



YOUR PARTNER FOR LIFELONG STRENGTH

NEWS

ACTIVE AGEING COMMUNITIES IMPROVING QUALITY OF LIFE

**Stronger, healthier and
happier at The Henley
Retirement Resort**

PAGE 3

Photo courtesy of The Henley on Broadwater

#1 | 2021

RETURNING TO NORMALITY AND COMBATTING THE EFFECTS OF INACTIVITY

PAGES 6-7

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Dear Reader,

When I was writing this introduction at the same time last year, it would have been hard to imagine that COVID-19 will still affect us in 2021. Although we have done well overall in Australia compared to other countries, there have been serious consequences for some businesses and many people's lives. **The lockdowns and restrictions have been causing a lot of inactivity, especially among the elderly which has led to increased muscle weakness and muscle loss.** Delayed Royal Commission reporting and lack of knowledge for a new funding model for aged care,

has been postponing some of the critical investment needed to tackle consequences of long sedentary behaviour. **Safely performed exercise, especially strength exercise is now needed more than ever.** We can only hope that the outcome from the Royal Commission will support this important work by allied health professionals.

This topic of muscle loss, also called Sarcopenia, was covered in some of the three presentations in HUR Australia free Webinars we ran last year. This was a great way to reach allied health professionals and our clients including retirement and aged care providers. You can read more about Sarcopenia and our webinars on pages 6-7.

We are especially grateful for our customers that invested in their wellness centres 2020 and also the ones who are considering this now. **A Fit-for-purpose wellness gym can really make a difference** as it was shown at the Henley on Broadwater. **The Henley have reached an amazing 83% gym attendance rate among their residents within 9 months.** We would like to encourage you to read the story by their CEO Patrick Smith on the adjacent page.

The best news so far this year is that we managed to get a new distributor for New Zealand. You can read more about John Ashley at the bottom of this page. We warmly welcome John and his team to our happy HUR family distributing to 48 countries worldwide.

It will be interesting to see how live events such as conferences are going to be held this year. Some of them are still being held virtually only, and some seem to be live or a combination of these two. Live exhibitions give the opportunity to our exercise equipment to really speak for itself. We often encourage trialling our equipment to really understand its benefits. We are very excited to exhibit at The Leader's Summit on March 18-19 which will be our first live event for over a year. It looks like the Australian Physiotherapy Association is also planning a live event for October 21-23 where we will be in attendance.

I am sure that better days are ahead and we truly look forward to greeting our current and future clients in person soon.

Be well and stay safe,

Ari Kallinen, Managing Director, HUR Australia Pty Ltd

Introducing our new distributor for New Zealand – John Ashley



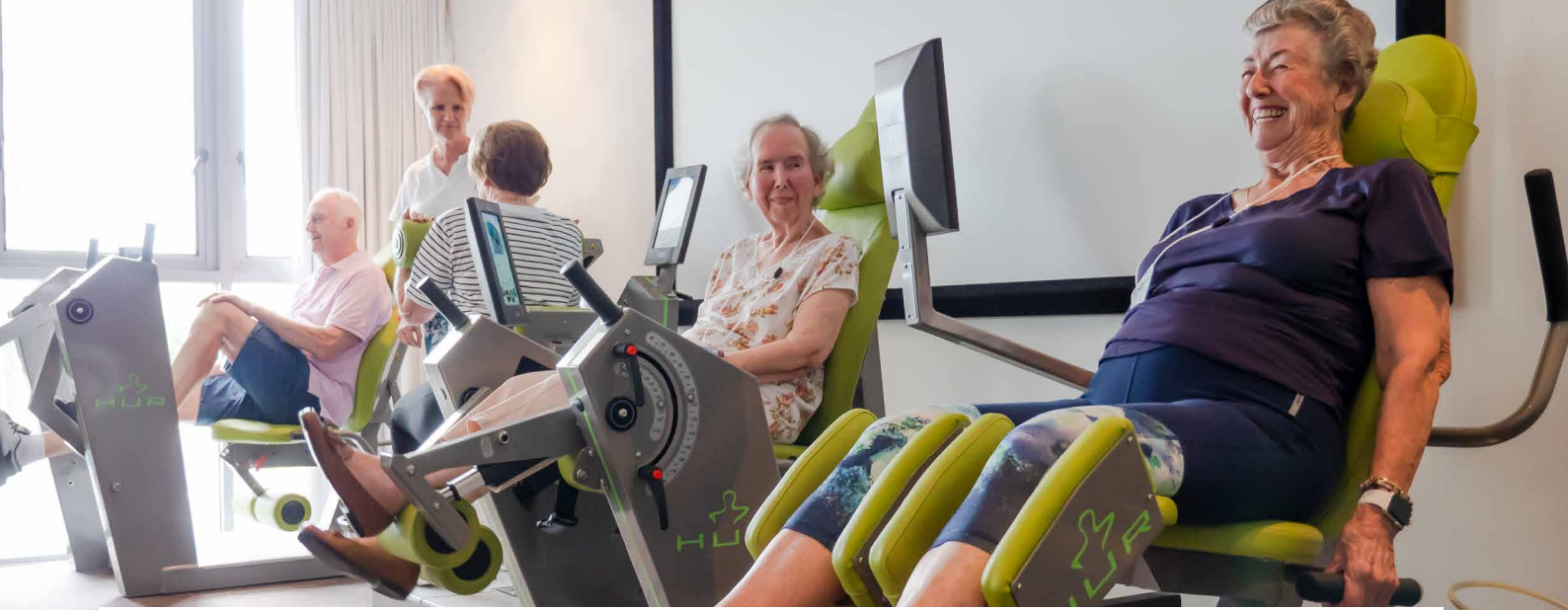
John heads up HUR NZ Ltd, our new distributor for the New Zealand market.

