



YOUR PARTNER FOR LIFELONG STRENGTH

NEWS



integratedliving
- health and wellness
for communities

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**Keeping up
strength at Mark
Moran Vaucluse**
and other stories
from users

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50+ FITNESS BOOM

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Photo courtesy of *integratedliving*

EVIDENCE FOR STRENGTH TRAINING IN FALLS PREVENTION

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A lot has changed in the 13 years that HUR has been a provider in the 50+ market in Australia. Exercise is now accepted as an important part of successful ageing with providers searching for exercise solutions and retirees making their residency choices based on wellness facilities.

As a Queenslander, I was happy to see that all LASA QLD 2018 Award winners were our customers. It was also a pleasure to see Dr Jennie Hewitt receiving the ACSA Life time award for her outstanding research in falls prevention with worldwide recognition (page 4). Jennie's true mission was to influence the current ACFI funding

model to promote more exercise. **The results of the trial demonstrated a 55% reduction in falls for participants in the exercise program, as well as a projected cost saving of \$120 million per year for the Australian health economy. It now appears that it is only a matter of time before exercise and active rehabilitation are included in the funding programs.**

HUR has been involved in the 50+ aged market for over 25 years worldwide and continues pioneering with resistance exercise research: currently we are part of several dementia, chronic illness and cancer studies. Based on our experience, we know that age-friendly equipment is just one part of a great 50+ wellness clinic. We have packaged our expertise into our HUR Helsinki Program specifically designed for Australian retirement living and aged care.

As our business is growing, we now have dedicated sales personnel for different states and territories. While I will keep looking after QLD and NT from Brisbane., I am happy to introduce you our team members Dr Tuire Karaharju-Huisman and Gerry Pearce.

HUR Australia currently has almost 200 installations in senior settings in Australia, focusing on 50+ fitness, community centres, retirement living and aged care facilities. We feel honoured to have gained the trust of our clients who have chosen us to be a part of their journey and it is our pleasure to share some of their success stories with you. This Newsletter also highlights some gym user experiences via testimonials from our successful Australian customers.

I hope you enjoy reading these articles and I sincerely want to thank all our great customers, partners and research professionals for supporting us on our journey.

Sincerely,

Ari Kallinen, Managing Director, HUR Australia Pty Ltd

AT YOUR SERVICE



Tuire graduated as a physiotherapist in Finland. After years of clinical work, she moved to Sweden to conduct Biomechanical research in Children with Neurological defects at Karolinska hospital. After moving to Melbourne her research focus changed to Falls prevention in older people with her Doctoral dissertation focusing on the risk of slipping during level walking. In Australia Tuire also gained her Accreditation as an Exercise Physiologist. After 11 years as an academic lecturer Tuire returned to clinical work by joining HUR Australia in 2015. In her role she designs the best exercise concepts, as well as educates both staff and users of HUR gyms in the community as well as aged care. Tuire lives in Melbourne and is the key account manager for Victoria, South Australia, Tasmania and Western Australia.



Gerry's previous sales roles included the supply of Mass Spectrometry equipment to the pharmaceutical and other industries and the supply of specialist gas detection kit to the Personal Protection Equipment market. After moving to Australia from England in 2004 Gerry took the opportunity to follow his passion and became a wildlife photographer. During this time he was published widely across the world and was a category winner in the Wildlife Photographer of the Year competition in 2017. Gerry is married and lives in Sydney with his wife, Alyson, who works in the Aged care sector. Gerry is the key account manager for New South Wales and Australian Capital Territory.



GETTING BETTER WITH AGED CARE AT SOUTHERN CROSS CARE

After celebrating its 50th year anniversary in 2018, Southern Cross Care is building towards a bright future.

A leading aged care provider that was established as a not-for-profit in 1968. Its first project was the construction of a modest group of one-bedroom units at Croydon Park and since then, it has been providing quality aged care and retirement living services to the people of South Australia and the Northern Territory.

Southern Cross Care aims to make every resident or client 'Better for Life' through a person-centred and healthy ageing approach which contributes to the quality of life of each person.

This is a focus across all services, including Residential Care,

Retirement Living, Home Support, Health & Wellness, and Respite. **At our three health and wellness centres that are equipped with HUR machines, our clients can**

lead a healthier life, regain or maintain their independence, or recover from an illness or injury.

One shining example is Brian Whitehorn, a client of The Philip Kennedy Centre Health & Wellness Centre at Largs Bay.

