



Active Aging for Active Living, Independence and Quality of Life

Staying active and capable is not only about exercise. It is about maintaining the physical abilities that help you live the life you want.

DISCOVER WHY • UNCOVER HOW • TAKE ACTION



Staying independent does not happen by accident

Most of us want to remain active, capable and independent for as long as possible. But strength, balance, flexibility and cardiovascular fitness can gradually change with age ... sometimes before we realise it.

Senior Plus is about understanding:

- why movement matters as you age
- why strength is important
- how balance helps you remain confident and independent
- why flexibility and range of movement matter
- how cardiovascular fitness supports everyday life
- what you can realistically do to maintain these areas

Senior Plus gives you a clear starting point.

It shows you that there is still a lot you can do to maintain your physical capability

Senior plus helps you to do something NOW that can help maintain the independence you value LATER

What is Senior Plus?



Senior plus is about more than exercise.

Senior plus is a practical Active Ageing program designed to help you understand the physical abilities that supports active living and independence. You will learn more about:

Why movement matters

Understand why maintaining strength becomes increasingly important with age and how you can work on it safely.

Flexibility

Understand how maintaining movement in your joints can help you continue doing everyday activities.

Strength

Understand why maintaining strength becomes increasingly important with age and how you can work on it safely.

Cardiovascular fitness

Discover why keeping your heart and lungs working regularly matters and how everyday activity contributes.

Balance

Learn why balance matters and explore simple ways to challenge and maintain it.

Other factors may also be relevant depending on the individual and clinical context.

The aim is simple:

Keep moving. Stay capable. Maintain your independence.



Senior Plus is about more than information. It is about taking action.

The Program combines:

- short educational messages
- practical guidance
- simple movement activities
- reflection and planning
- worksheets
- practical suggestions to make movement part of everyday life

Senior Plus gives you a simple starting point

Level 1 is deliberately designed to give you a clear starting point without overwhelming you. Once you understand the basics and decide you want to do more, Level 2: Move with Purpose takes you further.

Move with purpose provides more detailed education and practical guidance for people who want to develop their movement and physical activity more intentionally.

The emphasis is on **small, achievable actions that you can continue after the program ends.**

How does it work?



Senior Plus Level 1 is delivered as a structured two-week program.

How does the program work?

The program is delivered through WhatsApp making it easy to receive the information and practical guidance, where you are.

A new program start every second month on a Monday

Who is the program for

Senior plus may be suitable for you if you:

- Want to remain active and independent as you age
- Know you should do more but are not sure where to start
- Feel overwhelmed by conflicting health and exercise advice
- Want to understand why movement matters rather than simply being told to exercise
- Want practical ideas that fit into everyday life

You do not need to be particularly fit or exercise every day

Don't wait until movement becomes difficult.

The earlier you start maintaining strength, balance and fitness, the better your chances of staying active, independent and able to enjoy the life you want.

Ready to get started?



Give yourself, or someone you care about, a practical starting point:

Senior Plus can be completed by individuals who want to take a more active role in maintaining their physical function, or Senior plus can be a practical way for families to support an older parent or loved one.

Programme choices:

Level 1: Just keep moving

A clear and manageable introduction to the fundamentals of active aging

Level 2: Move with purpose

For those who want to take the next step and explore the subject in greater depth.

Senior Plus was developed by Dr Susan de Beer (PhD in Biokinetics) and translates evidence-informed knowledge into practical strategies that older adults can understand and use.

Need more information about Senior Plus

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