John has a Post-Grad Diploma in Business and a Bachelor of Science degree, both from the University of Auckland. He has worked across the health and IT sectors in NZ and is actively involved in the digital health space and health informatics. He's passionate about using technology to improve health outcomes, and so was quick to see the benefits of using smart, connected HUR equipment to deliver progressive resistance strength training, and how that could be supported in a scalable way using cloud-based technology.

We first met John when he visited some HUR sites in Singapore and Australia back in 2017 and 2018, where he got to see first-hand the benefits of senior exercise and rehabilitation using the HUR range of equipment.

John, who is a keen diver, fisherman and photographer lives in Auckland with his wife and three daughters.

John will be focused on rolling out HUR gyms to the retirement living, aged care and rehabilitation market across NZ. If you'd like to get in touch with him, you can reach John via email at john.ashley@hur.co.nz.



STAMPEDE OF GYM DEVOTEES KEEPS HENLEY RESIDENTS HEALTHY AND HAPPY

Making the traditional gym fit-for-purpose made all the difference

The benefits of exercise at older age are well established—from prevention of falls and improvements of cognitive function to reduced mortality, exercise is a key aspect in improving quality of life. Aged care facilities are making health and wellness a high priority with specific programs and equipment installed onsite, often supported by allied health professionals. **This culture of ‘active ageing’ is proving a great success, leading to increased independence and a high quality of life.**

The Henley on Broadwater, has a well-established culture of exercise with a variety of programs offered each day. However, the traditional gym equipment left the gym only lightly used as most people found the mix of equipment foreign and intimidating. It seemed no amount of education around the benefits of strength training could coax users to use the traditional gym and achieve the right health outcomes.

With a focus on ease of use, functionality and appearance, CEO Patrick Smith and Fitness Consultant Liz Webster reviewed

several alternative providers and quickly settled on the HUR range. **The HUR equipment simply stood out. Without a weight plate to be seen, it looked more like a lounge than gym and served to break down any barriers of use,**” said Liz.” The decision we struggled over was to commit to the higher spend for the digital smart touch (ST) version of the equipment, however, it has turned out to be seminal to our success.”

In discussion with their Resident Committee, they were also keen for staff to have access to the gym. The digital upgrade allowed for seamless integration of residents and staff to exercise simultaneously without the need for manually adjusting each machine between users.

Extensive dialogue to excite the community about the ease of use and health benefits was also critical to the launch. “The result has exceeded all our expectations,” Liz said. “Although a little time consuming at the front end to establish individual programs, **the resultant ease of use has generated a stampede of gym devotees.**

We now have 109 users in a community of 131 residents and have the unexpected issue of rostering gym access. I couldn’t be happier than to have a problem with residents frustrated about not getting enough access to the gym, and I’ve been overwhelmed by their appreciation of our investment,” said Patrick.