After having two strokes in 2015, Brian is glad to be back at home, and thankful for the help he received.

He began attending the Health & Wellness Centre in 2017 and now attends two classes and a one-on-one session every week. It's a decision he's glad he made.

"The machines and exercises have been very beneficial in improving my upper body strength," Brian said.

"I am very happy with all of the staff, and I know that without all these wonderful people I would not be able to live at home. This has become a very important part of my life."

It's also delivering new technology solutions to their workforce to

help them provide more effective and transparent care.

The Southern Cross Care workforce is proud of its friendly, inclusive, and dynamic culture, and it lives and breathes its organisational values of care, communication, creativity and teamwork.

Southern Cross Care values each and every team member as an individual, and embraces the diversity in its workforce - which includes more than 2,500 employees from more than 50 different countries.

The dedication and diversity of this group is particularly important when you consider Southern Cross Care has **1,020 home support clients, 1,608 health and wellness clients, 1,441 residential care residents and 1,084 retirement living residents - all with varying needs.**

Looking ahead to the future, Southern Cross Care is looking forward to building on its strong foundations to continue to provide high quality care to all its residents and clients.

AWARD WINNING RESEARCH PROVIDES EVIDENCE AND IMPACTS AUSTRALIAN POLICIES

When Dr. Jennie Hewitt entered residential aged care from a sports physiotherapy background, she realised that progressive exercise and rehabilitation were discouraged, the goals instead were mainly to do with maintenance. Her passion and goal in this client sector became to try to change this.

Indeed, she has spent the past seven years developing an evidence base for the prevention and management of physical injuries among people in residential aged care. She took on a large project, the 'Sunbeam Trial' (Strength and Balance Exercise in Aged Care), that included 16 aged care facilities in New South Wales and Queensland, 221 residents with an average age of 87 years, up to 101 years. In the study the participants were divided in the social group and the exercise group in which participants took part in an individually prescribed progressive resistance training program plus balance exercises performed in a group setting for 50 hours over a 25-week period, followed by a six-month maintenance program.

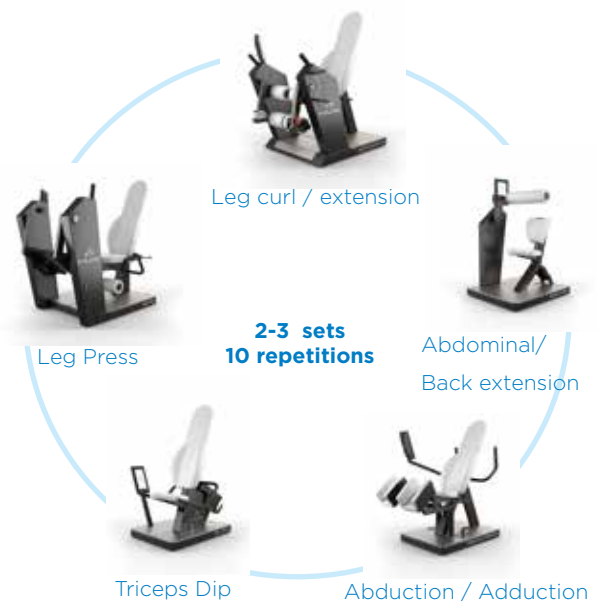
The results of this study provided clear evidence on the benefits of resistance training in the residential aged care with a reported 55% reduction in falls rate and a projected cost saving of \$120 million per year for the Australian health economy. Furthermore, the subjective stories told about the real-life impact: participants were able to get in and out of the car and go out with their family, they were walking tall and proud.

The results of the study have already made an impact on the mindsets of allied health staff and aged care managers. They have also been presented to the Minister for Aged Care (Hon Ken Wyatt) and have been shared with the working party currently reviewing aged care funding. Jennie was awarded the 2018 ACSA Lifetime of Achievement honour showing the respect she has gained among the Australian Aged Care organisations.

Jennie's role as a clinical physiotherapist in residential care continue to show what the right exercise program can do to improve residents' strength and allow them to participate in a more active life. Jennie hopes that the evidence from her trial leads to the inclusion of resistance training and balance exercises being incorporated into funded physiotherapy services in Australian residential aged care.



