



YOUR PARTNER FOR LIFELONG STRENGTH

# NEWS



## CELEBRATING HUR 35 AND HUR AUSTRALIA 15 YEARS PAGE 8-9

**Adding life to years, and  
not just years to life,  
with exercise** PAGE 18-19

AURA by Livewell

#1 | 2024

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RESIDENTIAL AGED CARE, COMMUNITY CARE AND 50+ HEALTH**

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In 2024 HUR Australia's theme has been health and wellness for all; We want to support everyone's journey in gaining their best health. Healthy ageing is often discussed around longevity and quality of life, otherwise known as 'lifespan' and 'healthspan' respectively. While lifespan simply means the time we are alive, **healthspan is defined as "the period of life spent in good health, free from the chronic diseases and disabilities of ageing"**. Indeed, we could say that **Lifespan is living longer, Healthspan is living better**. On pages 18 and 19 we will discuss these topics, and the importance of exercise for your healthspan.

Health and Wellness matter to everyone, at every age, and at every stage of health. In this Newsletter we share stories from our clients from all sectors – residential aged care, retirement living, community care, 50+ and all-inclusive health, as well as a GP driven "Exercise is Medicine" model.

**Our first customer story is about Riverview Lutheran Rest Home Inc, a residential aged care facility in Loxton, South Australia.** The site has been refurbished to support every resident's health and wellness, including a gym fitted with the equipment used in the Sunbeam study. **This site is also the first globally, for the installation of the Sunbeam balance training module in the HUR Smart Balance,** you can read more about the new module on page 16.

**This year we celebrate anniversaries. HUR started 35 years ago from an idea of a young aeronautical engineering student at Helsinki University of Technology about using pneumatic technology for resistance training equipment.** The innovative student, Mats Manderbacka, still leads the company, that today has more than 15,000 installations on five continents.

18 years ago, Ari Kallinen started introducing Finnish health technology products to the Australian market. Soon it was clear **that HUR products were the perfect fit to challenge market offerings, especially in health and wellness for older people.** In August 2009, HUR Australia was born. Over the years Ari met brilliant operators, researchers and visionaries who understood the "HUR effect" and lead the way to a better understanding of active ageing and exercise as medicine. Over the years **HUR Australia has reached the position as a provider of choice for safe and efficient strength and balance equipment with over 300 installations nationwide** covering all states and territories. You can read more about our year of anniversaries on pages 8-9.

In the beginning of this editorial, I mentioned 'lifespan' and 'healthspan'. A recent editorial in the British Journal of Sports Medicine (July 2024) added a new term, **'strengthspan'**, describing the impact of **physical strength on overall health across all stages of life - it is not just about living longer, rather living better with improved quality of life.**

As said by the authors of this BJSM editorial, **"Strengthspan-centred actions will add life to years and not just years to life."** I hope that the articles in this Newsletter inspire you to take action to lengthen your healthspan and bring more life to your years.

With best wishes,

**Dr Tuire Karaharju-Huisman**

Physiotherapist, Accredited Exercise Physiologist (ESSAM), PhD (Biomechanics) Research Lead, Area Account Manager (Vic, Tas, SA, NT) HUR Australia Pty Ltd



# RIVERVIEW INTRODUCES A GYM AS PART OF THEIR TOTAL WELLBEING MODEL

**Riverview Lutheran Rest Home Inc.** is a not-for-profit 60-bed residential aged care facility in Loxton, South Australia. Accommodation is comprised of 40 aged care beds, a purpose-built 20-bed specialised Memory Support Unit as well, as 12 Independent Living Units and 13 Serviced Apartments.

**The CEO of Riverview, Nicolle Jachmann, is leading the facility with a wonderful vision for a holistic, total wellbeing model.**

The site has been refurbished with the vision of supporting every resident towards their best health and wellness, supported by allied health and lifestyle teams. The refurbishment has an open multipurpose wellness space, also including a kitchen for all residents to use, and outdoor areas.

**The vision for the site is to provide every resident with a sense of purpose, and something to look forward to. This vision is supported by the lifestyle team that is on site daily, to deliver a variety of activities that enhance**

**the residents' physical health, mental wellbeing and social engagement.** A large number of volunteers are also a big part of the Riverview family.

In 2024 Riverview officially opened their gym. As HUR equipment was used in the Sunbeam study, also supported by the Australian Government in the recent years, and designed with seniors in mind, were a great choice for the site due to the safety, accessibility and suitability for even the frailest residents. **The equipment selection of the site allows for the roll out of the Sunbeam protocol, which has proven results for falls prevention as well as improvements in overall health and mobility.**

The site is also the first globally, for the installation of the Sunbeam balance training module in the HUR Smart Balance. Balance exercises are an important part of falls prevention exercise but can be quite boring. Their inclusion in the form of 'exergaming', makes them fun with more variety of exercises.

The additional set of games designed together with Sunbeam's lead researcher, Dr Jennie Hewitt, are based on the original research with the inclusion of static and dynamic balance exercises, but also include additional games with a cognitive challenge.

All staff were introduced to the gym, via a visit from HUR training staff. **Riverview residents are also supported by a variety of allied health staff in the delivery of exercise and wellness programs,** including Physiotherapist Emily Redman from local business Loxton Physiotherapy, who visits the site weekly and creates individual programs for all residents. **The program delivery is then managed by allied health assistants and the lifestyle team, allowing for continuous and well supported service delivery as well as the creation of an active community.**

# ACTIVE AGEING THE FINNISH WAY IN HOBSONS BAY

In 2023, City of Hobsons Bay in Victoria became an example of Finnish innovation in the active ageing space with installations of HUR strength and balance training equipment at the Avanti Health Centre, and Lappset seniors' exercise park equipment at Donald McLean Reserve.

**Hobsons Bay has been the home for all Finns in Melbourne since the Finnish Hall was officially opened in Altona in September 1974.** With the Finnish hall located across the road from the council chambers, the connection of the Finns to the city has been strong for 50 years, now strengthened by these innovative companies that provide excellence in active ageing.

