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## Make APMG 2023 Jeonbuk part of your journey to achieve your life goals

Put this immersive sports festival, celebrating sport and an active lifestyle amongst mature athletes, on your list. Many unforgettable moments will be shared in the most beautiful places in South Korea. It presents the perfect opportunity to combine sport and tourism for a fun-filled week with like-minded people. Who do you want to come with you?

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## Join the community of the Tampere 2023 European Masters Games

Do you want to get all of the latest news and updates on the Games being held in Tampere? Don't forget to subscribe to their newsletter and receive all information first hand.

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# TAMPERE

26 JUNE - 9 JULY 2023

**"Victory is in having done your very best.  
If you've done your best, you've won"**

## **Stanislaw Kowalski, world's oldest athlete, dies at 111**

Stanisław Kowalski (1910-2022) was a Polish supercentenarian masters athlete who, at the age of 105, became the oldest ever competing athlete in the newly formed M105 age division (ages 105–109) in sprinting, shot put and discus throw.

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# How to start a consistent training schedule

When it comes to starting something new - such as creating a workout habit - the hardest part is to stick with it long enough and keep a consistent enough schedule that it becomes a habit for life. Here's how to begin!

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