Strength Exercise in Aged Care (SUNBEAM)



For full details on the research protocol and results, please see the full article:

Hewitt J et al. (2018). Progressive Resistance and Balance Training for Falls Prevention in Long-Term Residential Aged Care: A Cluster Randomized Trial of the Sunbeam Program. *J Am Med Dir Assoc.* Apr;19(4):361-369.



WELLNESS FOR INDEPENDENCE® WITH INTEGRATEDLIVING

In response to Australian Institute of Health and Welfare statistics about poor exercise habits of older people living in rural, regional and remote areas, integratedliving Australia, a specialised health services provider, has developed innovative programs and facilities.

The clinically-based Wellness For Independence® programs offer a variety of allied health services to enable early identification and management of chronic illnesses, supporting older people and those who are living with a disability to remain at home and to enjoy full and independent lives.

The practices have recently been recognised among the best in with integratedliving being named Best Home Care Operator at the 6th Asia Pacific Elder-care Innovation Awards 2018. Integratedliving has also designed several Wellness Centres which feature HUR fitness equipment. The equipment is based on air-resistance (pneumatic) technology and allows for optimal loading of muscles with minimal joint stress thus targeting maximum safety and ease of use.

integratedliving chose HUR equipment on the premise of the positive effects of strength-based

resistance training on cognitive performance, maintaining flexibility and balance and the prevention or control of chronic conditions. **The gyms have been designed and built so seniors can enjoy low-impact exercise with other people of a similar age and fitness level.**

integratedliving CEO, Catherine Daley is excited about the success of the specialised Wellness Gyms and Wellness Centre services. She is pleased with the choice of HUR equipment that allow for safe, accessible and efficient exercise.

“The HUR equipment is an excellent choice for our Wellness Gyms, allowing for safe exercise for all while providing the right resistance needed for best results,” said Ms Daley.

“The testimonials from customers tell a story of confidence, joy and energy”, she added.

One of these stories is that of Jill, a 72yr old woman with several health conditions, including fibromyalgia and multiple surgeries on her knees, hips and spine. When Jill started she believed that with her conditions she would not be able to complete any kind of exercise program. **After attending the program weekly for four months her hip and knee pain has improved greatly program and she is feeling a great deal of confidence.** Several times she has left the gym class without her walking stick, walked all the way to her car, before remembering that she forgot her walking stick.

On top of this she has improved her balance by 21.4%. In her own words: “I feel so much better within myself. Due to my health conditions I was not expecting to live 5 years but my doctor has said that my test scores have plateaued and that I have many many more years to live”.

HEALTHY AGEING AT BURNIE BRAE

Helping its members achieve a healthy ageing journey has become an important goal for Brisbane-based not-for-profit member organisation Burnie Brae.

Operating for more than 30 years, Burnie Brae began life as a senior citizens' centre and has expanded to a membership base of 6,000 plus and offering a wide range of social, health, educational and recreational activities. Burnie Brae also provides government funded health and community services for seniors, frail aged persons and it is an NDIS approved provider. These government funded programs are managed by a team of dedicated professionals striving to provide the highest possible standard of service to all.

Burnie Brae has a long history of providing exercise options to over 50s, with a wide range of classes offered on a weekly basis. To add to their services, Burnie Brae also wanted to provide full exercise physiology services, which became a reality when they launched their Healthy Connections Exercise Clinic in November 2011.

Burnie Brae's Healthy Connections Exercise Clinic is wholly staffed by accredited exercise physiologists who are extensively trained in prescribing and delivering effective, safe and enjoyable exercise programs to assist in the treatment of chronic health conditions and to maintain health and wellbeing. **Healthy Connection's outstanding service was acknowledged with an Australia-wide award as the 'Exercise Physiology Practice of 2015' and was recognised as the Queensland state winner of the 'Excellence in Aged Care Services' award in 2018.**

Burnie Brae's commitment to research in the area of healthy ageing was confirmed with their successful implementation of the "Muscling Up Against Disability" research study.



This two-year study, funded by the Australian Department of Health, investigated the effect of progressive resistance plus balance training on the physical and emotional health of frail, older Australians receiving in-home care services.

An important output from this research project has been the exercise protocols used to facilitate improvements in strength, balance and wellness. These protocols will assist allied health staff in planning and implementing the best exercise program for their clients. **The strength training component of Muscling Up Against Disability was carried out on six items of HUR equipment with static and dynamic balance exercises performed following strength training.**

The outcome of the study is not just about numbers, but about the quality of life of the participants. As one participant said: "Now I can bend over to dig weeds, cut bushes, trim them. I can keep it to my height. I can do more cleaning. I can go shopping without my walker and I can do my shopping for longer than I could before." She is adamant "Exercise gave this all to me!".