**In April 2024 we gathered at the Avanti Health Centre in Spotswood, Victoria, for "Active Ageing the Finnish Way in Hobsons Bay"** to celebrate two Finnish companies whose innovations are changing the Active Ageing Space. It was a pleasure to welcome the Ambassador of Finland, his excellency Arto Haapea, to join in the day of celebration together with the CEO of Avanti Health, Darryl Grundy, also celebrating the

success of Avanti's concept for the 50+ community and the recent opening of their fourth centre.

**"Finland has one of the oldest and most rapidly ageing populations in Europe" said Ambassador Haapea. "As a society, we are taking action to promote and improve the functional ability of our ageing citizens so that they might continue to live independently and actively participate in their communities."**

"We are delighted to see that as far away as Australia, Finnish health technology such as the equipment supplied by HUR and Lappset are being deployed to support active ageing in local communities.

**In his talk Avanti's CEO Darryl Grundy discussed the importance of exercise and strength training to keep up the best health as we age. The goal for Avanti is to provide everyone in the 50+ age group a place to keep up physical fitness and increase their muscle mass progressively, yet safely.**

The air resistance of HUR was the best fit for the vision, offering a safe environment for every

member including those over 90 years, with many client stories of success in strength gains as well as health goals.

The day concluded with a lecture on the benefits of exercise, especially for muscle and bone health. **The message on the importance of strength and balance exercises cannot be told too often, as the knowledge is still not spread enough.** It was wonderful to have a full house of people keen to hear more about the appropriate exercise prescription.

Innovation and collaboration play an important role when discussing ageing well. As a Finnish company, we are proud to see that our innovations make a difference in the global health space. The knowhow we provide in the senior exercise space is there to allow everyone to live a long and happy life!

To read more about the event, visit <https://www.huraustralia.com.au/news/active-ageing-finnish-way-avanti-health-centre-hobsons-bay>



# LAUGH, INTEGRITY, FOCUS, ENGAGE - VIBRANT LIVING AT LIFEVIEW

Lifeview operates four residential aged care homes in Melbourne's south-east. Known for its innovative approach and unique Home2Home (H2H) model of care, **Lifeview promotes 'active, vibrant living' as its mantra.**

**Lifeview believes genuine one-on-one engagement with residents every day leads to significantly enhanced health and wellbeing outcomes.**

While engagement is a term often thrown around in aged care, at Lifeview it is not just a buzzword. Far from it. **Engage is entrenched in Lifeview's four core LIFE Principles (Laugh, Integrity, Focus, Engage),** which staff exhibit every day.

"Our LIFE Principles are non-negotiable," Lifeview CEO Samantha Jewell says. **"All staff learn about our LIFE Principles on day one and are encouraged and supported to live by those principles every day."**

Lifeview insists on every resident being treated as an individual, with personal preferences and choices always respected. **A big part of this is providing the opportunity for residents to continue doing whatever it is they have always enjoyed prior to moving into aged care.**

"Why should anyone stop doing what they love just because they move into aged care?" Jewell said. **"We are here to help residents continue living their best lives and to assist them as best we can to maintain their passions and connections."**

An example of this is that Lifeview is 100 per cent pet-friendly, with residents encouraged to bring their pet with them when they move into a Lifeview home.

All Lifeview homes are also specifically designed to help residents live active lives, with lots of social interaction, daily activities, and, importantly, independence and choice.

At Lifeview Willow Wood in Cranbourne, a contemporary onsite gym is available for residents to utilise at their leisure to maintain fitness and stay active. The gym equipment is supplied by HUR Australia.

**"Our gym is a fantastic space and an important part of the home," Willow Wood Manager Jess Bould says. "We can't speak highly enough of our gym supplier, HUR Australia, which is so meticulous about ensuring that residents' needs are met in the design of the equipment."**

Bould said one of the most important considerations when designing gym equipment for an aged care environment was to "not scare people off from wanting to use it".

**"If they don't want to give it a try because it just seems too difficult or hard to use, they won't engage. The HUR Australia equipment in our gym is safe, welcoming, and residents really enjoy using it."**

The gym at Willow Wood is open 24 hours a day for use by residents, while residents who require more support work closely with Lifeview's in-house physios and occupational therapists.

"Our physios and OTs are very complimentary in their feedback of the equipment and the feedback from residents who regularly use it is also positive," Bould said.

**"I love seeing the residents smiling and enjoying themselves while using the equipment, but more than that, we are proud to promote the amazing health and wellbeing benefits of staying active, too. That is very important for us."**





# ABUNDANT LIVING INTRODUCES AN ALL-INCLUSIVE GYM IN ALICE SPRINGS

Abundant Living Community Services is a Registered NDIS provider in Adelaide and Central Australia, offering tailored support plans, wellness programs, and informative seminars to foster a community where everyone can thrive.

**The purpose of the service in Alice Springs is to assist people in gaining independent living, and improve quality of life.** The service covers a comprehensive range of support services under NDIS as well as Medicare and My Aged Care.

Abundant living was created by brothers Jared and Isaac Menge. The need of their family member inspired them to create the Active Centre and bring an accessible gym and rehabilitation centre to Alice Springs. As a wheelchair user for many years, their relative had tried to find a place for exercise, but none of the local gyms had suitable equipment. The urgent request for suitable services and an accessible gym drove the

development for all accessible Abundant Living gym. **“We have modelled the facility to allow people with every level of fitness to be able to access. Suitable for a rehabilitation program, including relearning to walk, and general fitness training; we can cater for everyone”.**

The Alice Spring site is fitted with a wheelchair accessible gym designed for inclusivity and adaptability, fitted with HUR easy access range, allowing **everyone to train to enhance mobility, build strength and improve overall fitness under the guidance of an accredited exercise physiologist.**

Many clients have used the service, their stories tell about the improvement of quality of life, and sense of belonging.

After suffering her fourth stroke, client Marlene was told that she only had five days to live. She was paralysed and could not move her left side at all.

