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NEWS

General Practitioners including exercise in care plans

PAGES 5 & 7

The importance of exercise in residential care

PAGES 12-13

Photo courtesy of integratedliving

EXERCISE IS MEDICINE - HOW THE HEALTH LANDSCAPE IS CHANGED BY THE INCLUSION OF EXERCISE

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HUR Australia Newsletter 2022



You are reading our latest HUR Australia newsletter. As our customer base grows, we have more amazing stories we can share. HUR has always had the intention to build long term relationships. This is why we wanted to begin this newsletter discussing the success of our longest serving customer in Australia, QUT (Queensland University of Technology), who started the cooperation over 20 years ago with a purchase of HUR analogue machines by QUT Health Clinics. Today this same clinic is highly successful and very busy with HUR SmartTouch computerised equipment (see more on the facing page).

We also want to introduce more HUR 50+ community gyms in this release with stories from multi-gym operator integratedliving, Duke's Fitness and others. This same concept can be employed in the retirement living environment, something we see happening more and more today. **The idea that a gym is needed to cater new residents who are already gym users is outdated and a missed opportunity. Having a gym which is used by all not only looks after the health of your residents, which means residents stay longer and so boosts your DMF, but also creates brand ambassadors which reduces vacancies.** A full gym is good for the residents and good for you.

Also published in this issue are two stories about GP driven gymnasiums. Tasmanian operator Your Health Connect started with their first gym in the Sheffield Medical Centre in 2010. The clinic was awarded "The best Practice in Tasmania" in 2013. Additionally in this newsletter, Dr Nicholas Kokotis discusses the story behind the brand-new MED HP clinic and the importance of exercise on overall health and well-being including chronic disease management.

As we are starting to see some semblance of normalcy towards the end of the Covid pandemic, more **studies are being published about the long term effects of Covid. Even though this is somewhat alarming, the good news is that the exercise seems to work well to assist the recovery.** Another positive move we are waiting for is to see how AN-ACC funding model will change RAC and residential respite operations regarding exercise later this year. **The proposed allied health model will no longer penalise the operator if their residents are able to make improvements to their health conditions as well as increase their independence and mobility through exercise.**

As the Covid pandemic has been preventing participation in live events, HUR Australia has kept running free webinars about the importance of exercise. Our research lead, Dr Tuire Karaharju-Huisman has managed to get key speakers for these popular events. I would highly recommend visiting our website for more details on our past and future webinars.

We always want to include some real-life client testimonials to further inspire our readers.

This time for example you can read from a 100-year-old lady who joined the gym 2 years ago when The Henley lifestyle resort upgraded their gym with HUR equipment. **Their gym has now over 80% of the residents exercising compared to just less than 5% when the original gym was operational. A purpose-built gym with the right supervision can really make a difference.**

We sincerely want to thank our customers for trusting us with your business and especially all those who have contributed to this newsletter. As the overall topic of this newsletter, let's all keep in mind that "Exercise is Medicine".

Ari Kallinen, Managing Director, HUR Australia Pty Ltd



QUT HEALTH CLINICS PROVIDING OVER 9,000 HRS OF SERVICE TO IMPROVE HEALTH VIA EXERCISE

Cooperation with HUR and QUT started with the first HUR analogue equipment set purchased in the late 90s. QUT exercise clinic then went digital by buying HUR Smart computerised equipment in 2008. Over the course of our long term partnership, cooperation has included multiple research projects in addition to student teaching and clinical work for client health care.

QUT Health Clinics offer a number of programs led by qualified professionals (Accredited Exercise Physiologists) for people recovering from illness or surgery, and those living with chronic health conditions. They offer health programs for those with diabetes, Parkinson's, cancer care and for cardiac or pulmonary rehabilitation among others.

QUT Health Clinics is proud to be a partner with HUR, with a wide range of HUR equipment making up a large majority of the exercise and rehabilitation gym at Kelvin Grove.

"With so many different clients and so many different health programs the HUR Smarttouch Training has been pivotal to the

successful running of the QUT Health Clinic Exercise Physiology Clinic." Robert Mullings, Clinic Coordinator - Exercise Physiology.

Members can easily swap from the different pieces of equipment and quickly access their preset settings allowing for the health professionals and trainers to focus on what matters during the program. It also allows members to continue their training outside of their time with the trainer with ease. Modifying and progressing a client's exercise program is quick and easy and the HUR Smarttouch Training system empowers clients to support self-management of their own health conditions.

