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National Seniors backs 2019 Masters Games

National Seniors Australia, healthy ageing partner of the 2019 Australian Masters Games, has celebrated the launch of this year's event.

Themed 'Better with Age – Vintage 2019', the Games offer an "exceptional opportunity to showcase a healthier, more connected future for older Australians," says National Seniors' Chief Executive, Professor John McCallum.

"Activity – physical, social and cognitive – is acknowledged as being key to longevity. As one of the largest participation events on the Australian sporting landscape, the Australian Masters Games ticks all those boxes and offers an incredible opportunity for older Australians to show that age is no barrier to sporting achievement."

With events ranging from archery to figure skating, athletics to softball, and even Dragon Boat racing, the only criteria to compete is that you must meet the minimum age requirement, which for most sports on the bill is 30+ years.

For National Seniors, the foremost consumer lobby for older Australians, the partnership represents an ongoing commitment to supporting healthier, more active ageing.

"Staying connected and active is an important way to support independence, physical and mental wellbeing and generally get the most out of later life. While not everyone will be Masters Games-fit, it's important for people of all ages to find ways to move and connect – for your health as well as your happiness.

"You don't even need to pick up a racquet or kick a ball – volunteering at events, like the Masters Games, or supporting sports clubs is a great way to stay engaged and active." Prof McCallum added.

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