That incident was eight years ago, so Marlene has done extremely well with her rehabilitation. She joined Abundant Living when the gym opened and has been training with the HUR equipment and NuStep towards a better health. **“If you want to succeed and make sure you’ve got a better life - this is a place you can go where you can get people that will actually help you”**

Another client was struggling to recover from a surgery. After a lengthy in-patient period in Adelaide, he was able to return home, but still was relying on wheelchair use and was struggling to walk. **After joining the gym, he has progressed to using a crutch, but has especially enjoyed the social support that allows him to live at home yet train and reach his goals.**

For more information, visit <https://abundantliving.com.au/>

# ACTIVE LIFESTYLES AND COMMUNITY INTERACTION AT BAPTCARE RETIREMENT LIVING

Baptcare has been providing care for nearly 80 years, making a meaningful difference across a diverse range of support, care, community and residential services. It has grown to become one of Victoria's largest aged care providers, offering services supporting in-home and community living in both Victoria and Tasmania, while also delivering accommodation types to suit everyone. Baptcare is an inspiring community that is always striving to improve and has been developing its sites to offer a large variety of services.

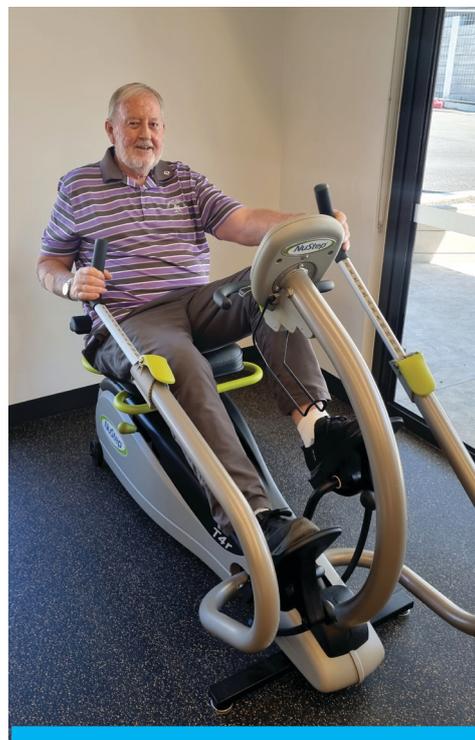
**In the last few years, Baptcare's new Retirement Living sites in Victoria, Baptcare Strathalan, Baptcare The Orchards and Baptcare Peninsula View, have been developed with the aim of creating a sense of community and to support individual lifestyles, with activities that encourage community interaction and active lifestyles.**

Active ageing is an important part of achieving this aim. With clear evidence on the importance of exercise as a corner stone of healthy ageing, quality of life and longevity, **the inclusion of health and wellness supports in Baptcare's retirement living villages was a necessity.** Many activity groups are offered, and the retirement living hubs are also fitted with senior friendly gyms that include HUR air-based strength training equipment.

The residents have found these facilities valuable and many are regularly using the gym. **The safety of the HUR equipment allows everyone to train safely and join in, despite varying fitness levels.** The support from HUR staff, with education and training sessions, has also encouraged new users to engage in some gym activities.

At some Baptcare retirement living sites, group classes are led by exercise professionals. These are in addition to extra activities being offered to residents by their own personal allied health support teams, physiotherapist and exercise physiologist, all of whom are encouraged to use the facility's gyms so they can complete their prescribed exercises easily within their community hub.

The regular gym users encourage everyone to join in, supporting the vision and culture behind Baptcare's retirement communities.



# CELEBRATING 35 YEARS OF HUR AND

In 1989 a young aeronautical engineering student at Helsinki University of Technology, had the idea of using the pneumatic technology for resistance training equipment. **A research study proved the success of the methodology, and defined the beginning of HUR, standing for Helsinki University Research, named after the origin of the technology.** The innovative student, Mats Manderbacka, continued to innovate with research with one of the first pioneering research studies looking at the effect of strength training in older adults using HUR equipment in 1991.

Since it's beginning 35 years ago, **HUR has been committed to continue to conduct innovative physiological, biomechanical and exercise as medicine research. Indeed, the innovative features and developed concepts of HUR, are based upon scientific work, created in accordance with recommendations from the world's leading exercise as medicine authorities.** In addition to its own in-house research and development, HUR is also involved in co-operation with several research institutions worldwide.

**Throughout the three decades, innovation has been constant,** responding to the needs of the users and research data with the current technology being the fifth generation. Whilst the principles of methodology started as an analog, push button air-based system, the first smart card technology, 3rd Generation HUR smart card with a local server was introduced in 2008, with the current 5th generation system providing a cloud based system, where training program is set, and monitored in real time, providing resistance increments as low as 100g, with the monitoring of not just resistance, but also power and range of motion among others.

**Over the 35 years, HUR has grown into a global company, that prides itself for constantly improving its technology to respond to the current research. Collaboration with multiple universities around the world, has allowed HUR to be part best-practice innovations for e.g. falls prevention, chronic disease management and geriatric strength training**

**Whilst HUR is celebrating 35 years, we are happy to also celebrate 15 years of HUR Australia.** Through the hard work of managing director Ari Kallinen HUR has become known for quality and safety especially for older adults with more than 300 installations Australia wide, in all areas of senior exercise (Community care, Retirement living, residential care) as well as hospitals, rehabilitation, disability care and 50+ fitness. **HUR equipment has been part of research studies that have changed the best-practice principles, as well as have been chosen for many facilities for the ease and safety of use.**



# 15 YEARS OF HUR AUSTRALIA



Operating alone, with the support from HUR head office in Kokkola, Finland, Ari met brilliant operators, researchers and visionaries who understood the “HUR effect” and lead the way to better understanding of active ageing and exercise as medicine. Ari took part in the industry expos and discussed the importance of strength training when it was not yet considered a mainstream offering for older adults.

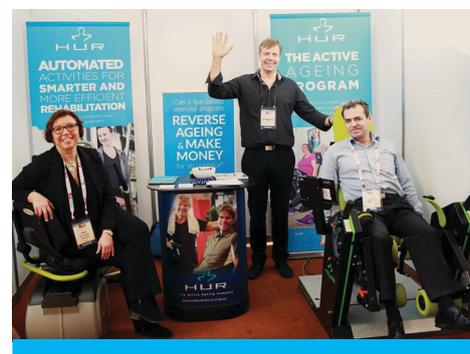
Some of the research and clinical reports from our clients, friends and collaborators have truly changed the industry. The “**Muscling Up Against Disability**” Project was a government funded program that allowed older Australians an opportunity to take part in a 24-stage strength and balance program.

