

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:

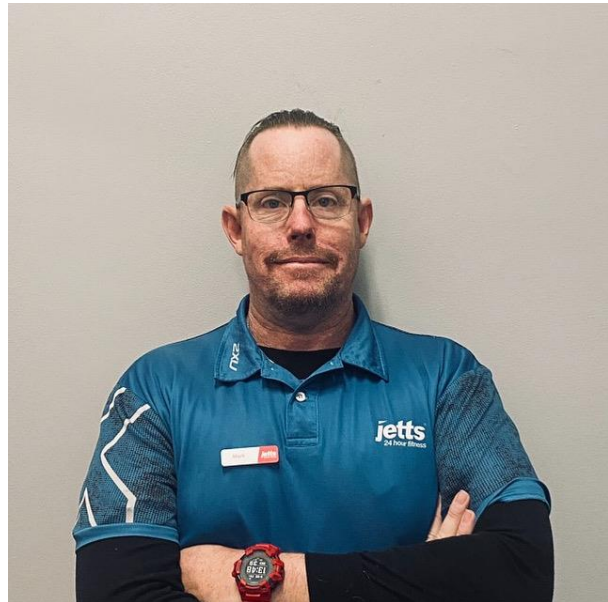
Hannes is a veteran of Senior's Health and Fitness, as a champion of the Nordic Walking Program through the Seniors Recreation Council. As a pioneer and innovator, he is involved with Professor Kazunori (Ken) Nosaka in the development of Eccentric Muscle Training techniques for Seniors, pioneering this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



Name: 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.



Name: Mark Nicholson

Contact: 0412 788 763

Email: marknicholsonfitness@gmail.com

For the Area: Clarkson

About Mark:

Mark has been involved full time in fitness for the last 20 months but, before that he was doing Martial Arts training for many years learning different styles. In total he has been involved with fitness in one way or another for over 12 years. Mark wanted to become an SFL Instructor because he wanted to make a difference in the lives of older Australians and help them enjoy their lives as they get older.

COTA (WA) Telephone (08) 9472 0104