For full details on the research protocol and results, please see the full articles:

Hetherington S et al. (2018) Engineering improved balance confidence among older adults with complex health care needs: Learning from the Muscling Up Against Disability study. Arch Phys Med Rehabil. Aug;99(8):1525-1532

Keogh JW et al. (2017). Examining evidence based resistance plus balance training in community-dwelling older adults with complex health care needs: Trial protocol for the Muscling Up Against Disability project. Arch Gerontol Geriatr. Jan - Feb;68:97-105.

Muscling Up Against Disability (MUAD)





NIGEL BACK ON TRACK THANKS TO ACH GROUP AND HEALTH STUDIO 50+

Nigel Woolmer is staying on top of his back pain thanks to a tailored exercise program at Health Studio 50+, a health hub concept pioneered by leading South Australian aged care organisation ACH Group.

The 79-year-old was assessed by one of the Studio's physiotherapists, who helped develop an exercise program to meet his needs and attends three days a week.

He is one of many people aged 50 and over who have embraced the Studio - a first for South Australia - which brings together allied health professionals, exercise and wellness groups in a purpose-built facility fitted out with Helsinki University Research (HUR) gym equipment.

Alongside traditional clinic-based services such as physio, massage and podiatry, Studio customers have access to exercise groups including yoga, mindfulness, fitness, rehabilitation and balance.

Since its launch in February last year, the Studio has experienced strong demand from older South Australians who appreciate its holistic approach to health and wellbeing.

Since its opening, the number of attendees has doubled, most morning classes are at capacity, and there are plans to increase the number and range of exercise classes on offer.

"People tell us they enjoy having easy access to a range of services," ACH Group Head of Health Kate Dobie says. "We've had really positive feedback around the Smart Card programming system which allows people to tailor their exercise program to their needs."

Nigel says he enjoys using the Smart Card and feels he is on his way to better health.

"I like the way it automatically changes to the exercises I need," he says. "It's so easy and has helped speed up my recovery."

Ms Dobie says the Studio is co-located at a popular sports complex, offering social benefits.

"It means people can stop for a coffee and a catch-up before or after a class or session," she says.

The Studio is a natural progression for ACH Group, a not-for-profit organisation founded in 1952 which offers a range of health, wellbeing, respite and support services, help at home and social activities, along with a range of accommodation options.



EXERCISE FOR HEALTHY LIVING

“Exercise is Medicine” is a world-wide concept that aims to improve the health of all via exercise, aiming to make physical activity a standard part of chronic disease prevention and management programs. Exercise is Medicine® Australia states that it is important to address physical activity and exercise in primary healthcare settings; and hopes to see more support for the referral of patients to appropriately trained allied health professionals.

Research in health and ageing is bringing light to the importance of exercise in slowing down ageing and keeping up quality of life, emphasizing the importance of “Active Ageing”. With many benefits of exercise in older age, such as prevention of falls, improvements in cognition, management of chronic diseases and increased longevity, exercise really is the “magic pill” suitable for all.

Both Australian Physiotherapy Association (APA) and Exercise and Sports Science Australia (ESSA) follow the exercise guidelines of the American College of Sports Medicine (ACSM). It is recommended that older people should include at least 30min of daily endurance exercise in bouts of 10 minutes with a total 150 – 300 minutes of weekly activity. **Progressive resistance training is recommended at least twice a week including all the major muscle groups. Furthermore, it is recommended to include balance and flexibility exercises.**

HUR has been actively promoting the benefits of strength training. The findings of research done us-

ing HUR equipment have allowed for detailed recommendations of exercise protocols aiming to gain maximum benefits not just in strength, but also function. Also, HUR’s research team has developed training concepts with guidelines for training models to a variety of common conditions.

With research findings implemented into training systems, the users can get the best benefits and keep on improving throughout their

training HUR Australia’s “Helsinki Program”, focusing on muscle strength and targeted specifically to Australian retirement living and aged care, will allow easy access to education and knowledge required to run a successful gym program. The associated marketing program further enhances the path to success and motivation, with the ultimate goal of providing all participants an improved quality of life. For more information please visit www.helsinki-program.com.au

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



REGAINING STRENGTH AND VITALITY AT BEAUTY POINT RETIREMENT RESORT

Beauty Point Retirement Resort chose HUR gym equipment because this equipment has been proved by clinical research to help keep people mobile and fit with regular use, especially as they age. It's designed specifically to enable older people or those recovering from operations, to regain their core strength and vitality using air-pressure technology.