“On a personal level, it’s very rewarding for me to see Henley residents show such passion around the new gym equipment. **Our goal is to keep our residents as mobile as possible so that they can continue to live a full and active life. The success of our HUR investment will be measured by that outcome. Our oldest gym participant is 99 years old and now a committed user. Until this year, she has never set foot in a gym.**”

HEALTH AND WELLBEING ARE KEY TO EVERYTHING WE DO AT RFBI

Regular exercise and physical activity is important at any age and **at RFBI we recognise that doing the right exercise, building strength and remaining physically active is a vital part of our residents staying healthy and happy.** Our aim for continuous improvement of our services saw the introduction last year of our first gym with equipment from HUR Australia at RFBI Benhome Masonic Village.

“Using the easy to use, specialised equipment, we are able to create programs tailored to each of our residents’ strength and ability,” said Frank Price, RFBI CEO.

Individual programs, coupled with our popular circuit training class, increases residents’ balance and strength and provide a fun, social shared experience.

The HUR equipment automatically adjusts to individual’s requirements with the use of an individual’s key card making it simple to use and adjust as progress is made. This technology also allows staff to easily see reports for each resident to show their progress and help motivate them to achieve their fitness goals. They also provide a guide to enable the team to make appropriate adjustments.

“In the second month of the gym’s operation we beat our target of residents using the equipment and visiting each week. An impressive 62% of our users are ladies and our oldest gym member is a 99 year old gentleman.”

Our second gym has just recently been installed at our newly renovated RFBI Coffs Harbour Masonic Village. Early days have already shown good interest from our residential clients and over the coming months we hope to be able to open the wellness centre to our retirement village residents and homecare clients.

Three other RFBI Villages across NSW and ACT have planned refurbishments which will incorporate the construction of a wellness centre in each to be used by staff and residents - increasing the fitness of the entire RFBI local community and then beyond.

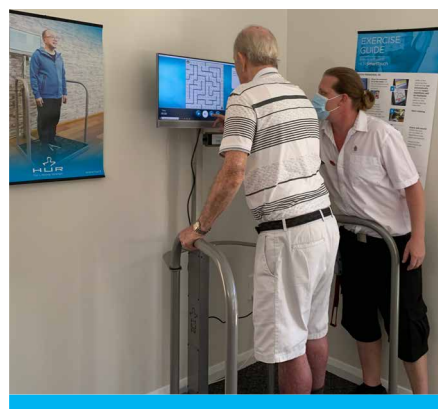
About RFBI:

Royal Freemasons’ Benevolent Institution (RFBI) was founded 140 years ago by a group of Masons who wanted to help people in need and this remains a key focus for the organisation. Today, RFBI is an award-winning aged care provider who supports over 2,500 older people in 22 locations across NSW and ACT.

We have implemented many innovative programs to improve the quality of life for our residents, enabling them to age with dignity in safe and caring homes. In 2019 we were delighted to have our approach and the outcomes we have achieved for our residents recognised by the leading peak body, Aged & Community Services Australia (ACSA), and be named 2019’s *National Provider of the Year*, as well as winning a number of awards for our food and dining services.



Frank Price, RFBI CEO.



Village residents using HUR equipment



BEYOND THE GYM: INVESTING IN PHYSICAL, MENTAL, AND EMOTIONAL FITNESS

UQ Healthy Living expands to support a growing community eager to lay the foundations of a healthy future – with Manager, Brad McGregor, saying it's not too early or too late to invest in later life.

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Queensland's most innovative, interprofessional health and fitness facility, UQ Healthy Living (UQHL), has announced it is expanding to a second floor. The new Members Studio opening this month, is UQHL's latest strategy to boost healthy outcomes in the over 50s and is designed to give clients more space and flexibility.

"There is a plethora of information and 'advice' as to how to age well. UQ Healthy Living's team of health professionals distills this noise into evidence-based programs to keep people healthy, active, independent and connected," says Manager, Brad McGregor.

"Our clients have reached the point in their lives when it is time to invest in themselves and their health and fitness and we give them the opportunity to invest wisely. **People need quality return on their time, and**

an interdisciplinary facility of this pedigree, complimented by a user-friendly, cutting-edge exercise space is the answer many people have been looking for."