The HUR equipment was carefully chosen due to the nature of the work at QUT Health Clinics Exercise Physiology Clinic for clients with Chronic conditions. **Being specifically designed to have easy access getting on and off the equipment and with air resistance technology, the equipment allows for a safe workout for every member.**

At last inspection the HUR Leg Press machine had recorded 1,452,079 repetitions. In 2022 The QUT Health Clinics Exercise Physiology clinic achieved over 9,000 appointments for client health care along with the education of 78 university students studying Clinical Exercise Physiology in their final year of study. The durability and dependability of the HUR equipment makes it easy to have such a long lasting partnership with HUR Australia, knowing that each time we order new equipment we are getting pieces that are made to last.

Some of the research undertaken at QUT involves optimising care for people with heart disease and diabetes as well as investigating the experience of health care and the experience of students learning in our clinic. The HUR equipment and HUR Smarttouch Training System has been found to be a valuable component of the health care and education the QUT provides.

WHY DO I EXERCISE? TO STAY HEALTHY AND HAPPY WITH MY FRIENDS!

Blue Care is one of Queensland's largest providers of in-home care, residential aged care, disability services and retirement living, and also offers a range of **preventative and rehabilitation support services, known as allied health services.**

One of the allied health services is Exercise Physiology with the purpose of who **develop exercise interventions for people with chronic diseases, complex medical conditions or injuries.** For many older people this means managing pain and keeping strong, but also keeping up balance and confidence in everyday tasks. Beyond everyday activities, exercise physiologists can also give advice for injury rehabilitation, post-surgery recovery, and chronic disease management for conditions such as diabetes. The main goal is always finding the right amount of activity to keep up living a happy, healthy, and independent life!

The coordinator of Exercise Physiology Allied Health Discipline, Richelle Steet, has been with Blue Care for 10 years. Richelle's compassion, dedication and professional practice as an accredited exercise physiologist has been recognised in its highest regard by the industry, whereby Richelle was awarded Australian Exercise Physiologist of the Year in 2014. In the past 4 years; 2018-2021 Richelle has been a finalist nomination for this award again respectively. Richelle passion, knowledge and positivity for the aged care industry is obvious. **While the physiological goals of maintaining muscle mass, bone density and balance ability (falls prevention and frailty) are key goals, the importance of social interaction and friendship are always top priorities,** never forgetting the goals of a happy life and the ability to play with their grandchildren.

A few weeks ago, Richelle asked people in her group - Why do I exercise? The responses spoke in unison about **physical and mental health, happiness, fitness, and fellowship, as well as walking tall and dancing.**

Richelle's message is clear: No matter the barrier, keep active in whatever way you can, with whatever resources are available, at every age. Ensure that every day is lived to its fullest with a level of independence and strength that can only be obtained through exercise as we age. **Exercise can reverse the natural process of aging; exercise truly is medicine. Stay Active, Stay Strong and Stay Independent.**





EXERCISE IS THE ANSWER... NOW ASK ME THE QUESTION!

As a generalist Dr of over 30 years I have treated the full gamut of illness. **People are living longer , chronic illness of some description at some stage of life is almost inevitable.** What I began to realise is that at the end of each consultation I would give lifestyle advice, trying to explain to the patients to eat healthier and do more exercise. To convince them how important exercise was I would often say, Exercise is the answer... now ask me the question!

Evidence is showing that exercise has benefit in so many medical conditions, diabetes, hypertension, osteoarthritis, osteoporosis , dementia, depression, anxiety, cancer survival as well as balance and falls prevention. The list goes on and on. Even though during a consultation my time is limited and my advice often merely introductory **many patients were motivated and their lifestyles and lives were transformed significantly within months.** However everyone could benefit but not everyone took my advice.

Evidence shows that if the doctor mentions lifestyle advice or prescribes exercise it doesn't necessarily translate into the patient taking the advice.

So I knew we needed to do more. **We would build a bridge between doctor and exercise. From that grew MedHP , Medical High Performance , a collaboration between our 2 practices of 35 doctors and a team of exercise physiologists and exercise scientists** headed by Sam Waley. Sam had built his own private practice from working in the area for over 10 years as well as working with Oncology Victoria and high performance racing car teams and our discerning doctors loved the work he did and the genuine care he always provided. MedHP is branded as a gym for the over 50yo age group and those with chronic illnesses that need personal attention but anyone else who wishes to avail themselves to our magnificent facilities and services is welcome!

So now my strategy is thus.

