

An active mind equals a healthy lifestyle

Growing older does not necessarily mean losing your mental and physical abilities. Lifestyle Brookfield resident, Lina Estavao is proof that there are many ways to maintain a sharp mind later in life.

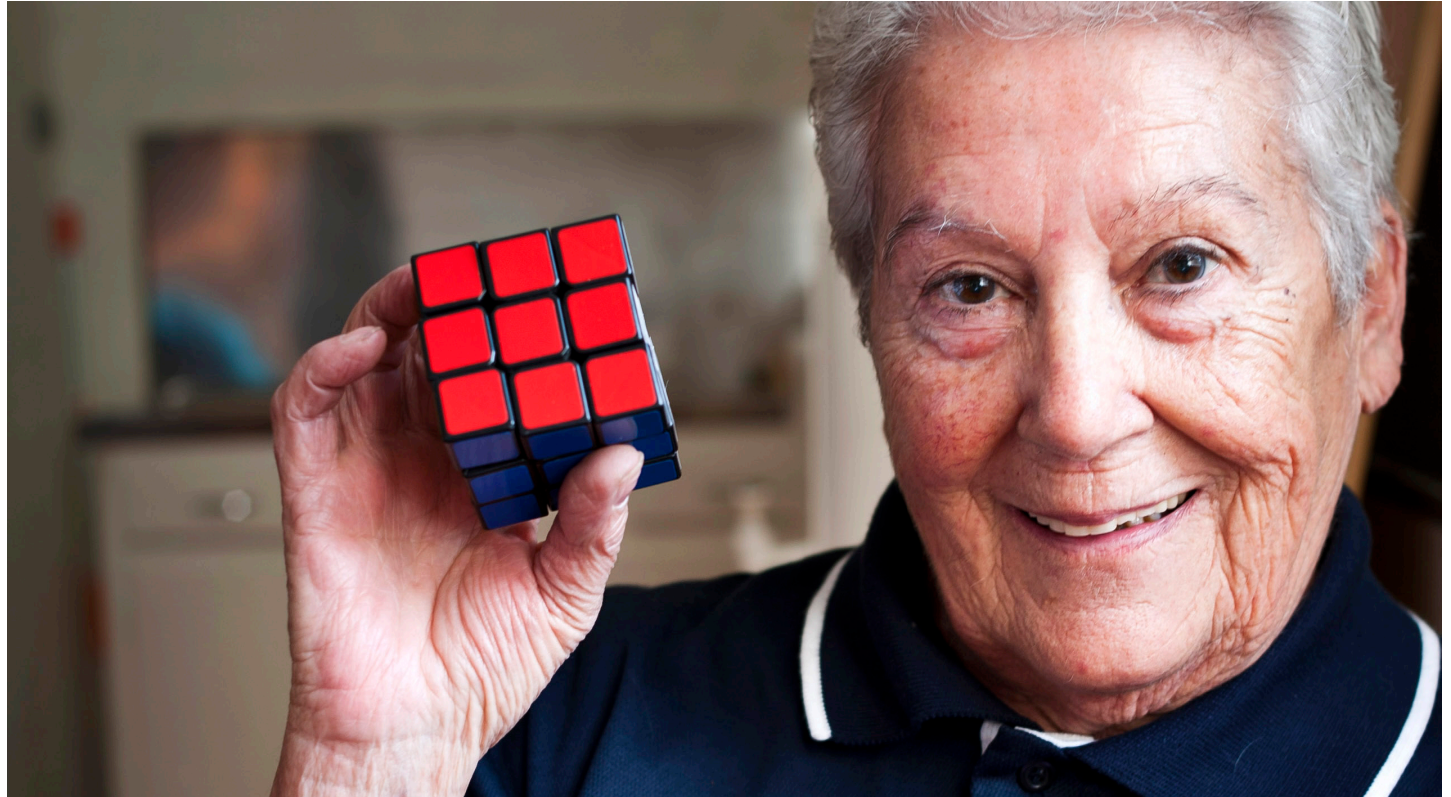
Lina picked up her first Rubik's Cube in 1980. More than 30 years later, Lina practices solving the puzzle each day to help stay mentally alert and active.

In September 2010, Lina entered the Australian National Rubik's Cube Tournament and impressed the judges with a speedy time of 3 minutes, 3 seconds.

This year Lina re-entered the Tournament and successfully slashed her time to just 1 minute, 26 seconds – beating most of her much younger competitors.

Following the Tournament, Lina and her husband George were thrilled to discover that the judges at the World Cubing Association awarded Lina 2nd place in the Most Improved category, and were amazed by her continued improvement.

Lina attributes her success with Rubik's Cube to keeping her mind active and maintaining a healthy lifestyle – aided by living in a Lifestyle Communities village. They moved to Lifestyle Communities Brookfield 18 months ago and couldn't be happier with their decision.



Having emigrated to Australia from Portugal in 1987, the couple place a high value on community and lifestyle. So when it came time to downsize, their search led them to Lifestyle Brookfield and the amazing combination of resort facilities and affordable new homes.

As with other Lifestyle Communities Villages across Victoria, the environment at Lifestyle Brookfield promotes

physical, mental, social and emotional wellbeing.

With state-of-the-art facilities including a gym, indoor pool and spa, bowling green and cinema, residents are able to enjoy resort style living at an achievable price.

Lifestyle Communities Director, Dael Perlov, said that each of the Lifestyle Communities Villages had been specifically designed for residents to lead a healthy way of life.

"We have such a diverse range of people that enjoy a variety of different activities and hobbies. Lina is a great example of how beneficial regular physical and mental activity can be," says Dael.

"We believe that keeping active and social helps you to stay young. This is why our villages have a host of exercise and leisure facilities," adds Dael.

Lina and George both regularly use the Lifestyle Brookfield pool,

gym and bowling green and walking club to keep active. They also love the opportunity to socialise with their neighbours and friends.

For more information about a Lifestyle Community close to you please call us on **1300 50 55 60** or visit www.lifestylecommunities.com.au