Flexibility and opportunity

UQHL will continue to offer scheduled, highly supported exercise sessions in the original gym space, led by Exercise Physiologists and supported by student practitioners. However, clients of the Members Studio are offered more flexible environment to follow their individual programs independently. They can take advantage of extended access, unrestricted by time-dependent sessions and without the need to book ahead.

The Studio also incorporates more of the world-class HUR strength and aerobic equipment seen upstairs, offering low starting loads of 100g with the ability to increase in 100g increments, making the equipment suitable for beginners or long-term lifters.

Access to allied health professionals

UQHL's combined professional approach to prevent and manage age-related health issues sees experienced clinicians, some of whom lead in the field of healthy ageing, shape the client experience. Importantly, clients

of the Member's Studio will still have access to all UQHL's health professionals.

The facility's services include dietetics, exercise physiology, and physiotherapy; and specialty programs for chronic disease, such as diabetes, cardiopulmonary conditions, and osteoporosis. The clinical team design all client's personal programs as well as deliver individual consults and group activities. This unique synergy offers the community affordable, quality care that considers a more complete perspective on the individual's health.

"The interdisciplinary approach means we combat not just the physical aspects of ageing, but the emotional and social aspects as well," said Mr McGregor. "Clients can access multiple services all under the one roof and this creates a continuity of care and a health hub for the individual. The clinicians can work together to facilitate the best possible outcomes for each client."

Mr McGregor says his clients are drawn to the supportive, community aspect of UQHL and make social connections. "It's great to see clients enjoying their exercise together. They inspire and motivate each other to make positive changes to their lifestyle."

HUR AUSTRALIA WEBINARS

COVID-19 pandemic affected everyone around the world with the number of positive cases starting to increase in early 2020. To control the spread of the virus, people of all ages were requested to stay at home. **An important risk to health during isolation is decreased activity level, and the associated decline of lean muscle mass and function**, especially apparent in older adults, consequently impacting the general health and quality of life. Furthermore, **muscles can act as an immune organs by producing acute phase protective proteins, therefore, regular strength training can be crucial for health and wellbeing.**

To support people to stay healthy during isolation, HUR Australia ran three webinars to share the best knowledge possible to everyone; providers, clinicians and residents. A total number of 12 specialists, all leaders in their field with decades of research, clinical and practical knowledge, agreed to share their knowledge to outline the best ways to look after our health.

All webinars had different topics. The first webinar in May focused on health in isolation discussing **muscle physiology and best practices in battling disability, best nutrition for muscles, health and immunity, home exercise options and resources**

and telehealth possibilities. The September webinar focused on the return to normality with detailed knowledge on **exercise prescription and training principles in both residential and community health**, as well as **program innovation, development, and keys to success.** The last webinar provided information on **exercise epidemiology and public health, case studies and training success, home health and exercise possibilities and successful service delivery models.**

Our speakers delivered an amazing package of knowledge. We are grateful to all our speakers (in order of appearance): Dr Tim Henwood, Southern Cross Care SA & NT; Ngaire Hobbins; Dr Sharon Hetherington, My Active Attitude; Bob Barnard, Centre for Physical Activity in Ageing; Dr Jennie Hewitt, University of Sydney; Dr Justin Keogh, Bond University; Paul Johnson, BallyCara; Jo Boylan, Southern Cross Care; Dr Jason Bennie, University of Southern Queensland; Allan Zhang, The Selwyn Foundation; Nathan Hall, BaptistCare NSW/ACT at home; Catherine Daley, integratedliving.

Detailed information on our speakers and their topics can be found on our website, <https://www.huraustralia.com.au/webinars>, with all webinar

recordings also found on our YouTube channel, <https://www.youtube.com/user/huraustralia>

When counting all online participants and views of the recordings in the YouTube channel, an audience of more than 1500 was reached, with registrations from 18 countries.

The positive feedback from the audience was encouraging and we decided to continue with our webinar series, inviting experts to discuss topics that will explore research finding, clinical skills and practical experiences.

In the new year 2021 the focus will be on recovery, reablement and rediscovery of strength.

After a year of uncertainty, it is time to get into action to combat disease and conquer the effects of inactivity. In this year's webinars we will introduce speakers that can help you with those goals and would like to introduce and interview two of our upcoming speakers.