I ask 2 questions. 1. Do you think you exercise enough? 2. Do you want to know more about exercise and how it can be benefit your health or lifestyle? If they answer yes to no. 2 then I refer to one of our amazing accredited exercise physiologists.

MedHP has a suite of HUR machines and the first Senso in our city of Melbourne. We also have free weights , a cardio section and group classes including reformer pilates. We organise regular lectures from doctors and allied health and also organise outdoor exercise activities for which our clients are motivated to train. **Often patients “ don't know what they don't know” and when they are shown what is available , what is possible and the positive effects of a program like ours they become enthusiastic converts!**

Dr Nicholas Kokotis Director Bluff Road Medical Centre Director MedHP Medical High Performance Melbourne , Australia



THRIVING THROUGH THE LONGEST LOCKDOWN – DUKE’S IS HELPING PEOPLE TO STAY HAPPY AND HEALTHY!

Duke’s is a dedicated over 50’s centre in East Hampton, Victoria, with specific equipment, programs and classes providing a holistic, all inclusive (fitness, allied health, nutrition) health and wellbeing model for over 50s which is also suitable for recovery from illness.

Since opening in 2018, Duke’s has gained the support and trust of the local community and has grown into a thriving health club—highlighting the demand for age-appropriate gymnasiums for people aged over 50.

During 2020 and 2021, Melbourne became the world champion of COVID-19 restrictions, with more than 250 days in lockdown. The six lockdowns meant less time spent outdoors, less distance travelled from home, and the closure of exercise facilities.

During this time, Jonathan, the owner of Duke’s was looking for ways to keep all members exercising and socially connected. The combination of creativity and passion for health and care for its members, lead to the creation of

Duke’s online, a 24-hour streaming platform of a constantly updated video library covering all aspects of fitness and health, such as strength and balance training, cardiovascular health, mental health and mindfulness, nutrition and flexibility.

As members have started to return to the gym, they appreciate more than ever the importance of consistent strength training in maintaining a healthy body and mind. Every part of the facility is tailored for this age group. The air-resistance based HUR equipment is the hero on the gym floor with the addition of multiple programs and classes, personal training, and wellness therapies such as remedial massage and exercise physiology.

The testimonials from the clients tell the story:

“My husband had his routine blood tests on Monday morning to check how his diabetes etc. was going. **The Dr ran through the results that all were excellent - the doctor said to continue doing whatever**

he’s doing as his blood sugar, cholesterol etc were all great. They asked him if he’s doing anything new and when he said he’d joined an over 50’s gym they said that would be why his results were so good!! **Joining your gym really is the best thing we’ve done.”**

“Exercising daily and being mentally strong has helped me bounce back quickly after my two surgeries. I was told to take 12 to 16 weeks and recuperate slowly to get back to my daily routine.

Both surgeons after each operation called me ‘Wonder Woman’ as I returned to the gym five weeks after my first operation and two weeks after my second! I credit my fast recovery to my regular visits at Duke’s and the ongoing support during lockdowns with Duke’s Online. The older we get, the more important it is to keep fit and strong.”



REHABILITATION ROOMS IMPROVING THE HEALTH OF RURAL TASMANIANS

Exercise and strength training are key parts in the prevention and management of chronic diseases. **Providing appropriate health management models is especially important in remote and rural areas due to the reported increased risk of developing cardiovascular disease, diabetes, and respiratory illnesses.** The best care plans are based on the teamwork of general practitioners (GP) and allied health teams.

A great example of this total wellness model is the practice of a Tasmanian GP Dr Serguei Kisselev who has two fully fitted gyms as part of his doctor's surgery, with a third one on the way. Well deservedly, the Sheffield Medical Centre was recognised as "The best Practice of the 2013 year" in Tasmania and also won the Australian Business Gold Award for the excellence in customer service.

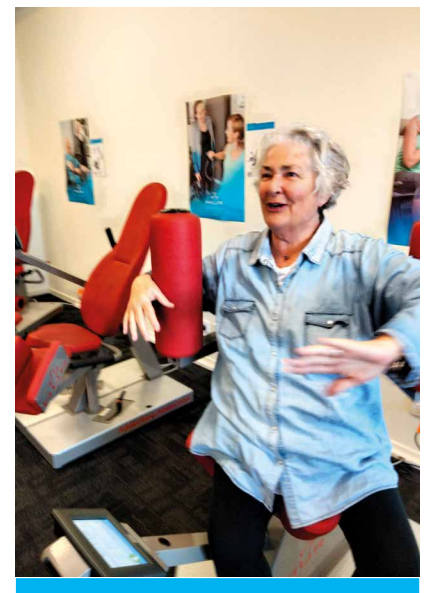
The rehabilitation rooms, initiated more than 10 years ago, have developed the "CURE" (Complex, Unified, Rehabilitation and Exercises) method - a multidimensional approach for the patients' often complex problems. Sometimes, the request to start exercising requires close management in preparation for the exercise program. **Every patient receives an individual management plan, consisting of several programs, including**

medical management and allied health services such as pain management and rehabilitation exercises. In all cases, after the initial 2-3 week preparation phase, all patients are ready for enjoyable exercises in a safe, friendly and positive environment.

