



The Settlers Albany Gym Crew. L-R Faye Bartley, Elva Vine, Lyn Reid, Precious McKenzie, Peter Pattern and Warren Bartley.

Every Home Needs A Gym

Well, yes. All very nice you say. But how many homes have a state-of-the-art gym complete with their own world champion weight lifter to help and inspire you? Not many, if any! Which is why the gym complex, heated indoor swimming pool and support of world champion weight lifter Precious McKenzie makes Settlers Albany a mighty fine place to live.

The fact is, the older you get the more important a positive attitude, healthy diet and regular exercise becomes. And there's no better advocate for health and well being than 78 years young Settlers Albany resident, Precious McKenzie.

In December last year Precious was inducted into the Bench Pressers & Deadlifters Hall of Fame in Las Vegas. He also competed in the championships where he set yet another world record. As you can imagine, having that calibre of support in your own fully equipped gym complex makes keeping fit and healthy a pretty pleasant experience.

The day we visited Settlers Albany there was an enthusiastic group at the gym including Precious, Elva Vine, Lyn Reid, Warren and Faye Bartley and Peter Pattern.

Peter goes to the gym every day and uses the equipment and weights along with Precious.

"I'm determined to live to 150 or die doing it," he laughs.

Jokes aside, regular exercise increases the heart rate, strengthens the heart muscle and increases the oxygen supply to the body. As a consequence you enjoy greater mobility, feel more energetic and life becomes a whole lot more fun.

"Fitness is insurance in old age," says Elva. "I still work and plan to travel in the future, so for me the benefits of fitness and good health are huge."

These highly motivated folk love living the life at Settlers Albany. Warren is the early bird of the group - first in the gym most mornings.

"Cardio is important but as your bones become brittle with age, it's the weights that build muscle to support them. Having Precious here is the icing on the cake!"

As impressive as the many facilities at Settlers Albany, are the apartments and townhouses themselves. Their spacious design, exceptional quality and great location sets Settlers apart. If this is retirement living, bring it on.

Take a tour of the recently completed 2 and 3 bedroom Lucas Apartments at Settlers Albany any day between 10 and 4. Or call Sales Manager Rosalie Pearson on 415 2617. 550 Albany Highway, settlersalbany.co.nz ◀

I WOULD NEVER SETTLE FOR SECOND BEST



NEW LUCAS APARTMENTS

TOUR OF INSPECTION

Precious McKenzie

"One thing I've learnt in life is never settle for second best. It's a philosophy that's earned me four gold medals, a good wife and a happy life. It's also why over four years ago we invested in a home here at Settlers Albany Lifestyle Village.

More space, better facilities, great location, active community, no contest... this is an investment in life!"

Open everyday between 10am - 4pm or call Rosalie on 415 2617.



Settlers
ALBANY
LIFESTYLE VILLAGE

A GOOD LIFE. A SMART MOVE.

Premier Lifestyle Villages group includes Settlers Albany, Fairview Lifestyle Village and Fairview Care Ltd.

