**Newspaper Editorial:**

YOU may not be able to turn back the clock, but a new program in [insert location] for older adults is certainly trying to wind it up.

The Come & Try program, an initiative of [insert your organisations name] and in partnership with [insert other partner organisations names involved in organising and supporting the event] is encouraging older adults in [insert location] to try a variety of sport and recreational activities at a reduced cost. The program will be launched [insert date] and will run from [insert dates].

Golf, lawn bowls, aerobics [insert your activities], are just a small collection of activities that have jumped on board with the program.

It is hoped at the end of the program, older adults in [insert location] will continue with at least one of the physical activities available within the community.

[Insert name] (e.g. consider a local health professional) said participation in physical activity tended to decline with age.

“Older Australians are currently the least active of any population group,” [insert name] said. “But the health benefits associated with actively ageing are huge. Among older adults, physical activity helps strengthen bones and muscles, reduces the risk of falls, injury and chronic diseases, improves heart health and helps maintain independence.”

[Insert name] said “Just 30 minutes physical activity every day could improve or maintain a person’s health. But there are other benefits as well. Having an active lifestyle is not only a preferred way of life, but it’s also an ideal way to socialise, meet new people and get involved with your community.”

The Come & Try program will be launched [insert date and give details of venue]. There will be a free morning tea, guest speakers and lucky door prizes [use your launch agenda]. People will also have the opportunity to register for Come & Try activities on the day.

To book a place, please contact [insert details].

**Come & Try**

**Increasing Physical Activity in Older Adults**

**Editorial for Newspaper**