The gymnasiums are fitted with the pneumatic HUR strength training equipment, allowing everyone to exercise safely as part of a full medical management program, under the supervision of trained allied health staff. With nearly 600 gym participants, mainly aged 61 -80 years, with the oldest participant being 94, success of this multidimensional clinic is confirmed. Every participant has their own medical problems, but they are not seen as a restricting factor, rather the opposite - a good mobilising and encouraging element for others - especially new participants.

For the first 10 exercise sessions all our patients are closely monitored by their doctors and allied health staff, and all necessary adjustments are made and pain management included if required. Progress is also monitored in areas such as muscle power, weight and body composition, functional abilities, pain and medical conditions.

The success of the CURE program and active rehabilitation can be



clearly seen. **The use of Non-opioid medications for the management of the hip and knee OA is 13% less than in similar practices (22% in Sheffield Medical Centre against 35% in other practices).** Furthermore, in 2018 less opioids were prescribed for the non-malignant pain management than we prescribed in previous years and in comparison with similar practices.

These practices are front runners in proving that exercise is medicine and are creating an activity lead culture hoping to decrease the impact of chronic diseases in rural Australia.



MOVE FIT IS CHANGING LIVES VIA EXERCISE

Since the business started in May 2012, the purpose of Move Fit has been to change people's idea about how they should approach exercise; rather than being a chore, or demand, **physical exercise should make life easier, and prevent injury as well as promote independence - Exercise will allow people to become the best version of themselves.**

Company director and principal exercise physiologist Matthew Mikhail is highly trained in treating injuries and chronic diseases. He knows how to **treat exercise as medicine, and to how modify lifestyle through evidence-based prescribed exercises, improving health drug-free, promoting wellbeing and longevity.**

Move Fit is a provider for NDIS, Veterans Affairs, Work Cover and Exercise Right for Active ageing amongst others. During your first consultation with our AEP, you will be always assessed to determine

what your functional ability and levels of physical activity are. Based on your health status, your Exercise Physiologist then prepares exercises suitable to your fitness level that are stimulating and challenging without being arduous.

In 2021 Matthew expanded the exercise modality range by including HUR pneumatic exercise equipment. Matthew states: " **I always dreamed about exercise equipment that would accurately monitor training and track progress. I was hoping to find a complete exercise solution that would provide me with the training data automatically - information that I could use to assess and monitor the progress of my clients, allowing me to analyse the data and thus treat my patients based on numeric facts, rather than a subjective feel. All these wishes were fulfilled in the HUR digital range. "**

The feedback from clients has been positive - from the ease of access and ability to easily monitor training, the clients have improved their health faster than they expected. They appreciated the ease of the use of the cards, enabling automated individual setting for training programs, as well as the "live" visual feedback given by the monitors. The safe and attractive design, together with comfort and ease of use, feels like "an upgrade to business class".

The low noise level and safety of the equipment is also welcomed by service dog Jess. Jess is helping her owner Alex reach his best performance. Alex has been training at Move Fit for a while now. His results are improving constantly as he can easily see his own progress, being a major motivating factor.



EXERCISE FOR ALL – THE ULTIMATE MEDICINE

integratedliving is a not-for-profit organisation supporting senior Australians in regional, rural and remote areas to live independently in their homes, while maintaining an active and social lifestyle. integratedliving offers in-home and virtual services to more than 22,000 clients annually (in 2020/21 financial year) and have also established both recreation-focused activity and exercise-centred Wellness Centres in various regional centres from Launceston to Toowoomba.

