

NSW SENIORS WEEK ADVERTISING FEATURE

Stay fit for festival fun

KEEP fit this festival season by following some great tips as outlined in the NSW Seniors Week official festival magazine. Maintaining a good diet as you age reduces your risk of osteoporosis, high blood pressure, heart disease and certain cancers.

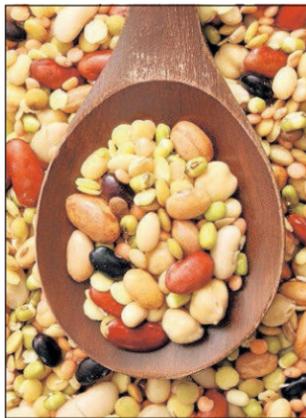
The Dietitians Association of Australia (DAA) advises seniors to eat nutritious foods and keep physically active to help maintain muscle strength and a healthy weight. Exercise also helps you to feel more energetic, confident and relaxed.

Five things to eat more of as you age:

- Vegetables, wholegrains, legumes (these nutrient-dense foods include lentils, chick peas, kidney beans and even baked beans), dairy foods and fish with soft, edible bones like canned salmon and sardines.

Tips for healthy eating on a budget:

- Buy fresh fruit and vegetables when they are in season.
- Try frozen or canned vegetables.
- Eat a vegetarian meal



Include legumes.

each week using eggs or legumes.

- Add some kidney beans or lentils to mince dishes or stews to make the meal go further.
- Shop on a full stomach so that you're less tempted to buy things you don't need.
- Check supermarket catalogues for specials.
- Buy staples like bread, dairy, fruit, vegetables, cereals and meats first.

Here are six activities to try from Dr Sharon Hetherington, an accredited exercise physiologist working for Exercise & Sports Science Australia.

- Yoga/Tai Chi/Pilates: Each



EAT WELL: Lots of fresh produce should form part of a balanced diet. A good diet as you age reduces your risk of osteoporosis, high blood pressure and heart disease.

of these practices will help you to improve your flexibility, balance and coordination.

- Walking: Even a short walk (say for 10 minutes) at a moderate pace will raise your heart rate, increase blood flow around your body and to your brain,

and lower levels of stress hormones.

- Dance can be a great cardiovascular workout that also challenges your balance and coordination.
- Cycling is a low impact (less jarring) activity that is very good for your joints, your knees and hips in

particular.

- Swimming is another low impact activity that can be enjoyed at a range of intensities.
- Tennis is a whole body activity that helps to improve your coordination, balance, reflexes and physical endurance.

Uni study supports energy economy

THIRTY people from the Milton Ulladulla area have taken part in a research project on energy efficiency. The Energy+Illawarra Project, by University of Wollongong and Macquarie University, studied the way older residents in the Illawarra, Shoalhaven and Southern Highlands use energy. It looked into ways to support energy efficiency without compromising comfort or safety.

Participants received a baseline and follow up survey about their energy use behaviours, and free materials including newsletters, fact sheets, videos, fridge magnets, and remote control power switches to help support their energy efficiency and comfort in their homes.

Six of those 30 people were also randomly selected to be included in a free home energy efficiency instillation program, which included heat pumps, hot water systems, reverse cycle air conditioners, and draught-proofing.

Are you over 60 and need access to extra money?

Wouldn't it be great if you could use the equity in your home to fund the things you would like to do?

You can!

With a Seniors Loan (or Reverse Mortgage) you can unlock your wealth and turn your bricks and mortar into a cash resource to fund the lifestyle you would like to live without the need to make regular repayments.

So, if you'd like more information on unlocking the equity that exists in your home, call SCBFS, your Reverse Mortgage Specialists, and turn your dreams into a reality!

South Coast Business & Financial Solutions Pty Ltd

1800 422 657 ~ 4454 4502

or email loans@everylender.com.au or complete & mail the coupon

Reverse mortgage advantages

- Your home is yours for life
- Cash reserve facility
- Take your loan as a lump sum or by regular payments
- No repayments required
- No monthly fees
- Your loan need not effect your social security benefits
- Funds are at your disposal for whatever purpose
- No negative equity guarantee

Name:
 Address:
 Phone:
 Email:

Please mail to:
Your Everylender Solution™
 South Coast Business and Financial Solutions
 Suite 9 / 15 Boree Street Ulladulla
 (PO Box 272) NSW 2539



AW1971015

BONUS OFFER

Return transfers to Sydney Airport + SAVE \$125
 + Extra nights accomm, Jacket & NZ Travel Guide**

GO
 NZ

17 Day Highlights of NZ

ULLADULLA SPECIAL DEPARTURE 4 February 2017

Experience all the iconic attractions of the North and South islands including the breathtaking Milford Sound and world famous rail journey, The TransAlpine. Enjoy the beautiful Bay of Islands where you will board a luxury catamaran to the famous Hole in the Rock. Includes two night stays in Christchurch, Queenstown, Wellington, Rotorua, and the Bay of Islands.

ALL INCLUSIVE Tour includes airfares, taxes, accommodation, most meals, sightseeing & attractions.

PER PERSON, TWIN SHARE FROM

\$4614

INCLUDES RETURN AIRFARES

+

RETURN AIRPORT TRANSFERS

+

TRANZ ALPINE RAIL

+

4 SCENIC CRUISES

For more information call Ulladulla Travel on **4455 1588** or email ulladulla@ulladullatravel.net.au

Conditions apply. *Price valid for travel ex SYD and includes pre paid taxes (subject to change). Single supplement available. **Return home to airport transfers pick up from designated point in Ulladulla. Extra night is pre tour (room only). Saving (already deducted from price) & Jacket are per person. Travel Guide is per household. New bookings only. No other special offers apply.