

MAY



Tuesday 13th May 2014



5:00pm: Registration and nibbles
5:30pm to 7:00pm: Presentations



Room 4505 (Level 4),
Building 408, School of Physiotherapy
and Exercise Science, Curtin University



AAG Members: \$10
Non-Members: \$30

Physical Activity and Older People

Hear from leading experts



ROBERT NEWTON
Co-Director, Edith Cowan
University Health and
Wellness Institute
Foundation Professor of
Exercise and Sports
Science, Edith Cowan
University



KAY COX
Research Associate
Professor at the
University of Western
Australia in the School of
Medicine and
Pharmacology, Royal
Perth Hospital Unit and
the School of Sport
Science Exercise and
Health



BOB ZIEGLER
Emeritus Professor of
Science Education
Director of the Board,
Council on the Ageing WA
and Peer Educator,
Council on the Ageing WA



We all know that physical activity is good for us at any age, but how exactly is it good for us as we get older and what can we do to encourage older people to exercise?

This seminar will provide evidence on the benefits of exercise; discuss interventions that have been proven to increase levels of physical activity amongst older adults; and provide insight into the experiences of an older adult who delivers an exercise program for the over 50s, the Living Longer Living Stronger Program.

Professor Rob Newton will present evidence on the application of exercise as medicine for cancer management and reduction of treatment side-effects.

Associate Professor Kay Cox will discuss increasing physical activity levels of older adults focusing on the Perth based FABS (Fitness for the Ageing Brain Study), which looked at changes in cognition with a physical activity intervention in people with mild cognitive impairment.

Emeritus Professor of Science Bob Ziegler will discuss the "Benefits of Resistance Exercise, Research and Personal" drawing on his experiences as a participant of COTA's Living Longer Living Stronger Program.

About the presenters

Physical Activity and Older People



PROFESSOR ROBERT NEWTON

Professor of Exercise Science, Co-Director – Health and Wellness Institute, Edith Cowan University

His current major research directions include: reducing decline in strength, body composition and functional ability in cancer patients; cancer related fatigue and the influence of exercise; exercise medicine for cancer survival.



ASSOCIATE PROFESSOR KAY COX

Research Associate Professor, School of Medicine and Pharmacology, Royal Perth Hospital Unit, School of Sport Science and Exercise Health, University of Western Australia

She has conducted several intervention studies looking at increasing the level of physical activity in sedentary individuals, evaluating strategies to keep them active and assessing the resulting health benefits over the past 25 plus years. Evaluation of various strategies to best promote physical activity in older adults has been a major area of study.



EMERITUS PROFESSOR BOB ZIEGLER

Emeritus Professor of Science Education, Director of the Board of COTA WA, Peer Educator, COTA WA

He is a Director of the Board at COTA WA, a member of the COTA Policy Commission and a COTA Peer Educator, advising other seniors on how to plan well for their later years. Bob is one of the more than 6000 West Australian seniors taking part in COTA's Living Longer Living Stronger strength-training program. He has been a participant of Living Longer Living Stronger for ten years.

How to register

Online at: www.aag.asn.au Email: enquiries@aag.asn.au
Post: Suite 8, 322 St Kilda Road, St Kilda, Vic 3182
For more information, please contact enquiries@aag.asn.au or 03 9939 8693

Physical Activity and Older People

Personal details Title: Mr Ms Mrs Dr A/Prof Prof

Last Name

Organisation

Position

Address

Suburb

State

Postcode

Phone

Mobile

Email

Event Pricing

\$10.00 for Members

\$30 for Non-members

Corporate Membership entitles two nominated staff members to attend at the member rate.

Payment Details

Payments details Please select credit card type or other payment method:

Visa

Mastercard

Card Number

Expiry Date

 /

CVV NO.

Card Holder's Name

Card Holder's Signature

Electronic Funds Transfer (EFT) payable to:
Australian Association of Gerontology
BSB no: 034 264 Account no: 261 509
Payment Reference: WA140513_LastName

Cheque payable to: Australian Association of Gerontology

I understand the conditions regarding enrollment and payment above.
Signed here:

Dated

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PRIVACY STATEMENT

Please note that information you provide will be collected for the purposes of processing your registration and recording your attendance. The AAG may also use this information to provide you with information in relation to future programs which may be relevant to you.

Please tick this box if you are not interested in receiving information. Photographs may be taken at the event for use on various AAG materials and publications, online and print. By registering for this event, you consent to the AAG photographing and using your image and likeness. If you would not like the AAG to photograph you please let the AAG representative know at the event.

TERMS & CONDITIONS

The AAG reserves the right to alter this program or presenter(s) without further notice, however the program is intended to run as advertised. AAG reserves the right to cancel this activity due to insufficient numbers – registrants will be notified if this occurs and credit (seminar value) will be carried forward to a seminar of the participants choice or refunded. Cancellations or transfers must be advised at least 7 days prior to the event. Refunds will not be granted if a registrant fails to attend an event or cancels within 7 days of the activity.