

# Master strokes for longevity

Exercise is one of the keys to staying healthy in later years and there are masters waiting to help.

SWIMMING has always been part of Ross Gynther's life.

He won a state swimming title as an under-12; represented Queensland in swimming and life-saving, and has been a surf life-saver at Maroochydore.

Despite turning 60, Mr Gynther, a real estate agent with Peter Campbell Realty in Morayfield, has no intention of slowing down.

He still trains three times a week with Caboolture and District Masters Swimming Club and coaches other swimmers.

"It's something I enjoy and has always been a part of my life," said Mr Gynther, a masters swimmer for 20 years and a member of the Caboolture club for 15.

"I sometimes wonder why I do it, but think I would suffer if I didn't."

"Swimming is a good form of physical activity as you get older.

"It puts less strain on joints and you are in a 'weightless' situation.

"It is exercise in a kind environment and we have a good facility

and atmosphere at Burpengary Aquatic Centre."

Caboolture and District Masters members range in age from 20 to some over 70.

Mr Gynther said members set targets but always stayed within their limits: "We know when someone is overdoing things," he added.

"We check how they are feeling and look for physical signs. But we can also tell when someone is putting the effort in."

Mr Gynther, who lives at Eatons Hill, worked in the banking industry for almost 40 years before switching to real estate with Peter Campbell Realty.

■ If you would like to learn more about Caboolture and District Masters Swimming Club see Mr Gynther at Peter Campbell Realty, 99-103 Morayfield Rd. The masters train at Burpengary Aquatic Centre, 20 Fountain Road, Burpengary, Monday, Tuesday and Thursday evenings 6-7pm; individual coaching 7-8pm on Tuesdays.



■ Staying active . . . Ross Gynther, 60, trains three times a week at Caboolture and District Masters Swimming Club and trains other swimmers. CH120823

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