

How to promote active ageing to older people from culturally and linguistically diverse backgrounds

Cecilia Hernandez & Liz Cyarto



Spanish Women Get Active



❖ The program focused on nutrition, physical activity and emotional wellbeing.



Well for Life for the Spanish Group

❖ Promote health and wellbeing for older people



Well for Life for the Spanish Group

❖ Establish and maintain social connections



❖ Program started with 18 Spanish Seniors and now we have up to 30 ladies actively participating in the sessions.



Well for Life for the Spanish Group



❖ The Exercise program starts with a 5 to 10 minute warm up, including dancing to Latino American music.





Have A Try exercise program: warm-up, 10 strength/balance exercises, 10 stretches

Well for Life for the Spanish Group



Well for Life for the Spanish Group



❖ They have a good time, they laugh and smile while doing their exercises.

❖ The feedback from participants has been very positive.





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Spanish Women Get Active

Pilot program in partnership with the City of
Melbourne's Healthy Ageing Team



Spanish-speaking group improved:
35% in arm strength
26% in leg strength
34% in balance
after just 16 weeks of
group exercise plus 1-2
home exercise sessions

$p < 0.05$

Arm Curl Test



Chinese group



Balance Test



Sit-to-Stand Test



After 24 weeks, the Chinese group improved...

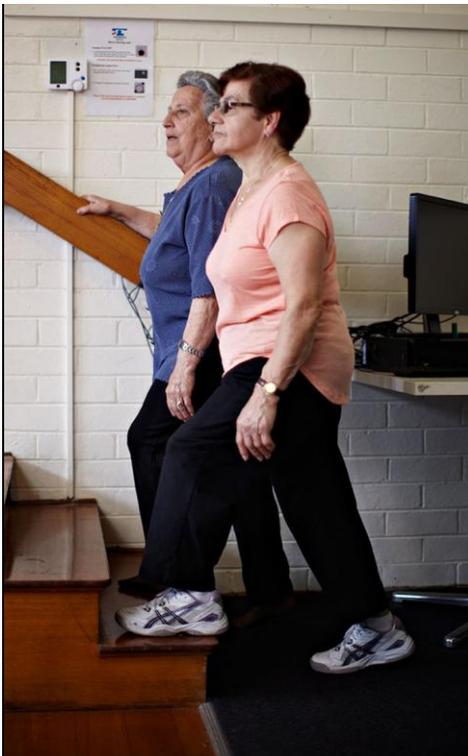
- 15% in arm strength
- 11% in leg strength
- 20% in balance

Chair Push-up

$p < 0.05$

Italian group





After 24 weeks, the Italian group improved...

- 5% in mobility
- 25% in balance

Step-ups to the front

Eritrean group





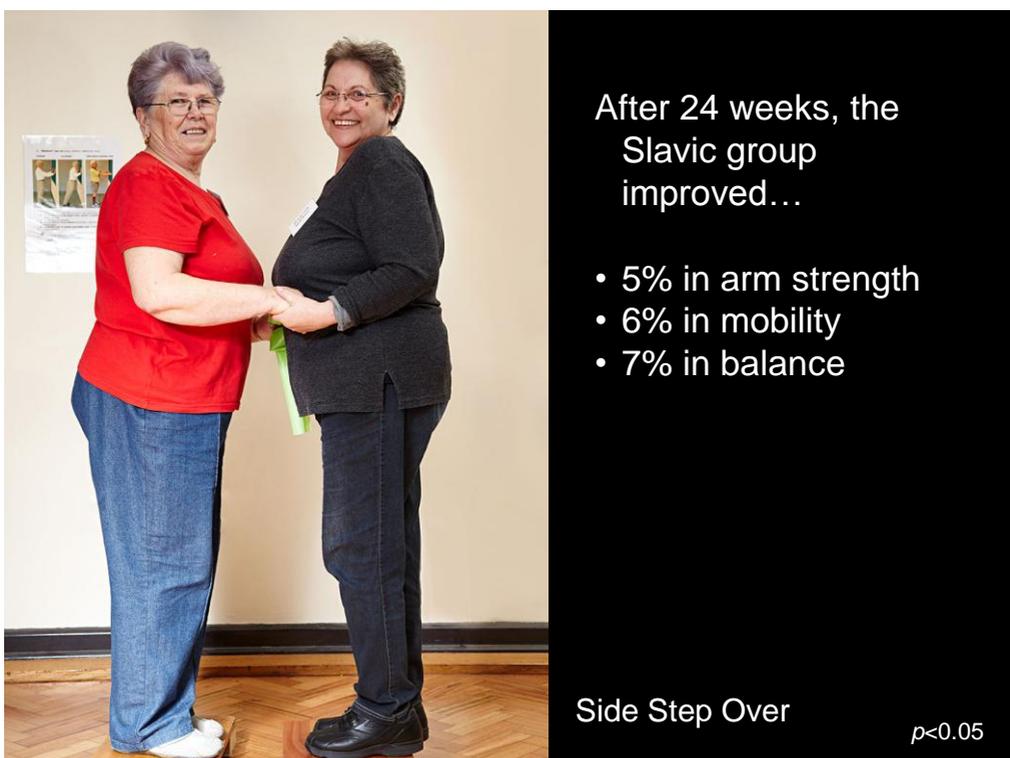
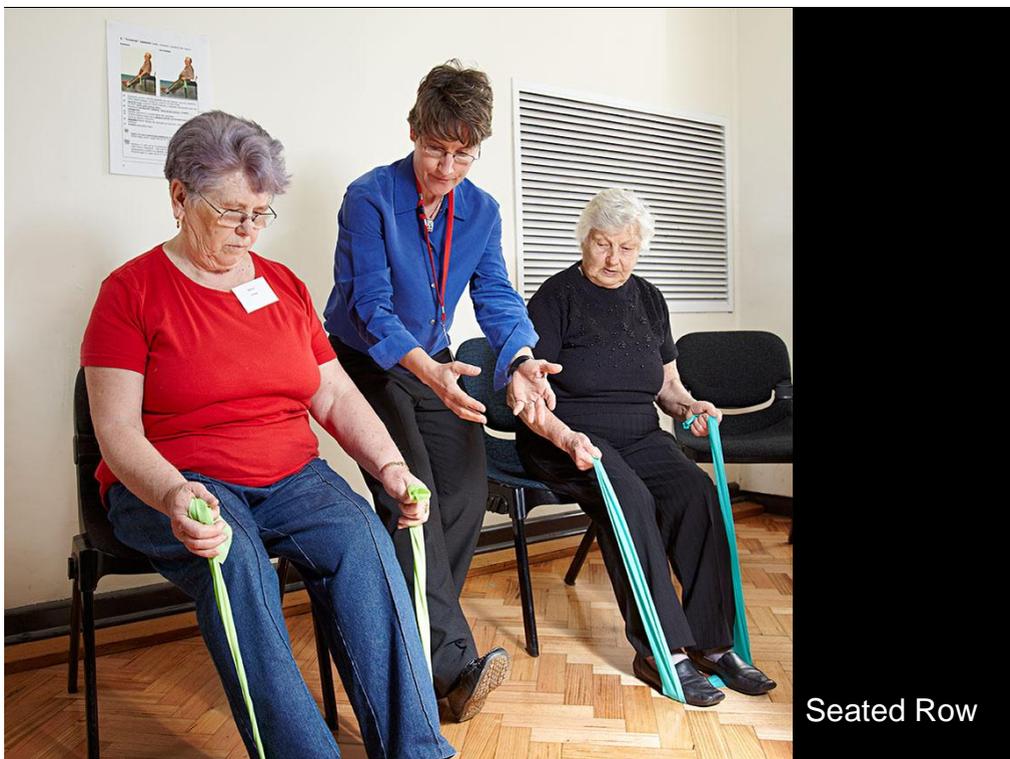
After 14 weeks, the Eritrean group improved...

