

# Catherina van der Linden, believed to be Australia's oldest living person at 111, credits longevity to regular gym sessions

By [Bethanie Alderson](#)



Catherina van der Linden is turning 111 and still goes to the gym up to three times a week. *(Supplied: Southern Cross Care)*

A South Australian woman who is believed to be Australia's oldest living person will celebrate her 111th birthday this week.

Key points:

- Catherina van der Linden will celebrate her 111th birthday this weekend (26/27-8-2023)
- Mrs van der Linden is believed to be Australia's oldest living person
- She credits her longevity to her active lifestyle

Catherina van der Linden's family received an [email on her 110th birthday last year informing them that their mother was the country's newest, oldest living person.](#)

The great-grandmother was born in the Netherlands in 1912, and is also believed to be the oldest known Dutch person in the world.

Mrs van der Linden said she credits her longevity to her active lifestyle, which still includes multiple gym sessions and walks each week.

"I push myself sometimes when I'm getting a bit tired and I think it's about time to do something to yourself to see that you still have that energy that you had before," she said.

"I still go on the bike, sometimes for 10 minutes and that is a long time to spend on the bike."



Mrs van der Linden will celebrate her 111th birthday at the residential care facility where she lives. *(Supplied: Southern Cross Care)*

Mrs van der Linden migrated to Australia with her husband and young family in 1955 and held various jobs including working as a grape picker, nursing assistant and typist.

Nowadays, she said she enjoys socialising with family, friends and fellow residents at Southern Cross Care's West Beach Residential Care where she lives.

Her eldest daughter, Mariella Hocking, said she was pleased with how much her mother still enjoyed keeping fit and healthy.

"Mum had one aunt who also lived to 110 but all her brothers, sisters, aunts, uncles, all lived only to their 60s and early 70s," Ms Hocking said.

"There's a freaky gene there somewhere in the family, I think."



Mrs van der Linden with her family in Glenelg, South Australia, in 1958. (Supplied: Southern Cross Care)

West Beach Residential Care manager Catherine Willoughby said Mrs van der Linden was inspiring other residents at the facility to stay active.

"She's still doing regular walks around the facility, opens the exit doors and around she goes, we've actually got a couple of other new residents that have started doing the same routine," Ms Willoughby said.

"She loves the gym, she goes to the gym two or three times a week.

"I think it's amazing that she's 111 and the fact that she's still so mobile and still very much alert and oriented to what's happening around her."



Mrs van der Linden says she enjoys spending time with her four children. *(Supplied: Southern Cross Care)*

Mrs van der Linden will celebrate her 111th birthday on Saturday with her four children, 10 grandchildren and 15 great-grandchildren.

She said her best advice is to "be content with what life gives you".

"Sometimes it's not very good and sometimes it's better but you have to take the bad with the good as well and it's possible to make living a joy," she said.

"Keep moving, don't sit still."