HEALTH IN ISOLATION

- Muscle physiology
- Nutritional recommendations
- Home exercise options
- Telehealth possibilities

RETURN TO NORMALITY

- Exercise prescription
- Training principles
- Program innovation and development
- Keys to success

PUBLIC HEALTH AND EXERCISE MODELS

- Exercise epidemiology
- Case studies and training success
- Home health and exercise possibilities
- Successful service delivery models

For more information about HUR Australia webinars, visit [huraustralia.com.au/webinars](https://www.huraustralia.com.au/webinars)

HUR AUSTRALIA WEBINARS



Professor Robin Daly is the Chair in Exercise and Ageing at Deakin University, Melbourne. He has more than two decades of research experience in evaluating the effect of exercise and nutrition in the prevention and treatment of common chronic diseases, including osteoporosis, sarcopenia, falls and type 2 diabetes. Robin is an active national and international contributor of clinical guidelines in the area of exercise, calcium and vitamin D for osteoporosis and fracture prevention and is a council member in many societies, and the Immediate-Past President of the Australian and New Zealand Society for Sarcopenia and Frailty Research.

Q: What are the short- and long-term consequences of muscle loss?

A: Skeletal muscle is the largest organ in the body accounting for around 40-45% of body mass and is critical for both movement and metabolic functions. **The average person can lose around 30-40% of their muscle mass between age 20 and 80 years. The loss in muscle has been linked to almost all common chronic diseases** and is also associated with increased risk of falls, osteoporosis, fractures, frailty, and loss in independence. It is important that strategies are implemented early to prevent muscle loss, as it often starts to decline at the age of 40-45 years.

Skeletal muscle also has important metabolic functions.

During times of illness, it can serve as the main reservoir for amino acids to support the metabolic needs of vital tissues and organs, and for energy production. **Muscle is also the largest mass of insulin sensitive tissue** in the body and is the primary site of glucose disposal and is thus critical for the prevention and management of type 2 diabetes.

In addition, **muscle loss has been associated with cognitive impairment and an increased risk of dementia as well as impaired immunity** and various hospital complications.

Q: What are the best ways to keep up muscle - what should we do?

A: Progressive resistance (strength) training is the most effective strategy to improve muscle mass and strength. For older people, the gains in muscle mass and strength observed after just 12 weeks can be equivalent to regaining the muscle loss that typically occurs over a decade.

Maintaining an adequate intake of dietary protein, particularly when undertaking resistance training, is also important to maximise skeletal muscle mass and strength benefits. In terms of optimising physical function (e.g. improving balance, mobility, gait), challenging balance, stepping and mobility activities and/or include high speed resistance or functional training focused on improving muscle power appear best.



Dr Tim Henwood is a special population exercise physiologist with a wide research publication track record in targeted exercise programs for adults 65 years and over. **He is currently the Group Manager, Community Wellness & Lifestyle with Southern Cross Care SA, NT & VIC** and has a specific interest in older adults with complex healthcare needs. Tim is a strong advocate for the benefits of physically, socially and mentally stimulating exercise and therapy. His work demonstrates that with correct exercise prescription even the oldest and most unhealthy adults can be re-abled back to better health and wellbeing.

Q: What are the key points of a successful community health program?

