

# Retirees get moving with real Power

Kurtis Eichler

JOY and Mike Bollymeyer have watched Port Adelaide games from the sidelines since they were young children.

So when the Woodville South retirees wanted a little extra fitness they joined their favourite football club's Power Movers exercise and education program.

"My wife has been going to Port Adelaide matches since she was five and I was reared in Rosewater so I went to a school with a lot of guys that played," Mr Bollymeyer, 71, says. "As we said to our kids – who had their bums changed on Alberton Oval – it is in our genes and so when they put the program out I started first and I made some really good friends.

"Now we go a few times a week and quite often you see the Power players training and get to interact with them, which is good."

The couple have been involved in the program, run out of the Port Power gym and training ground at Alberton Oval, for four years.

The club is relaunching the program, geared to-



Port Adelaide players Karl Amon, Cameron Hewett, Paul Stewart and Sam Gray with Mike and Joy Bollymeyer as part of the ACH Group's exercise program at the Alberton gym.

Picture: SARAH REED

wards people aged over 50 who find it hard to get regular exercise, to make it open to everyone in the community.

Previously only ACH Group clients were able to

join. ACH Group exercise physiologist Jack Carter says it's a great opportunity for people to try a range of exercises.

"It can be hard to get started and maintain regular ex-

ercise, particularly when you experience a chronic condition," Mr Carter says.

"Joining in a group session is a great way to have fun, make friends and live a healthy, active life."

Classes running for 45 minutes will run on Mondays and Tuesdays at 9am and 9.45am and Fridays at 2pm and 2.45pm.

Cost is \$9 per session. Details: [8159 3600](tel:81593600)