climbing. Australian born, he lived in Germany and Austria and settled in Sydney for many years before moving to Perth with wife Fiona seven years ago. His two adult children live in Melbourne and Hobart.

Working as an IT consultant, John took redundancy last May and is semi-retired. Now Living Longer Living Stronger has changed his life.

"My program, which I do twice a week at Transitions Gym in Jandakot, has been worked out by a sports physiotherapist and the results are quite incredible. I've lost 100mm from my waist and my weight has dropped from 89 kilos to 84 kilos. I feel infinitely better and I plan to continue the program. I spend an hour each

time doing weights and step-ups and general exercise."

Apart from his regular gym sessions, John has also taken up archery which he does at a Baldivis Archery Club.

"I've done it for about four years now and find it gives me a sense of relaxation and concentration skills. He is also a keen motor cycle rider and rides with the Fremantle branch of the Ulysses Club.

"My advice to people contemplating taking up the Living Longer Living Stronger program, is simply do it. Riding a motor bike is an analogy for life. It's not about the destination, it's about the journey."

For more information or join COTA's Living Longer Living Stronger program or mall walking groups call COTA on 9472 0104.

Find out about Tai Chi and Qigong at Elizabeth Quay



Elizabeth Quay Barrack Square © Metropolitan Redevelopment Authority

WORLD Tai Chi and Qigong Day educates people worldwide about the health benefits of Tai Chi and Qigong with mass Tai Chi participation sessions and demonstrations.

The free annual April event is open to the general public, and will be held at the Bell Tower Arbour, Elizabeth Quay from 10am - 12noon.

The world Tai Chi and Qigong Day begins in the earliest time zones of Samoa at 10am, and then participants across Oceania, Asia, Africa, Europe, North America, and South America take part, with celebrations in eighty nations and several hundred cities, ending with the final events in the last time zones of Hawaii almost an entire day later.

You can take part in a world record-breaking event

PERTH charity People Who Care will Pay it Forward on the first official launch of International Pay It Forward day at the Bell Tower on the 28 April.

They will host a 'pay it forward' to all of Perth's seniors with an outdoors fitness world record attempt and family fun day with exhibitors and demonstrations thereafter from 9am - 3pm.

The record attempt will feature a 30 minute outdoor exercise class at Bell Tower Arbour, Elizabeth Quay 9am - 11am (registrations from 8am) that will be run by professional trainers from Mind Over Matter Health and Fitness. Everyone is welcome and gold coin donations can be made online at www.seniorsworldrecordattempt.eventbrite.com.au or on the day at the participant registration desk.

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