

# One giant leap for Akhter...

NO matter who you are or how old you are, life is all about conquering the next challenge – as 75-year-old Akhter Rahman can attest.

The Norwood clinical psychologist has become the oldest person to take on the Mega Jump at Mega Adventures Aerial Park in West Beach.

Having climbed the 83 steps to the jump's highest platform, Akhter was strapped into a harness before stepping out into space and an 18-metre free-fall jump.

Not content with that, however, Akhter then braved the mega bounce trampoline – jumping up to eight metres.

"I was pretty nervous but it was great, just amazing," she said.

"I wanted to challenge myself to do something new. There are so many benefits for your body and your brain."

Akhter is a member of The Exchange, which was created by not-for-profit aged care provider ACH Group to encourage older people to network and challenge themselves.

The Exchange's 10 Dares Challenge aims to inspire



**DARING TO BE DIFFERENT – Akhter Rahman, pictured above with Fiona Telford-Sharp, shows you're never too old to take on a challenge (right).**



members to try something new once a week for 10 weeks – or more often if they want.

The dares include karaoke singing, eating crickets, skydiving and trying the ukelele. Members can develop their own dares or join those suggested by others.

The Exchange's Fiona Telford-Sharp said the challenge aims to encourage people to do something new or different that keeps them

growing, learning and reinventing. "It's about stepping outside your comfort zone and putting your hand up for something new and exciting," she said.

"Just because you have reached a certain age doesn't mean you have to give up trying new things and challenging yourself in different ways."

■ For information about The Exchange, 1300-224-477, [achgroup.org.au](http://achgroup.org.au) and search for The Exchange.