Physiotherapist, Clare Wells says she has incorporated the new equipment and is seeing the benefits her clients are experiencing, even though ultimately, it means they will come and see her less often: **"Once people come to see me and we set up an exercise program for them, they don't need to see me as much anymore for physiotherapy treatment," she says.**

"Usually, whatever aches and pains they were previously coming to see me for, start to reduce. I may need to re-calibrate the equipment for them from time to time, but often that's all we need to do. It's really the best equipment on the market and we're so lucky to have it here."

"It's just really easy to use," she adds. "Both for the individual using the equipment and for me supervising. I can see online how people are going and this provides some accountability and this can be a good motivation for people. They can call me and ask for a few changes and I can do that for them easily."

The residents are happy to tell about the change they have experienced: "At 87, I'm a bit older and I have problems with my back and yes - I do find this equipment is beneficial to me. It does help in strengthening my back and shoulders and that makes it a lot easier to walk and stand up straighter" says Valerie.

Ken and Margaret attend the gym three times a week and state they've never felt better: "We weren't using the gym before but this equipment allows you to exercise most of your body in a gentle way. It's been very helpful for Margaret because she's recently had two operations on her knees and another major operation and this equipment is helping her to build her strength back," says Ken.

"The main thing is having your body in tune and strengthening your core muscles. It improves your posture and it does that for everyone. says Ken. "Generally speaking - we've never felt better!"

73-year-old Alessandra used to go for a walk every day but now she goes to the gym. "It's much better than walking. I'd head off on a long walk and then realise I've got to go all the way back - and then I'd get a few aches and pains!" she laughs.

"But with this gym equipment, there are no aches and pains. I used to have to see Clare about the pain in my shoulders and neck and now I don't need to see her anymore. There are lots of people using it now and they're all enjoying it."

"I thoroughly love it," she adds, "I use every machine and then I go for a swim. It makes a huge difference!"



STRENGTH LEADS TO BETTER LIFE

- STORIES FROM USERS

Mark Moran Vacluse - NSW

Mark Moran is an innovative senior living facility located in the heart of Vacluse. The state-of-the-art gymnasium was tailored to our members' passion for healthy living.

HUR's innovative approach to gym equipment design appealed to our ethos to create wellness, independence and quality of life for our members, allowing them to follow an individualised exercise program created by our inhouse physiotherapist.

Our members have been using HUR gym equipment for over two years, with positive feedback on the simplicity and ease of using world class exercise equipment for both strength and balance. **This innovative program allows our community to complete a variety of challenging balance and co-ordination exercises, further promoting independence and healthy ageing.**

One of the regular users is 82-year-old Dach who visits the gym for a circuit almost daily. He has always been fit and is particularly keen to keep in the best of health after nearly dying in a car accident. He loves the gym, especially how the smart card system makes the whole experience so easy. Dach has lived a rich and full life and intends to keep fit enough to continue doing so for as long as possible.



Uniting Agewell 50+ gym - VIC

When Kathy joined the specialist 50+ gym at Uniting AgeWell, she was in chronic pain and only able to lift her leg three inches off the ground.

A problem during a knee replacement left the avid rock 'n' roll dancer in a coma and on life support, and when she eventually left hospital she could barely walk. Kathy had tried other rehabilitation options without success, but found the Uniting AgeWell program with HUR equipment was the perfect fit: "They strengthened me up very, very well and what has been set out for me is just right. Now I'm working towards getting back to dancing!"

Uniting AgeWell has AgeWell Centres across Melbourne that support people to regain or maintain their wellbeing through tailored programs. **Three centres in Hawthorn, Forest Hill and Noble Park are equipped with the state-of-the-art HUR equipment, which uses air resistance technology to provide targeted exercises, all programmed to the individual using a smart-card system.**

Uniting AgeWell Regional Manager, AgeWell Centres Melbourne, Amanda Mehegan, emphasises the importance of clients accessing services that best suit their needs. "Research shows exercise, social activities, relaxation, education and technology have positive impacts on wellbeing, anxiety and depression in older people."



