

Strength for Life Mobile Tier Providers



Name: Hannes Holly
Accredited Exercise Scientist
Business: Active for Life
Contact: 0411 551 132
Email: getactive4life@gmail.com
For the Area: High Wycombe and Central Perth

About Hannes:

Hannes is a veteran of Senior's Health and Fitness, as a champion of the Nordic Walking Program through the Seniors Recreation Council. As a pioneer and innovator, he is involved with Professor Kazunori (Ken) Nosaka in the development of Eccentric Muscle Training techniques for Seniors, pioneering this work in community facilities in the City of Perth. These techniques are now being introduced in Strength for Life Instructors throughout Western Australia



Name: Corina Bothe (Cozy)
Accredited Clinical Pilates Practitioner
Business: Cozy's Pilates
Contact: 0418 922 961
Email: cozzypilates@hotmail.com
For the Area: Port Hedland Regional Pilbara.

About Corina:

Corina has been an Accredited Clinical Pilates Practitioner for 15 years and ventured into the COTA SFL program 3 years ago. Her journey started with a back injury giving extreme back pain for many years, before finding the unique method of Pilates. This brought her to Training as an Instructor working in the physiotherapy and fitness world. Now certified in the methods - Cert IV Trainer & Assessor, Pilates, Strength for Life Provider, Nordic Walking Instructor and a Cert IV Fitness Trainer. In believing we all need a little of everything in our life to become physically and mentally stronger in our unique way. Corina is now using her combined experience to enjoy working with the seniors of today. Having recently moved from the city to the Regional Pilbara in the Town of Port Hedland where she is now becoming involved with the Wiser population around her.



Name: Lorraine Musgrave
Registered Exercise Professional 024139
Contact: 0419 769 811
Email: lorraine@sxlog.com.au
For the Area: North East suburbs

About Lorraine:

Lorraine has been a registered exercise professional for the past 35 years, developing her skills by teaching all ages from children to seniors. Twelve years ago, she found her passion for assisting seniors to have healthy, vibrant lives and became a Strength for Life (formerly known as Living Longer Living Stronger) instructor and later, coordinator for YMCA Morley. In 2009, Lorraine worked with an exercise physiologist to develop an outreach fitness program for a local retirement village. Lorraine now runs this successful program at three different locations. In 2016, COTA became aware of this program and approached Lorraine to assist in developing the mobile Living Longer Living Stronger program here in WA. She advised on the types of equipment and exercises to be used and in 2017 the program was successfully launched.

COTA (WA) Telephone (08) 9472 0104