



the
game
you
play for
life

Testimonials

Dorothy (69 years young) "I feel better when I do the exercise because Lifeball improves social involvement and mental stimulation."

Harry (81 years young) "Lifeball is a good sport for older people because it's not expensive and it keeps us active and on the move."

Theresa (69 years young) "I like it, it's not expensive and I get to meet a lot of new people."

Maree (73 years young) "I like it very much. It gets your heart going."

Brian (58 years young) "It's mildly competitive and mentally stimulating."

Matt (31 years old) "Good exercise, but not too physically demanding."

Alex (aged 10) "It's great fun and the score doesn't matter."

Lee (40 years old) "It's a great pleasure to play and see everyone smiling."



Co-ordinated in
Western Australia by

The
Positive
Ageing
Foundation
of
Australia (Inc.)

What is the

Positive Ageing Foundation of Australia?

The Positive Ageing Foundation of Australia (Inc.) is a not-for-profit organisation dedicated to research policy and program initiatives that support the active living of people over 50.

For information about your local Lifeball program, contact

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*Lifeball has been developed across Australia by
the Positive Ageing Foundation of Australia,
the Greater Murray Area Health Service and
the New South Wales Department of Sport and Recreation*

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Photograph courtesy of the
Community Newspaper Group



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a new and exciting sport for all

Lifeball is a fun team game which can be played on any flat surface such as a netball court, basketball court or ideally a tennis court. It is a thinking game designed for skill, fun and fitness.

the game

Lifeball is similar to netball and basketball and incorporates activities such as walking, passing and throwing to encourage physical movement and teamwork.

Lifeball is played at a walking pace and can be played by any age group.

The game encourages physical activity in older adults by encouraging movement and social interaction.

get active within a team spirit environment



who plays lifeball?

Lifeball can be played by men and women, boys and girls from all cultures.

The sport is already played by older members of the community and has been trialed in select primary schools with older adults teaching game rules.

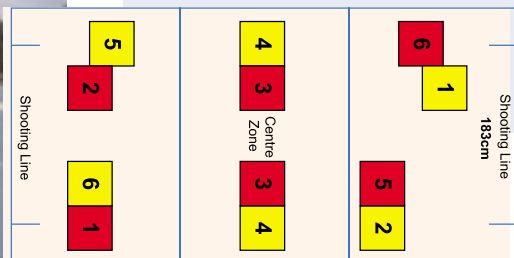
Lifeball can help build community networks through participation and promotion of the sport. Older adults can be used as volunteers within the community to assist the local schools, as the game is appropriate for all age groups.

social benefits of lifeball

Lifeball allows players to gain confidence and co-ordination while working as a team.

The game focuses on skills related to body movement and ball handling. The game is an avenue for social learning and developing special relationships and understanding.

Red Yellow



Yellow Shooting Zone

Centre Zone

Red Shooting Zone

10 reasons why you should play lifeball

Lifeball is a fun team game.

Lifeball motivates people to participate in physical activity.

Lifeball is a thinking game.

Lifeball incorporates activities such as walking, passing and throwing.

Lifeball is played at a walking pace.

Lifeball is a falls prevention program as it improves balance, co-ordination, flexibility, mobility and mental stimulation.

Lifeball can be played by men and women, boys and girls from all cultures.

Lifeball builds community networks.

Lifeball allows players to gain confidence and co-ordination while working as a team.

Lifeball encourages social interaction within a team spirit environment.