Another study using HUR equipment for the protocol trials focused on Residential Care, and truly changed the guidelines of falls prevention exercises. Dr Jennie Hewitt, supervised by Dr Tim Henwood and other industry experts, created **the Sunbeam protocol, that proved a 55% falls prevention after progressive strength and balance exercises, among many other benefits.**

Over the 15 years HUR Australia has reached a wonderful position as a provider of choice for safe and efficient strength and balance equipment allowing everyone to train safely yet progressively. Over the years we have worked with Universities, Government and private organisations. We have worked in all fields of the industry; community care, residential care, retirement living and 50+ living.

We have worked with hospitals, rehabilitations centers and sports centers. We have met fabulous people, have designed facilities and seen them grow. We have shared client stories and celebrated their success. **We are grateful for every person we have met over the years, from residents and participants to managers and leaders, we truly have been surrounded by the best people and organisations, thank you!** We celebrate the equipment that the chairman of the board, Mats Manderbacka, invented 35 years ago, and we celebrate the business Ari Kallinen has created over the last 15 years.

**We want to welcome everyone to join us in celebrating HUR Australia 15 years and HUR 35 years when we next meet!**



# UNPARALLELED FITNESS FACILITIES FOR UNMATCHED WELL-BEING AT OASIS RETIREMENT VILLAGE

At Oasis Retirement Village, our passion for fitness and health translates into providing state-of-the-art facilities that offer more than just exercise equipment. We understand that **staying active is crucial for the well-being of our residents**, which is why we have designed a fitness centre that caters to every need and preference.

Our gym is equipped with the latest HUR equipment, renowned for its user-friendly design that accommodates any level of fitness and a variety of physical conditions. **The feedback from our residents has been overwhelmingly positive, with many appreciating the ease of use and the noticeable improvements in their daily lives.**

What sets our fitness centre apart is the accessibility and luxury it offers. Located within the building, our residents can access the gym directly via the elevator from their apartments, making it convenient and encouraging regular use. The space is expansive, allowing for a range of classes and activities that keep our community vibrant and active.

The design of the gym at Oasis is informed by the successes at our previous developments like Beauty Point. Learning from past experiences, we've more than doubled the space and equipment available, ensuring that our residents never need to wait or feel crowded. This commitment to luxury and convenience is part of what makes Oasis a leader in retirement living.

**At Oasis, we believe that physical fitness is key to maintaining independence and quality of life as we age. Our facilities are not just about machines—they are about creating a community where everyone can thrive, regardless of their fitness level.** With professional trainers and physiotherapists on staff, our residents have the support they need to work towards their personal health goals in a safe and welcoming environment.

Experience the difference at Oasis, where your fitness and well-being are integrated into every aspect of daily life.



You can read more about Oasis here <https://www.oasispeakhurst.com.au/>



# AURA BY LIVEWELL PRIORITISES IN ACTIVE AGEING TO INSPIRE A HEALTHIER COMMUNITY

Aura by Livewell is an active retirement resort in Findon, South Australia. **Livewell communities want to inspire healthier and safer communities by creating retirement resorts that connect all the residents.** This vertical retirement facility features a library, cinema, community garden, 24-hour concierge, gym, pool, fine-dining restaurant, GP and allied health services.

**With health and wellness seen as a high priority, this resort includes a pool and a gymnasium fitted with HUR Smart touch strength training equipment, a wide range cardio equipment, as well as a Senso platform for balance and cognitive training.**

While the gym is open to everyone to train independently, the residents are also supported by an in-house exercise physiologist who is on-site three days per week to provide assistance and run exercise classes.

The increase of an Active Ageing culture is seen in the gym user numbers. **Since the opening of the site, the number of users has tripled, with almost 50% of the residents currently actively exercising.** The change from an external provider to in-house staff saw a rapid increase in use as the support became part of the resort's wellness culture. Indeed, the number of gym visits that have quadrupled, when comparing visits in June 2023 and early 2024, demonstrating clear demand and the reason why all retirement villages should consider how they can support healthy ageing at their sites.

When planning a fitness facility for a retirement village it is important to plan for all users, also for those who maybe have not used a gym in the past, but wish to remain active and see exercise as a way to a better retirement.

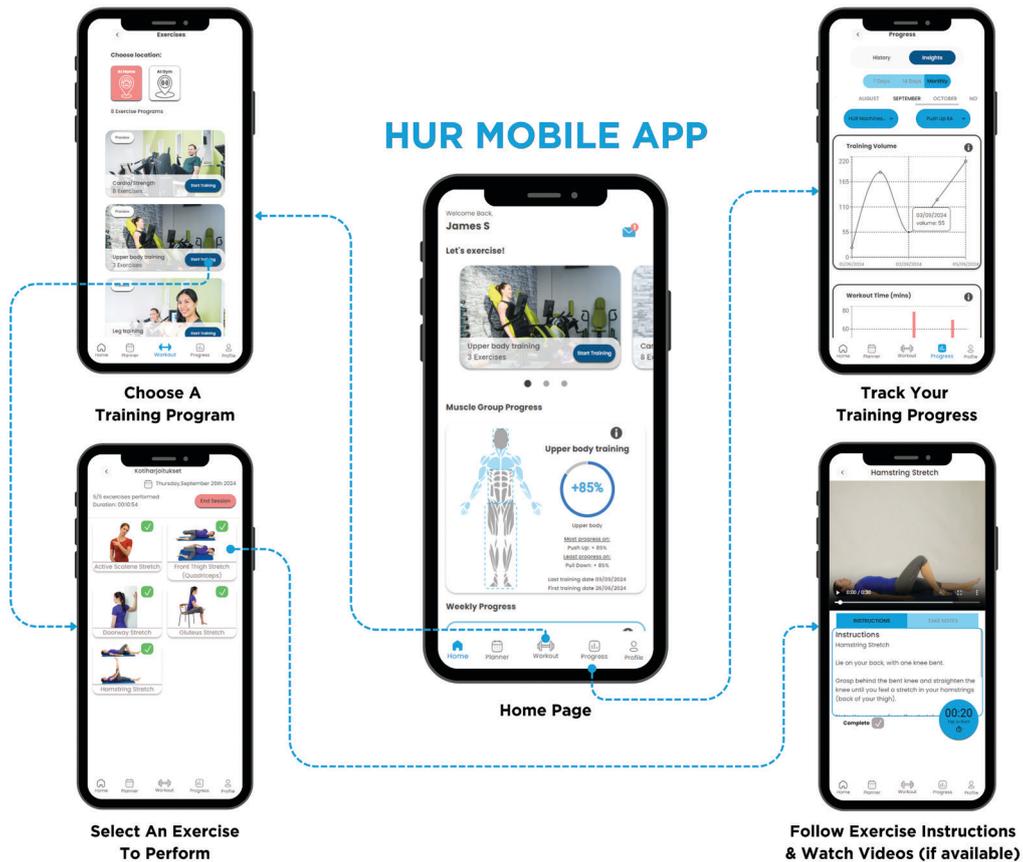
**It is important to create a facility that also caters for the novice users, and also include equipment that are suitable for users with mobility issues. A successful retirement living gym cherishes a culture where exercise is recommended and supported to all.**