- 19% in arm strength
- 27% in leg strength
- 17% in balance

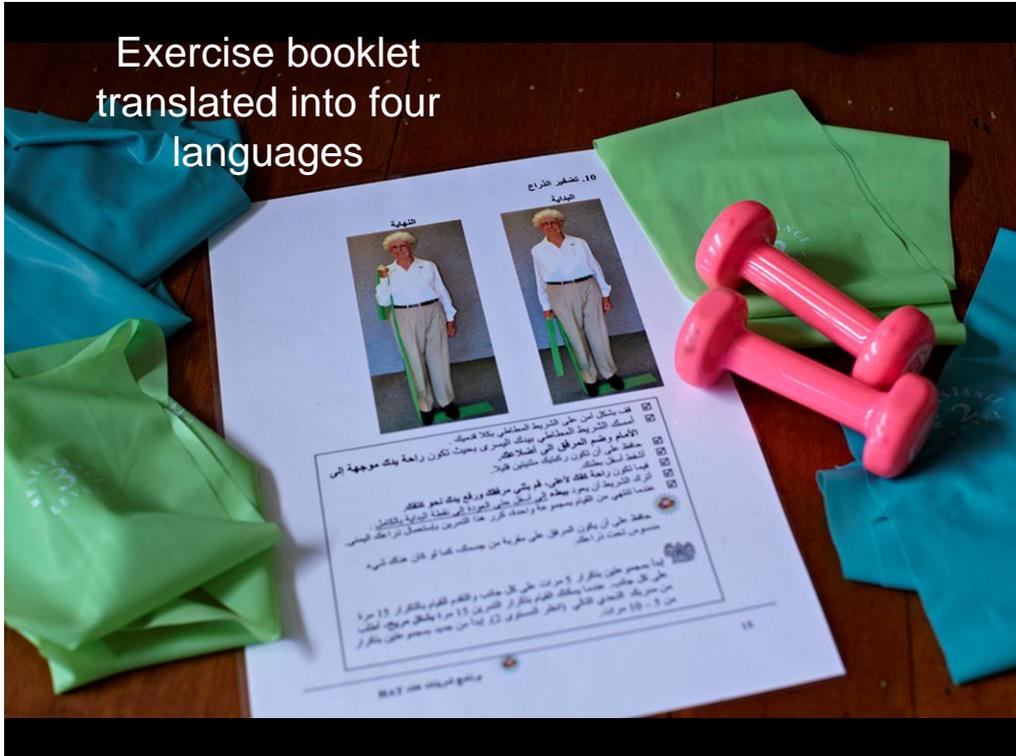
Wall Push-ups

$p < 0.05$

Slavic group



Exercise booklet translated into four languages



Participants also completed the Healthy Ageing Quiz



**Healthy Ageing
sessions led by a
health educator**

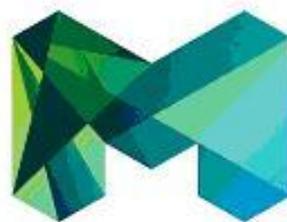
SUSTAINABILITY



NOW WHAT?

Acknowledgements

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CITY OF MELBOURNE

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