The eight Wellness Centres provide seniors with exercise and gym services ideally suited to their specific needs, health and wellbeing, with HUR equipment being a core part of the offering since the first centre opened in 2017. **In 2021, integratedliving Wellness Centres delivered approximately 45,000 hours of exercise classes to clients despite COVID-related lockdowns.**

Head of Wellness Business at integratedliving, Amina Ward, emphasised the pivotal role HUR equipment plays in the excellent and consistent results their clients have achieved. “The ergonomic design of the HUR machines is ideal for our clients and the senior demographic they are in,” Ms Ward

said. **“The machines are not pin or plate-loaded, and using the air compressors enables their beautiful function, which allows a really great experience for our clients without putting their bodies at risk at all.** The machines also monitor the incremental increases in a client’s performance, which is vital for the demographic we serve,” Ms Ward said. “Though the results we see over time are certainly not incremental. **Balance scores have improved drastically over time, and strength scores and other measures are equally impressive in their outcomes.”**

One integratedliving client, Veronica from New South Wales, credits the HUR machines and the Wellness Centre support with giving her the strength she needed to skydive into her 80th birthday celebrations. She said without the machines and the exercise classes at her local centre, she would not have had the strength for the most physically demanding part of her parachute jump – climbing the vertical ladder into the plane.

“If I hadn’t had the strength training, especially in my arms and legs, I wouldn’t have been able to get up that ladder,” Veronica said.



Clients Valerie, 80 years old

“I’ve got a lot more strength and I have a lot more energy by exercising regularly,” the octogenarian said of attending the centre and using the HUR equipment weekly for the past three years.

“I love going each week, it becomes almost addictive because you know you’re doing yourself good.”

The now 81-year-old credits her weekly exercise regime with keeping her inspired and eager to get up in the morning. “I’m definitely much more motivated. I’ve got more purpose now. I’m on track to parachute from a plane for my 90th birthday.”

HUR AUSTRALIA WEBINARS

“Exercise is Medicine” concept aims to improve the health of all via exercise, aiming to make physical activity a standard part of chronic disease prevention and management programs. The last two years living with a pandemic have emphasized this, as presented in our HUR Australia webinars - from discussions on the role of protein and muscles as part of immunity, to the impact of inactivity and the consequences of muscle loss. The current conversation is on the long-term impact of Covid, with more than 200 symptoms recorded. With these complex complications, it is time to focus on how we can reach the best health benefits, how can exercise be medicine? **Our first webinar on Exercise is Medicine will be held in May 2022, and we are happy to introduce, and interview, our first speaker, Brad McGregor.**



Brad McGregor is an Accredited Exercise Physiologist (AEP) and is the Clinical and Operations Manager at UQ Health Care, a multidisciplinary service promoting longevity and wellbeing for the over 50s, resourced by allied health (physiotherapy, exercise physiology, occupational therapy, dietetics, psychology, counselling and social work services) students of University of Queensland, and supervised by leading academics. Brad enjoys developing systems and processes to improve allied health service efficiency and effectiveness, also including consultancy and mentoring services to allied health and exercise practitioners.

Q: What is the importance of acute exercise variables when considering exercise as medicine?

A: People often over-emphasise 1-2 acute variables, often at the expense of others. E.g. When changing our resistance training program, we often only choose different exercises. Whilst this is one strategy for positive adaptation, there are many others to consider.

For example, by manipulating the tempo or speed, the exercise can have a marked impact on overload & adaptation. If we consider a bodyweight push-up: a 1:0:1 tempo is equivalent to 1 second down (eccentric phase), no pause & 1 second up (concentric phase). This equals 2 secs of time under tension. Performing the same exercise with a 5:1:2 tempo, (5 secs down, 1-second pause & 2 seconds up) increases the time under tension from 2 to 8 seconds resulting in different tissue adaptations.

Another acute variable that is often under-programmed in my opinion is recovery. Recovery is often considered as the rest period between sets of an exercise; however, we should also consider the recovery between exercises, between sections of a training session, between sessions as well as recovery within a block of training (i.e. every 4-8 weeks).

The selection of an appropriate acute periodisation strategy is

another important consideration when prescribing exercise as medicine. With a beginner, we may follow a simple wave periodisation model where we adjust training volume & intensity over a 4-6-week training block. An experienced trainer may be in a position to tolerate a conjugate model where all relevant elements of fitness (i.e., strength, power, cardiovascular endurance, flexibility etc) are trained each week, but with an emphasis on several related elements. Manipulating these variables in line with the individual's physiological profile & their goal will maximise adaptation & reduce injury risk over time.

Q: Looking at the future - what are your thoughts on some of the key health conditions we should look to manage better through physical activity?