# PRODUCT NEWS – MY HUR GYM MOBILE APP

## Capture Every Exercise, at home or at the gym, with the HUR Mobile App

HUR Mobile App, combines training at gym and at home by extending the SmartTouch workouts into home with an easy-to-use app for tablets and smartphones. The app includes 140+ equipment-free exercises complete with exercise videos and simple instructions. The app also collects key exercise data to maximize individual training experience and provide outcome data.

The app allows for a training program that includes functional training, balance, flexibility, and other home-based activities that can be combined with HUR Gym-based exercises with data from HUR SmartTouch equipment automatically updated in the app.



### USER INTERFACE

- User-friendly with easy navigation and strong contrast for enhanced readability and user experience.

### HOME TRAINING

- Images or videos of each exercise with exercise instructions
- Option to add personal notes
- Countdown timer for stretching exercises

### GYM TRAINING

- Exercise instructions with machine images
- Details on sets, repetitions and resistances
- Exercises are marked as complete when finished
- Monitor your training program and see which exercises are up next to complete.
- View exercises categorized as not performed, underperformed, fully performed, or overperformed

### TRACKING PROGRESS

- Set weekly goals for both home and gym exercises.
- Track muscle progress and overall training progress or for specific activities
- Monitor training volume on a weekly, 2-week period and monthly basis.
- View training details including workout time, date, start time, and duration.
- Access workout history and total workout time for both home and gym sessions

For more information, visit <https://www.huraustralia.com.au/mobile-app>



# EMPOWER GYM - PURPOSE BUILT ALL-ABILITIES ONE-STOP GYM IN UNLEY, SA

Unley Physiotherapy has been in business in South Australia for over 45 years, evolving into an allied health clinic which includes musculoskeletal, sports and neurological physiotherapy, exercise physiology, speech therapy, corporate health and massage services. **We strive to make our consultations timely, appropriate and effective and provide positive long-term solutions by developing treatment plans suitable for all needs and lifestyles.**

To expand the services, the new Empower Gym, adjacent to Unley Physiotherapy, opened in early 2024. **The new gym is a purpose built one-stop gym for everyone, including wheelchair users. With expertise in musculoskeletal, neurological, vestibular and sports injury rehabilitation,** among others, this facility is a great addition to the practice, providing an all-abilities access one-stop training facility to everyone.

The new gym is the vision of its director, Gregory Rosenbauer, who wanted to create a gym space that would be **suitable for all users, from professional athletes to older adults, providing an inclusive space for everyone; prehabilitation, rehabilitation, maintenance and general health.** The utilisation of the latest equipment and technologies at Empower Gym caters to everyone, including those with mobility and sensory impairments. This inclusive environment empowers individuals with neurological conditions to engage in more effective exercises, accelerating their goal attainment and enabling them to exercise comfortably in an environment that supports their needs.

**Empower Gym is fitted with world leading HUR's wheelchair accessible easy access range, as well as VALD equipment, providing the latest in technology to assess every client's needs, setting the goals and tracking the progress.** The gym emphasises inclusivity, creating a supportive exercise community for all.

Empower Gym caters for everyone:

- **High performance athletes** - training and rehabilitating athletes in golf, AFL, netball, soccer, running and triathlons, amongst others.
- **Neurological rehabilitation** - treatment and management for neurological and vestibular conditions, in partnership with Unley Physiotherapy.
- **All abilities access** - our building, facilities and equipment are all access and equipped with the HUR easy access range.
- **Active Ageing** - accelerate your active ageing goals and help combat some of the risks associated with ageing such as muscle loss (sarcopenia), bone loss (osteoporosis), osteoarthritis, falls, cognitive decline, incontinence and inactivity.
- **Concussion clinic** - Concussion baseline testing, post injury assessment, specialist referral if required, rehabilitation and assessment for return to work/play.

# BREAKING DOWN BARRIERS TO EXERCISE AT ELOSSA

*Maintaining an active lifestyle by engaging in regular exercise is important to enjoying a good quality of life, especially as we get older. Barriers to exercise can be difficult to overcome though, and it is important to identify each person's individual barriers and find ways to overcome them. Elossa CEO Lilliana Barone, owner of two gyms in the Illawarra region of NSW, shares some advice on how to help people gain the motivation required to start, and keep, training.*

## 1. Health Issues

Chronic health conditions can make exercise more challenging. Conditions such as arthritis, osteoporosis and joint problems may limit mobility and increase the perceived difficulty of exercise.

**A strategy lies in finding an exercise program that is tailored to address individual needs and specific health concerns to ensure safe and effective exercising.**

## 2. Fear of Injury

Concerns about potential injuries or apprehension due to a previously sustained injury can be a significant barrier to engaging or re-engaging in exercise. There can be a catch-22 scenario where fear of injury prevents a return to exercise which leads to a decrease in fitness and strength, which in turn leads to increased risk of injury through falls, joint instability and decreased mobility.

**To alleviate this fear and reduce the risk of injury from falls, it is recommended to seek expert guidance on proper exercise form, and participate in an exercise programme that enhances functional fitness, strength and balance.**

The HUR equipment helps to mitigate risk and fear of injury because each piece of equipment automatically adjusts to the appropriate resistance for each member.

## 3. Not fit enough

This is an interesting barrier – each person has to start somewhere and that somewhere is where they are at now. An appropriate exercise programme will meet them at their baseline, no matter what that is.

