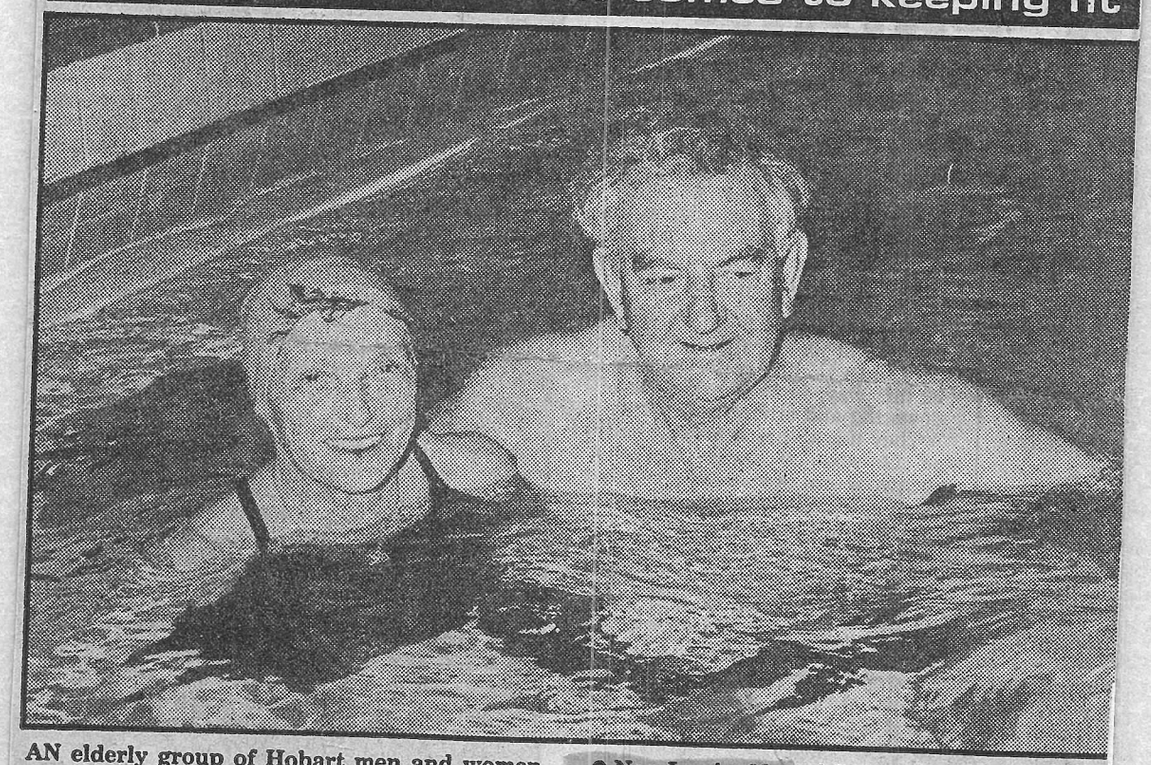
Community EXPRESS

Age no barrier when it comes to keeping fit



AN elderly group of Hobart men and women are proving that age is not a barrier when it comes to swimming to keep fit.

The senior citizens are taking part in an Australia-wide programme for adults who want to keep fit – and have fun doing so.

The Hobart Aussi Masters Swimming Club, which is open to people of all abilities, meets regularly at the Clarence pool.

The club claims swimming is an ideal way to exercise all parts of the body, improve heart and lung capacity, lower blood pressure and improve posture and muscle tone.

● Nan Lewis, 66, and Doug Job, 67, two of the members of the Hobart swimming club . . . age is no barrier to keeping fit.

The group offers collective help and encouragement, overcoming motivation problems experienced by people exercising by themselves.

There are similar clubs throughout Australia which hold competition meetings for all age groups. A system of award badges has been introduced to encourage swimmers to improve their individual standards.

Keeping fit turns to Masters bid

By Lisa Stones

Devonport school teacher, Chris Branson, has been competing in AUSSI Masters swimming competitions for about four years for enjoyment and to keep fit.

Branson (35), originally of Adelaide, moved to Devonport with his family this year, and had his first official competition in Tasmania today at the third AUSSI Masters swimming summer championships conducted at the Devonport Olympic Pool.

The St Brendan-Shaw College vice-principal said yesterday he began swimming for exercise when he gave up football but has only recently began training seriously.

"The sport allows everyone to compete against people of similar ability and it is up to the individual how much or how little they train," he said.

Branson, who competes in the 35-40 year age group, took part in five individual and three teams events today.

Record entries were received for the meet including 12 entries from the Hobart Masters Swim Club which entered the championships for the first time.

The oldest competitor at today's titles was 66-year-old Mrs Nan Lewis, of Hobart, who competed in the 50, 100 and 200 m freestyle events .

The Weekender, Saturday, March 14, 1987