Uniting Amala aged care hub - ACT

At the age of 74, Rhonda thought she had finished trying new things. "I've always been active but I've usually worked out from home," says Rhonda. "To me it seemed like a hassle having to travel to and from a gym all the time and I worried about the kinds of people who might be there judging me for my ability.

Eventually I decided to check it out and joined up straight away. That was in February and I love going. I'm also getting stronger and fitter which gives me a confidence boost too. Who knew after all this time that I would develop a love of the gym?" Rhonda Haire, Exercise Physiologist of the Uniting Seniors Gym at Uniting Amala Rhonda is a great example of her clients. **"We encourage people to exercise as they get older. It not only helps to keep them healthy but creates a social community for them too. Regular exercise can do great things for your mind and body, helping you to become happier and healthier."** For more information about our Uniting Seniors Gyms and how we can help you meet your lifestyle, health and care goals, call us on 1800 864 846 or email us at ask@uniting.org



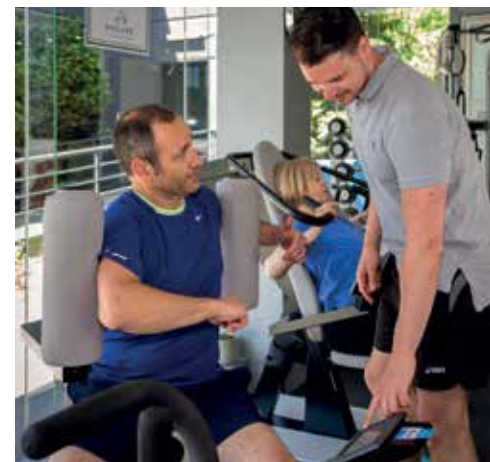
Duke's Health & Fitness Club for over 50's - VIC

Duke's Health & Fitness Club for over 50's in Hampton East, Victoria, is providing a safe and fun place to keep strong and stay fit, with every part of the facility tailored to this age group.

With air-resistance based HUR equipment as well as fitness classes, personal service and wellness therapies such as nutrition and massage, this club has quickly gained the support of the local community.

The client testimonials tell the story: "My doctor said to continue doing whatever I'm doing as my blood sugar, cholesterol etc were all great. Joining Duke's really is the best thing I've done."

Another client joined after his first visit. "Jonathon met me for a session to work out where I was at with my fitness and flexibility. He worked out a plan for me with HUR machines, free weights and cardio exercise to help me gain fitness and lose weight. In just five weeks I have noticed a big change in my level of fitness and my body shape. I cannot wait to see what fitness level I can achieve with Jonathon's help. This gym is what has been missing for a long time for us."



Churches of Christ Care Moonah Park Aged Care Service - QLD

Pat became a resident of Churches of Christ Care Moonah Park Aged Care Service in Mitchelton in 2017 after being diagnosed with a degenerative neurological disorder.



Since she moved in, she started using HUR gym equipment with the help of physiotherapists. Pat uses the gym four times a week, which considering she hated going to the gym before she came to Moonah Park, is a mammoth effort. **"Initially I was only able to move about using a wheelchair and had no stamina, with little expectation of improving. Initially I had to have a carer walk with me. And now, I guess they trust me enough,"** Pat laughed.

Her new-found independence is thanks to the specially designed equipment and her joy at seeing her physical abilities improving. Pat is enjoying seeing the improvements, including her ability to move around her room without her walker, and to walk around the service without a carer. "It's a big different in how I feel about myself." **For Pat, and others who use the gym, it is more than a place to exercise, but a place to socialise, where it is not about competing with the person next to you but encouraging them.**

UNIQUE FEATURES OF HUR AGE-FRIENDLY EQUIPMENT



Close to zero starting load

If you can move one arm or one leg you can exercise with a HUR machine. **The starting resistance is close to zero.**



Increase resistance with as little as 100g / 1/4 lbs

HUR machines are suitable for most strength levels and recognize all levels of progress. You can also set up the machine to increase resistance automatically as you proceed.



Safe - low impact

HUR equipment with air pressure makes **exercise low impact on joints, thereby preventing stiffness and pain.** The equipment is comfortable with back and neck support, and dual core cushions. With the range limiters you can even restrict the range of motion - to further increase safety.



For wheelchair users

HUR Easy Access machines meet the specific needs of **wheelchair users** and those with mobility and sensory impairments.



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.

Photo courtesy of ACH Group

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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