

Media Release

IMMEDIATE RELEASE
June 2016



Football greets to open new gym

Port Magpies legend and inaugural Port Power coach John Cahill and Magarey Medallist Greg Whittlesea will open a new gym at ACH Group Residential Living Yankalilla Centre next week.

Cahill, an AFL Hall of Fame inductee, and Whittlesea, who lives locally, will join ACH Group staff, volunteers, residents and their families along with local community groups to mark the opening of the \$100,000 facility.

The gym is set in a purpose-built facility that boasts a range of new equipment including a recumbent stepper and recumbent bike, weights machine, free weights, therabands, tubes and chi balls.

ACH Group trainer Ruth Walwyn says the gym will encourage people of all levels of ability to stay active. "We have cardio equipment that you would find in other commercial gyms but they have more advanced settings for people with different physical restrictions such as hip pain, knee pain and back injuries. There is also a range of strength and balance equipment to help people stay active and improve their core strength and flexibility."

The gym is the first of its kind to be built in Yankalilla and there are plans to make the space available for community exercise classes in future.

Yankalilla District Council Mayor Glen Rowlands says the gym will be a welcome addition to the area. "The addition of the new gym closely aligns with our strategic plan goal, that in planning for vibrant communities we will support an active and healthy lifestyle by spaces and places for people. We congratulate ACH Group on making this new facility available to the community."

Yankalilla Centre Senior Manager Trish Bowie says the new gym will help residents embrace ACH Group's 'Healthy Ageing' approach.

"Research around the world has shown that people who are active and socially connected are happier and have a better sense of wellbeing and overall health, regardless of age or health status," she says. "All our residential living homes make it as easy as possible for people to choose to be active, remain connected and engaged every day."

Residents, staff and volunteers, along with Mayor Glen Rowlands, will celebrate the opening next Thursday.

Built in 2002, ACH Group Residential Living Yankalilla Centre has 64 beds and is located close to bushland, beaches, shops and cafes. It has a co-located medical centre and access to a range of specialist services and a wide range of activities and events seven days a week.

WHAT: Yankalilla Centre Gymnasium opening

WHEN: Thursday 23 June, 11.30am

WHERE: ACH Group Residential Yankalilla Centre, 175 Main South Rd, Yankalilla

End Media Release

About ACH Group

ACH Group is a not-for-profit aged care organisation that has been offering services to support good lives for older people in South Australia since 1952.

As well as accommodation options across Adelaide, the Fleurieu Peninsula and East Melbourne, the group offers a range of health, wellbeing, respite and support services, help at home and social activities.

Our 1700 specialist staff and hundreds of volunteers share the belief that older people should be valued and respected, connected to their communities and in control of their lives.

For further information or comment, please contact Anna Randell on (08) 8159 3632, 0417 856 361 or ARandell@ach.org.au.