



Geoff Lee

Acting Minister for Sport, Multiculturalism, Seniors and Veterans
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MEDIA RELEASE

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SENIORS SYNCHRONISE IN WORKOUT ON THE WEB

Thousands of NSW seniors worked up a sweat in the *Biggest Online Seniors Workout* today proving age is no barrier to fun, fitness and finding new interests.

Acting Minister for Seniors Geoff Lee congratulated over 7000 seniors who took part in the free 30-minute exercise program streamed live across three online video platforms.

“Our seniors have shown remarkable strength in the face of COVID-19, completely changing their regular routines which kept them active and socially connected,” Mr Lee said.

“The Biggest Online Seniors Workout is a fantastic initiative which aims to keep seniors fit and in touch with the wider community while staying safe indoors.”

NSW Seniors Card partner and Active Seniors Health Centre owner Taylor Harrison hosted the Biggest Online Seniors Workout, streamed on platforms including Zoom, YouTube Live and Facebook Live.

“I am thrilled with the response to this workout on the web,” Dr Harrison said.

“Seniors have really embraced the technology and the opportunity to maintain their balance, strength and flexibility from their own living rooms while also helping them to feel less socially isolated.”

Kuljit Hunjan from Gordon loved the experience of working out with fellow seniors.

“I never thought I would be doing stretches and squats online with thousands of other seniors but the pandemic has provided an opportunity for us all to adapt and learn new skills,” Ms Hunjan said.

Active Seniors Health Centre will continue to provide daily free exercise sessions for seniors across NSW on their website.