



Name: Lorraine Musgrave
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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.