A: I will discuss my experience & observations in Australia as that is my background. **In my opinion, obesity is one of the most concerning public health issues, mostly because it is linked to so many other chronic conditions including type 2 diabetes, heart disease, osteoarthritis, non-specific low back pain, etc.**

When our health system manages an acute condition - such as a fractured arm - we typically have 1 short-term hospitalisation with some check-ups prior to discharge and case closure. The impact on our healthcare system

of this kind of pathology is minimal when compared to a client with poorly managed type 2 diabetes, impacting multiple body systems and often resulting in multiple hospital admissions, and ongoing community care to manage the condition over time. Multiply this 'chronicity of care' by the volume of these presentations, and it's easy to see why primary care & hospitals become overwhelmed.

Q: What can we, as health professionals, do to get more recognition for exercise as medicine?

A: We should not just rely on member organisations to advocate for our professions. As individuals, **I believe we need to be proactive in representing our professions to primary care, hospitals & specialists. And more specifically, allied health needs to be more proactive at seeking out & embedding models of care that are integrated.** At UQ Healthy Living we encourage interprofessional care where students from different disciplines participate in the same appointment with a client to ensure optimal inter-professional communication & best-practice clinical outcomes.

Finally, I would like to see our industry move away from archaic 'turf wars' to a model where health professionals practice inclusivity with other clinicians, across the many sectors of our healthcare system for the betterment of all.

For more information about HUR Australia webinars, visit <https://www.huraustralia.com.au/webinars>



ACH GROUP LEADS THE WAY IN SOUTH AUSTRALIA WITH NEW SENSO

South Australian aged care provider ACH Group has boosted its health offering securing the first HUR Senso in South Australia for its newly redeveloped Health Studio 50+ at Christie Downs in Adelaide's south.

The HUR Senso uses a computer screen and pressure plate sensors to create interactive training sessions that challenge the brain and body. Training on the Senso is delivered via games that work different parts of the brain at the same time as getting the user to move their feet and react to images on the screen.

ACH Group's Head of Health Kate Dobie said the Senso was a key feature of the studio's 2021 redevelopment and will support customers to regain their health and confidence.

"The Senso trains the ability to do two things at once. This increases balance, reaction and processing speeds, reducing the risk of falling during everyday activities," she said.

"Falls is a major health issue for older people and fall-related injuries can have a devastating impact on people's long-term health. "Having the Senso available to customers will support many to regain their health, stay active and improve

confidence in their ability to carry out everyday tasks."

Ms Dobie said people worried about falls, who know their balance isn't as good as it could be, or who live with neurological conditions can benefit most from training on the Senso.

Lesley Collett, who lives with MS, has trained on the HUR Senso, and said it was challenging, visually appealing and interactive.

"I see the benefits training on the Senso would have for your balance and memory as you're using your body and feet, and you also have to concentrate on the games and activities on the screen at the same time," Ms Collett said.

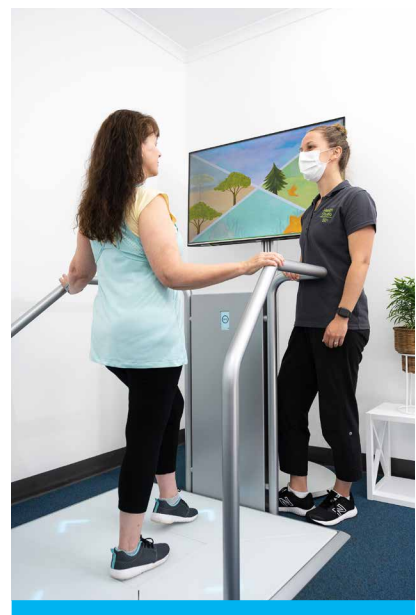
Ms Collett has an exercise program that focusses on balance and increasing her strength. She said while weight machines are focussed on building strength, the Senso provides a holistic approach as training on the machine combines "strength, flexibility and working out your mind".

Home Care Package, Commonwealth Home Support Program and NDIS recipients are eligible to use their funding to access the Senso - while customer-funded options are also available.

The Health Studio 50+ at Christie Downs is one of ACH Group's three health and wellness hubs in Adelaide, which also feature a wide range of HUR equipment.

Research by the aged care provider found having good health is a key element older people see in living a good life.

"Technology is pushing the boundaries of how older people can exercise to improve strength and mobility. ACH Group is excited to make state-of-the-art gym equipment available in Adelaide's south," ACH Group CEO Frank Weits said.