**The HUR equipment can adjust resistance in increments of 100g, which makes small gradual increases in resistance safe and effective for older people who may not have much experience with resistance training.**

## 4. Not enough Time

Time constraints is an all too familiar barrier to regular exercise no matter what age. Workouts don't have to be long, in fact the physical activity guidelines recommend 30 minutes most days a week.

Integrating physical activity into daily routines, blocking time out in your diary for exercise, exercising with friends are all strategies that can help overcome the barrier of time.

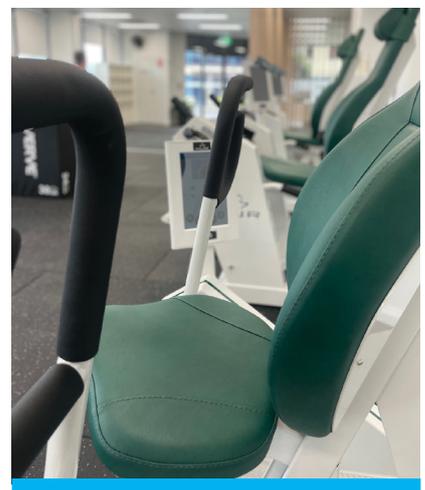
**We need to prioritise exercise so that we can keep doing what we love to do - thinking of exercise as medicine may be the strategy that works.**

Elossa strives to overcome barriers to regular exercise by implementing individualised strategies and providing a safe and supported environment. A large part of setting up the safe Elossa environment for our members is the HUR equipment we have invested in. HUR is individualised to each member,

adjusts automatically making it time efficient and tracks individual progress which all contributes to overcoming barriers.

The positive feedback from our members about the HUR equipment reinforces that our decision to make this investment is the correct one.

A quote from one of our members. "The whole experience at Elossa is wonderful. The equipment is state of the art and the staff are friendly and knowledgeable".





# HEALTH & WELLNESS SERVICES SUPPORT AGEING AT HOME -

*Southern Cross Care's centres making a difference*

**Community health for older adults aims to provide services that allow people to live in their homes longer**, including allied health services, such as physiotherapy, exercise physiology, occupational therapy, dietetics, podiatry and social work, among others.

A great example of a positive health modifying program is Southern Cross Care (SA, NT & Vic) Inc. (SCC). Across SA and NT, SCC has six Health & Wellness Centres that offer both on- and off-site services, five Respite Cottages, a social engagement program 'Out and About', a Telehealth program for South Australia, as well as a growing Community Transition Care Program and a wait-listed Short-Term Restorative Care program.

While SCC Health & Wellness boast nine different allied health disciplines on their staff, **a primary focus is to engage people into exercise pathways. Out of a total of more than 1,250 one-to-one allied health services per month, just under 40 per cent are through exercise physiology services.**

Data from 2023 across South Australia and the Northern Territory, showed that the service had been delivered to over 3,000 clients (average age 79.6 years), totalling over 4,500 individual group exercise presentations per month and 6,000 respite hours.

The SCC model is clinician-led and focused on restoration through an intensive delivery of allied health and therapy. **Across the program, clients receive an average of five services a week, which during the second half of the program are predominantly progressive strength, conditioning and balance exercise.**

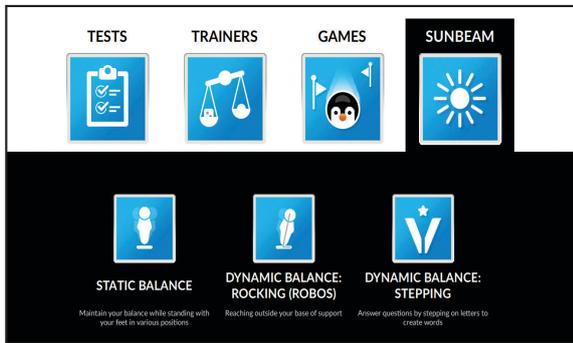
Training sessions have a strong focus on health literacy, chronic disease management, discharge planning, falls prevention and functional independence.

A Program evaluation in 2023 looked at the data of 157 participants (average age 80.2 years) between admission and discharge, and showed a **45 per cent improvement in function (measured by the Short Physical Performance Battery) accompanied by reduced depression, anxiety and frailty prevalence.**

The SCC community health and wellness programs show the true meaning of exercise as medicine and the benefit everyone can gain when training under the right guidance.

# PRODUCT NEWS – SUNBEAM BALANCE MODULE

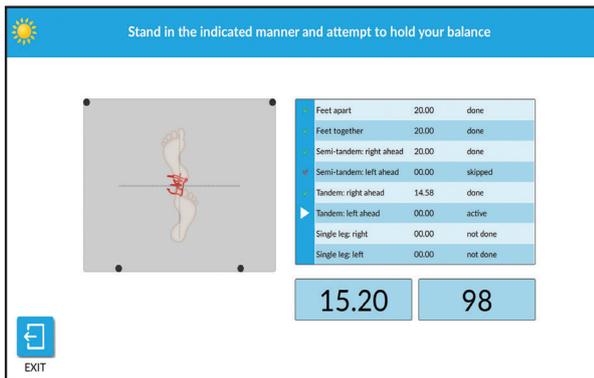
## Sunbeam Balance exercises module introduced in HUR Smartbalance



The Inclusion of the award-winning Sunbeam protocol as an additional module in the HUR Smart Balance allows for the inclusion of evidence-based balance training.

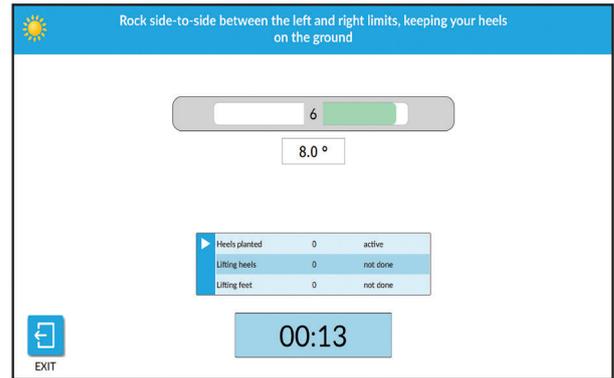
The **static balance module** trains postural stability and allows for the monitoring of centre of pressure (COP) data in eight different standing positions while the **dynamic – rocking** selection trains the side lean.

