

Take a seat: it's time for pilates

RETIREMENT LIVING

BEFORE Stockland resident Jenny started chair pilates she had to use a walking frame.

"Now I only use my frame to go to shopping centres or if I have to walk a long distance," said Jenny, who lives at Ridgehaven Rise in the northern suburbs of Adelaide.

She was introduced to chair pilates three years ago, attending local classes with the goal of increasing her mobility and strength.

Unfortunately last year these local classes were cancelled.

While this was disappointing, it did give Jenny the chance to attend one of the Benefits + Health sessions at the retirement village.

The session was led by a physiotherapist who was sharing tips on increasing mobility.

And that's when Jenny got the idea to start a chair pilates class at the village.



TAKE A SEAT: Residents at Stockland's Ridgehaven Rise retirement village have a go at chair pilates, an adaption of pilates for the active older adult or people with restrictions.

She worked with the Benefits + Health program co-ordinator to make the idea a reality.

Jenny wanted to see her fellow residents benefit from pilates just as she had done.

"It is not only exercise, it is a fun social time as well," she said.

The classes were met with enthusiasm, with 13 residents signing up initially. The number has now grown to just under 30.

Benefits + Health is Stockland Retirement Living's health program. It involves monthly "healthy conversations" where residents

discuss various topics with health professionals.

The initiative is currently being run in South Australia and on the NSW Mid North Coast with a view to being rolled out in other states.

■ Details: 1800-7 2 7-170, stockland.com.au/retirement-living