Active Ageing: Live Long, Live Strong!

Course Date: 30 May 2015 (Run 1), 3 June 2015 (Run 2), 25 July 2015 (Run 3), 26 Aug 2015 (Run 4)
Course Duration: 1 day, 9.00am to 12pm, 1.00pm to 5:00pm
Course Venue: Republic Polytechnic Campus
Course Fee: $214 (Inc GST)
*Free for Singaporean/PR who is 50 years old and above (ie. Born in 1965 or earlier)

COURSE SYNOPSIS

This workshop is customized for adults who are 50 years old and above. This workshop aims to prepare older adults for active living, by preserving their functional fitness and reducing physical frailty in later life. By the end of the course older adults will be able to overcome barriers to active living by setting realistic goals for improving their physical fitness. Participants will acquire knowledge on the common physical, psychological and social theories of healthy ageing, recognize the risks of sedentary behaviour, identify common barriers to healthy ageing and ways to overcome these barriers, understand the components of physical fitness and its links to functional fitness, assess and interpret their fitness levels using online tools, and set realistic goals for improvement.

Participants will learn:

- Definitions of healthy ageing
- Benefits and barriers to healthy ageing
- Risks of sedentary behaviour
- Components of physical fitness and its links to functional fitness
- Common myths about physical activity and physical fitness
- Motivational strategies to initiate and sustain a physical activity programme that improves physical fitness

Participants will practice:

- Using the General Fitness Tool (GFA) tool developed by Health Promotion Board (HPB)
- Analyzing the physical fitness status (results of the GFA)
- Formulate realistic goals to improve their physical fitness

*Subject to availability of vacancy and on a first come, first served basis. The maximum class size is 20pax. Eligible participants have to submit supporting document to apply for the funded course by C3A.
TARGET AUDIENCE
Home makers, Senior Citizen, Interest Groups and Retirees

CERTIFICATION
Participants will be awarded the Certificate of Attendance issued by Republic Polytechnic upon meeting 80% of attendance requirement.

ENQUIRIES & APPLICATION

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<tr>
<th>Operating Hours</th>
<th>9:00am - 12:30pm</th>
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<td>2:00pm - 5:30pm</td>
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<td>(9:00am - 12:30pm on eve of Major Public Holidays*)</td>
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Saturdays, Sundays and Public Holidays: Closed

*Major Public Holidays refer to New Year's Day, Chinese New Year and Christmas Day

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<th>Phone</th>
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<tbody>
<tr>
<td>Fax</td>
<td>6415 1310</td>
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<tr>
<td>Email</td>
<td><a href="mailto:ACE@rp.edu.sg">ACE@rp.edu.sg</a></td>
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