To learn more about ACH Group and the Senso visit <https://achgroup.org.au/health-and-wellbeing/senso/>

EXERCISE IN DEMENTIA CARE - STAYING STRONG AND HAPPY AT KORONGEE

Korongee, Australia's first purpose-built village for people living with dementia, opened in 2020 by Glenview Community Services in Glenorchy, Tasmania. The village was designed and built like successful dementia villages in Europe, revolutionising the model of care with a focus on supporting and encouraging residents. **Life at Korongee mirrors the community surrounding it, each house is situated in one of four quiet cul-de-sacs that make up a village. It looks and feels like a typical Tasmanian streetscape. The model increases social engagement opportunities with increased independence, happiness, health, and wellbeing for residents, while providing safety and security.** Throughout the village there are opportunities for activity and interaction, including a community hub with a gym, hair salon and a café with a library.

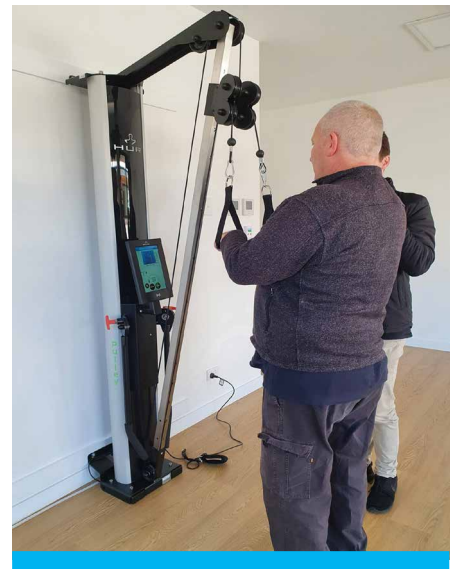
Korongee gym is fitted with HUR air resistance strength training equipment. The equipment range is safe and suitable for all users with easy access and the training resistance as low as 100g. The first user of the gym was Gary Collins, one of the first residents of the village. Prior to moving to Korongee, Gary had kept fit by walking and swimming. The gym allowed Gary to train onsite, with the support of his accredited exercise physiologist, Brenton Watson and supported by his NDIS plan.

Before his first gym training session Gary had been through a period of increased cognitive challenges such as depression, mood swings and increasing memory issues. **As soon as Gary started his training, the change was immediate. Almost instantly his mood improved, he was calmer and happier and excited for the day.**

Mae his wife, saw a clear change: **"Since Gary started training, I have noticed a positive change in his mood, more clarity in his conversation and a willingness to get active in the gym. It is a positive alternative exercise from swimming in a public pool, where he was starting to have difficulties due to his cognitive decline."**

Other residents have begun training at the gym with the support of allied health professionals, exercise physiologists and physiotherapists. With positive feedback from all gym users, Korongee plans to expand the support for exercise and maximise the use of the gym for all residents.

Research evidence on the benefits of exercise on dementia is clear for both cognition and motor function, including muscle strength and walking speed. The reports from the users of the Korongee gym align with the research findings. **It is important to include an exercise facility in residential care facilities, including those caring for people with dementia, to keep up health, function, and quality of life.**



Village residents using HUR equipment



Image: Beryl at Bucks Gym

CHURCHES OF CHRIST SENIORS GET ACTIVE

Exercise is an essential aspect of everyone's health and wellbeing, however, it becomes even more important as we age.

Seniors can experience many benefits from a regular exercise routine; from disease prevention, improved mental health, a reduced risk of falls, developing social connections, and maintaining cognitive function.

Churches of Christ is dedicated to helping their aged care residents live active and healthy lifestyles, and have seven gyms with HUR equipment across their aged care services. Four additional services are equipped with exercise machines that residents can use.

Adele Camp, Allied Health Advisor, said that it's fantastic to see so many residents getting active.

"Many people in our senior communities love attending the gym, we have hundreds of members signed up and participating which is wonderful to see," she said.

"Our physiotherapists have developed personalised exercise programs using the HUR gym

equipment that cater to individual resident needs and goals," she said.

Many of the fitness facilities are not just for residents at the aged care services. The HUR gym at Toowoomba Aged Care Service has started welcoming Home Care clients and Retirement Living residents, with social interaction proving to offer as much benefit from their sessions as the exercise itself.

"Apart from the obvious physical and mental benefits of regular exercise, clients are benefitting from the social aspect as well. We all know how important this is as we age, with loneliness and isolation being identified as a growing concern amongst older Australians. Many of our gym members express that they wish they had signed up sooner."

'Bucks Gym' at Buckingham Gardens Aged Care Service at Alexandra Hills has a successful and bustling gym, with many long-term users who have seen some outstanding benefits from regular workouts on the special equipment.