The **dynamic – stepping** mode introduces a cognitive challenge where the trainee responds to clues via stepping in different directions.



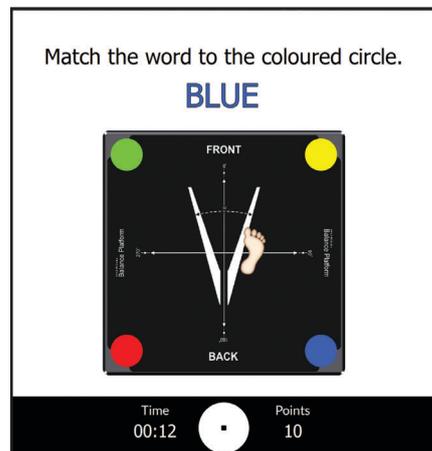
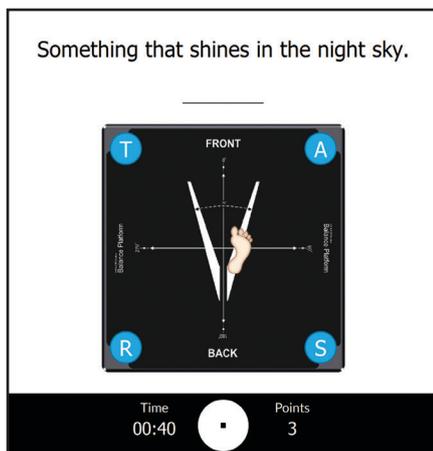
### Static

- Standing positions and actions



### Dynamic

- Toe and Heel raises
- Stepping combinations



For more information visit <https://www.huraustralia.com.au/smart-balance-2031>



# BRIDGING THE GAP BETWEEN MEDICINE AND EXERCISE AT MEDHP

At MedHP Gym in Highett, the collaboration between General Practitioners and Exercise Physiologists is key to delivering a high standard of holistic care. **All the evidence shows that exercise is beneficial for many medical conditions including diabetes, hypertension, osteoarthritis, osteoporosis, dementia, cancer, depression, anxiety and well as musculoskeletal complaints, balance, and falls prevention.** While GP's play a crucial role in diagnosing and managing these chronic health conditions, evidence shows that lifestyle and exercise advice given by a medical professional doesn't necessarily translate into the patient taking advice.

**At MedHP, we aim to bridge this gap between medicine and exercise.** So, when exercise is recommended to a patient, we work to provide a safe, seamless pathway from the GP to the gym floor.

MedHP was established in 2022 in partnership with two major Bayside medical practices of over 35 doctors, and a team of exercise physiologists and exercise scientists. A great deal of thought was put into the product and exercise space that we wanted to offer. **We took great care to create a gym environment that was safe, nurturing and**

**supportive of every patient's health and exercise needs, no matter what level of condition they arrived in.**

Patients are regularly referred to MedHP via EPC plans, DVA, NDIS, Home Care Packages or privately with one common goal - to improve their health and well-being. Exercise is often a scary prospect to consider. **Motivation (mainly lack of!), fear of injury or uncertainty about what is appropriate for their condition are the main barriers that clinicians and exercise facilities need to overcome to help the patient achieve the outcomes they seek.**

**Herein lies the importance of a good EP, and the strength of a partnership with a team of GPs.** This collaborative combination at MedHP allows us to cater to people of all health and fitness levels, from those aiming to improve general fitness, to individuals recovering from injury or managing chronic conditions.

Our suite of HUR machines, Senso balance trainer, free-weights, cardio equipment and a welcoming environment has provided an important springboard to helping hundreds of patients improve their health and physical status. And we've only just begun.

The benefits of exercise for improving health outcomes for those with chronic conditions and injury are well established in professional circles. I know we've all been championing the cause for exercise for years! What's exciting though, is the average person's exercise 'IQ' is starting to improve thanks to the growing trends and publicity around the importance of exercise in active ageing, longevity and extending 'healthspan'. **More people are beginning to realise that exercise isn't just about fitness, but also maintaining independence, preventing disease, and enhancing the quality of life as they age.** MedHP is a very willing vehicle for helping people unlock the potential of their bodies, establishing high quality exercise programs and holding the person in good health for years to come.



For more information visit <https://medhp.com.au/>



# HEALTH AND WELLNESS - ADDING LIFE TO YEARS, AND NOT JUST YEARS TO LIFE, WITH EXERCISE

World Health Organization (WHO) has defined **health as “a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity (illness)”**, stating that health does not only mean the lack of disease, but also includes many perspectives of health. Furthermore, WHO has **defined wellness as “the optimal state of health of individuals and groups.”**

The two are very closely linked and it could be said that good health is our goal, and wellness is the product of a healthy lifestyle, allowing us to live the life we choose. Wellness reflects the activities and choices we make to reach our best health and well-being. It is the results

of our lifestyle choices, including the control of risk factors and inclusion of beneficial factors such as nutrition, exercise and social interactions.

### The importance of exercise and consequences of inactivity

**Exercise and physical activity are well established as key factors in maintaining health and wellness for all age groups.** The key goals, modalities and intensities vary based on the physiological ageing process and lifestyle, but the key principles are reflected in the WHO physical activity guidelines (table 1).

