

Speech by Mayor Logan K Howlett, JP
Council for the Ageing Award Presentation to Tyler Hall,
Lead Living Longer Living Stronger Instructor at
Transitions Health and Fitness
on 1st March 2017

Good morning ladies and gentlemen.

I am delighted to be here this morning on the occasion of Tyler Hall being announced as the joint winner of the 'Most Outstanding Living Longer Living Stronger Metropolitan Instructor for 2016.'

I acknowledge the Whadjup People of the Nyungar Nation, the Custodians of the Land on which we are gathered today and I pay respect to their elders both past and present.

I extend that respect to Indigenous Australians who may be with us today.

I acknowledge:

- Phil Airey, Active Ageing Manager, Council for the Ageing;
- Janine Hall, Transition Health & Fitness;
- Tyler Hall, Lead Living Longer Living Stronger Instructor at Transitions Health and Fitness;
- Members of Transitions Health and Fitness;
- Ladies and gentlemen.

Transitions Health & Fitness's Vision to provide a fitness facility that caters to the needs of individuals, regardless of age, fitness level or experience has certainly put itself on the map since its opening.

It is always pleasing to see and hear of successes in small business whether it is related to the small business itself and/or an employee or employees.

The moment I walked in the door this morning I was warmly received and could feel the positive vibes as members were engaged in their individual exercise programs.

The recent email from Phil Airey inviting me to today's award presentation included a great one liner:

"It seems the City of Cockburn is a hub for Excellence in Active Ageing!"
I totally agree Phil.

Tyler you have done exceptionally well in being selected as joint winner of the 'Living Longer Living Stronger Metropolitan Instructor' for 2016'

Also the winner of the 2015 Innovation Active Ageing Award for his services to the Health and Fitness community, and as we have seen, Tyler has continued to excel in 2016.

Tyler's innate sense of leadership sees him motivating his clients to surpass their perceived limitations.

During 2016 Tyler has been adding to the progressive strength training of Living Longer Living Stronger with a regular range of outdoor circuits, stretching sessions, Pilates and boxing classes.

Tyler is passionate about client education and runs annual events in conjunction with Stay on Your Feet Week, Diabetes Week, Men's Health Week and the Cancer Council's Biggest Morning Tea to ensure awareness for all of his participants.

His friendly, respectful and down-to-earth method of communicating with clients is the epitome of professionalism – and he spends time with each client to observe their progress and ensure they remain motivated.

Tyler is an enormous benefit to his clients, his local area and the professional community and is a perfect example of excellence in Living Longer Living Stronger.

Congratulations Tyler.