"Buckingham Gardens resident, Beryl, has been attending the

gym for an inspirational six years. While she took a break during the pandemic, she is now back to her regular routine and is looking forward to celebrating her 500th visit soon."

Adele explains residents Lenard and Muriel have both seen immense benefits to their physical wellbeing as a result of using the HUR gym equipment.

"When Lenard first moved into Buckingham Gardens, he needed a wheelchair when walking outdoors as he experienced shortness of breath. After attending more than 70 gym sessions, his fitness has significantly improved, and he can now walk over 100 metres with his walker without any issues.

"Meanwhile, Muriel has been using the lat pull machine for strength, which has helped reduce her shoulder pain.

Churches of Christ is proud to offer innovative gyms for residents and others in our communities. Thanks to the high-quality machines, our residents can improve their health and wellbeing by staying active, and also engage in the vibrant social setting of the gyms.

STRENGTH LEADS TO BETTER LIFE

- STORIES FROM USERS

Finngym, Brisbane, QLD

Peter is not only an active member of his retirement village, (being the Vice chairman of the Residents' Committee and the Chairman of the Finance Committee), he also finds the time to volunteer at the Finngym at Finlandia Village in Thornlands, Queensland.

Peter was initially recommended to join Finngym by his GP when he was looking for a place to exercise, as it is fitted with exercise equipment especially for those people with health conditions. A recumbent cross trainer was a highly recommended form of exercise for Peter. Indeed, after continuous exercise on it, Peter has improved his health and walking ability dramatically.

Peter has also become a volunteer at the gym helping others and ensuring that the gym is open in the morning as well as over the

lunch period. The people attending Finngym have become an extended family to Peter, where everyone helps each other out, and gathers socially. **"I think the greatest asset to Finngym is Annette who is the supervising nurse at the gym. She is a very dedicated person and makes everyone feel welcome". Peter enjoys the exercise and the social atmosphere equally. "We exercise and enjoy each other's company. There is a mixture of people, with many in a similar situation where they are on their own. They go to the exercise group and enjoy it as a social event."**

Peter's favourite pieces of equipment at Finngym are the NuStep recumbent cross trainer and the dip/shrug machine. He finds each piece of equipment easy to use and the ergonomics of them are quite brilliant. He noted that the engineering and manufacturing of

the equipment is quite lovely and that they are made to be used for a long time. He himself did around 20,000 - 30,000 steps a day on the cross trainer.

"The beauty of the HUR machines is that they are pneumatic, the resistance is created by air pressure. There is nothing to pick up and put down; you just sit down, put your card in and the machine works and you don't have to manually adjust anything"

He was also impressed by the fact that the design of the machines enables them to fit side by side so that they don't take up a lot of space. Peter loves the gym so much that he would like to see the gym extended so that they can get even more HUR equipment. He would also like to own one of his own. "I'd like to buy one of the recumbent cross trainers myself".



STRENGTH LEADS TO BETTER LIFE

- STORIES FROM USERS

The Henley on Broadwater, Southport, Queensland

With an average resident age in the mid-80s, The Henley on Broadwater has a resident body that isn't the typical profile of gym users. **In fact, almost all of them had never used a gym until the gym was upgraded with HUR equipment. Today, over 80% of residents are active gym users including our oldest resident, Fran Blacker.**

100 year old Fran is one among 120 residents at the Henley on Broadwater that are regulars to the gym, inspired to join by the installation of the new HUR equipment. Fran had been active in the past, taking part in activities such as walking, tennis and even water-skiing but she had never before attended a gym.

When asked why she was inspired to join a gym now, Fran replied enthusiastically saying that she



loves the HUR equipment, and feels very safe when exercising on the equipment. Fran loves to see her fellow residents also enjoying their time in the gym and has found

that attending the gym has made a big positive difference in how she feels.

The benefits of Strength Training

Reduce cognitive decline

Live longer

Increase Muscle Mass

Prevent Falls

Improve Blood Lipid Levels

Increase Bone Mineral Density

Improve Glucose Metabolism

Reduce Arthritic Pain

Increase Metabolic Rate





Photo courtesy of MoveFit

JOIN US IN ACTION FOR LIFELONG STRENGTH!

Contact us for a design of your wellness center or training area and for more information about the process of starting a wellness program for older adults.

HUR is dedicated to providing the best exercise solutions for preventive, rehabilitative and maintaining training – so that you and your customers can keep on performing miracles every day.



PO Box 2181 Wellington Point QLD 4160 / Tel. 07 3822 7777 / sales@huraustralia.com.au

www.huraustralia.com.au