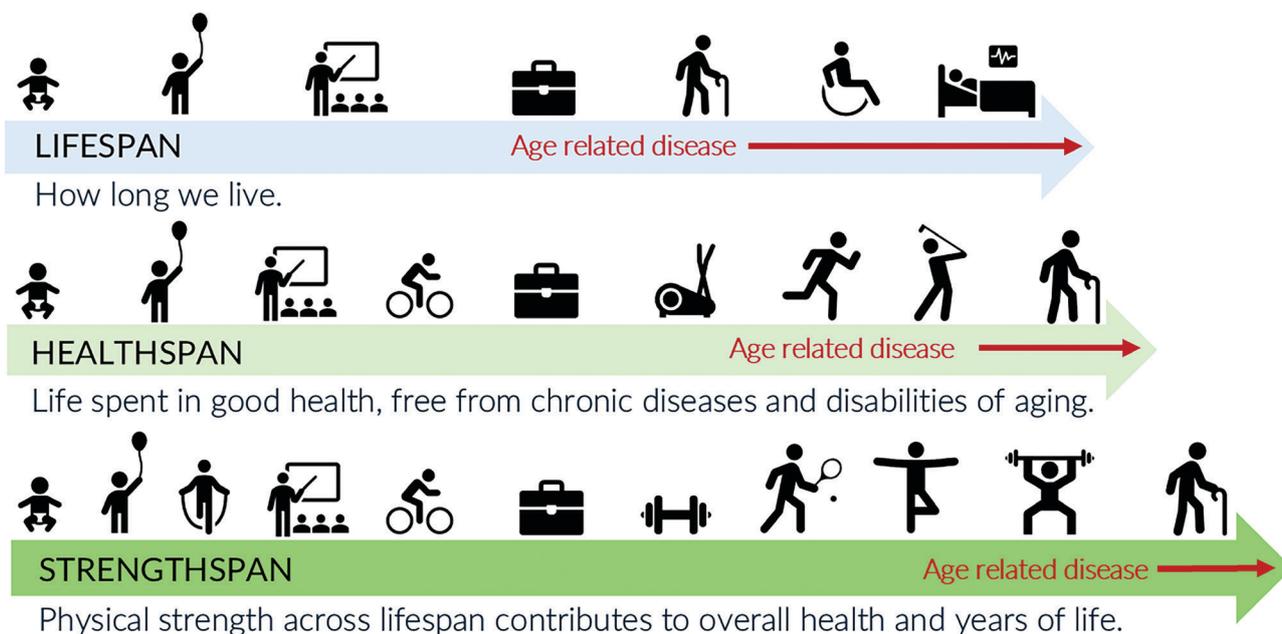
Sadly, these exercise guidelines are not being met by the general

population. Only one in twenty (5.6%) young people (aged 15-17), one in five (22.4%) adults (aged 18-64 years) and one in three (33.4%) people aged 65 years or over met the guidelines (Australian Bureau of Statistics, 2023).

Already in 2012, a special edition of The Lancet flagged physical inactivity as a major non-communicable disease worldwide. The original article by Lee et al. estimated that physical inactivity causes 6% of the burden of disease from coronary heart disease, 7% of type 2 diabetes, 10% of breast and colon cancer.

## Physical Activity Guidelines

Age in years	Activity
5-17	<ul style="list-style-type: none"> <li>• 60 minutes of moderate to vigorous physical activity per day.</li> <li>• Strength training three days or more per week</li> </ul>
18-64	<ul style="list-style-type: none"> <li>• 150-300 minutes per week of moderate physical activity, OR</li> <li>• 75-150 minutes per week of vigorous physical activity, OR</li> <li>• An equivalent combination of both per week</li> <li>• Strength training two days of more per week</li> </ul>
65+	<ul style="list-style-type: none"> <li>• At least 150 to 300 minutes of moderate-intensity aerobic physical activity per week</li> <li>• Strength training two days per week</li> <li>• Varied multicomponent physical activity emphasising functional balance and strength training three days a week.</li> </ul>



Original research references: Kaeberlein M. (2018) Geroscience, 40(4):361-364 ; Faigenbaum AD et al. (2024) BJSM 58:758-760  
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In 2017 Australian Institute of Health and Welfare reported on the Australian figures stating that physical inactivity was responsible for 10%–20% of disease burden for related diseases, including

- 19% for diabetes
- 16% for bowel cancer and 16% for uterine cancer
- 14% for dementia
- 11% for breast cancer and 11% for coronary heart disease
- 10% for stroke.

### Lifespan, Healthspan and Strengthspan

When talking about healthy ageing, we often focus on longevity and quality of life, otherwise known as ‘lifespan’ and ‘healthspan’ respectively. While lifespan simply means the time we are alive, **healthspan is a more encompassing concept which has been defined as “the period of life spent in good health, free from the chronic diseases and disabilities of ageing”** (Kaeberlein, 2018, GeroScience). Indeed, a recent editorial summarized this nicely: **Longevity is living longer, Healthspan is living better** (Fyfe, 2024).

A recent editorial in the British Journal of Sports Medicine (Faigenbaum AD et al. July, 2024) added a new term, **‘strengthspan’, describing the impact of physical strength on overall health across all stages of life.** The new definition refers to the impact of

exercise and strength at every age, from childhood to the older years, and is consistent with today’s focus on healthy ageing – it’s not just about living longer, rather we aim to live better with improved quality of life. **In childhood we should GET strong, in adulthood we should BE strong and in our older years REMAIN strong.** By adding strength to the healthspan concept, we no longer just discuss the healthy years free from diseases, but are “more likely to move independently, function safely and perform a range of physical tasks effectively throughout the Lifespan.” As said by the authors of the BJSM editorial, **“Strengthspan-centred actions will add life to years and not just years to life.”**

### The role of skeletal muscles

**Skeletal muscles are the largest organ in the body, making up ~ 40-45% of body mass,** with a direct liaison to many functions beyond locomotion, such as metabolic rate, glucose metabolism, cognition, blood pressure, and blood lipid levels. **Skeletal muscles also makes up almost half of the protein reserves in the human body.**

Proteins are the main structural components of cells with many physiological tasks such as building and repairing cells including muscle tissue and assisting in the fight against any viral and bacterial infections. Muscles therefore behave as our

protein reserves – the “banks” we can withdraw from when our body needs to fight viruses and rebuild cells. **Understanding that muscles can act as an immune organ by producing acute phase protective proteins, regular strength training is a crucial preventative action to fight diseases.**

**As we get older** the importance of muscle health becomes even more important. **Without appropriate usage muscle mass decreases with the average person losing around 30-40% of their muscle mass between the age of 20 to 80 years.** After the age of 40, the amount of muscle tissue decreases by 8% per decade, and after 70 years it accelerates to 15% per decade. **This loss of muscle mass, Sarcopenia, is associated with impaired health and functional performance, leading to an increased risk of falls, osteoporosis, fragility, fractures, frailty, loss in independence, reduced quality of life and premature mortality.**

We must take appropriate action to keep up our health and wellness, quality of life and independence. Whilst any exercise is good, **as we get older the importance of appropriate exercise prescription is the key to treating exercise as medicine and allowing us to keep up good health.** The best time to start exercising was yesterday, but anytime is a good time to start!

# Thank You to All Of Our Wonderful Customers.



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.



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