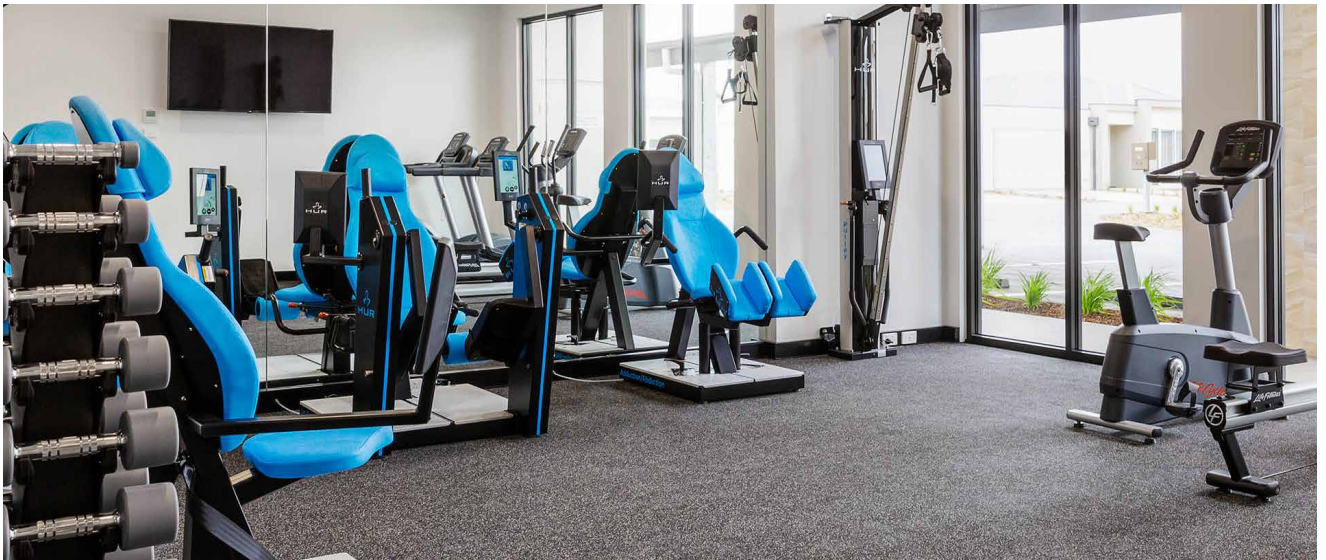
A: Successful programs require a holistic, multidisciplinary approach that accounts for the clients measured needs and their person-centred goals.

Prescription plans must be made with the client, so they feel part of their wellness journey and programs must be accessible and offer a value for money solution to their health and wellness needs. **Finally, programs need to offer clients goal achievement.** Whether as simple as being able to stand for longer or more complex, such as going on a hiking holiday, without a point of focus participation will be short lived.

Q: What are the possible funding sources?

A: Allied health professionals all have access to providers numbers that allow them to service Private Health Insurance, Medicare and DVA clients. For clients these can offer important cost savings. **Leveraging these cost savings to develop relationships with clients and get them started in the right health pathway have both important implications for the client and the clinician.** Less accessible to allied health professionals but equally valuable to get clients on better health journeys are Federal and State government funded programs such as the Short-Term Restorative

Care, Transition Care Program, Commonwealth Home Support Program, Home Care Package program, Aged Care Funding Instrument and the National Disability Insurance Scheme (NDIS). These are only available to registered providers, who, with the exception of the NDIS, tend to be large organisations working in the aged care sector. However, with few providers having multidisciplinary allied health teams there is growing opportunity in the aged care sector for agency services that can support clients under these funding models.



ACTIVE RETIREMENT LIVING AT THE BREEZE POINT LONSDALE

The Breeze Point Lonsdale is an ideal place to pursue a fulfilling and active retirement with state-of-the-art amenities, stunning architecturally designed homes, and the perfect location in the seaside town of Point Lonsdale on the Bellarine Peninsula in Victoria. **The emphasis of the community is on vitality, health, and happiness, offering health and lifestyle facilities for residents to use at their leisure.**

Residents enjoy regularly working out in the community's gym within The Breeze's Waterside Pavilion. Installed with HUR Fitness Equipment, the gym has been specifically designed to cater to a senior market. It is suitable for all different abilities and skill levels and provides a safer and more effective workout.

Right next door to the gym, residents can enjoy a dip in the indoor heated recovery pool. Complete with a spa jet shelf that runs along its full length and plenty of room for lap swimming, it is perfect for both relaxation and exercise. With two height levels, the pool can also accommodate everyone for water aerobics classes.

A four-rink bowling green overlooking the community's stunning waterways is another

great place for residents to get in some light exercise, as well as catch up with their fellow neighbours. The Breeze has plenty of experienced bowlers who get together regularly to practice their skills and even host community tournaments from time to time.

Next to the bowling green is a gorgeous light-filled glass pavilion which is stocked with exercise mats for stretching. It is a relaxing space where residents can participate in yoga or tai chi classes with new friends.

Surrounded by waterways, residents often launch a kayak on a sunny day or take a leisurely walk around the five kilometres of walking tracks right on their doorstep. Just a kilometre to the beach, there are even more walking paths to enjoy.

No matter the fitness level, there are plenty of activities and groups at The Breeze that everyone can get involved in. Once a week the active residents get together for a walk, some with their dogs in tow. Residents find this to be a great opportunity to keep fit as well as socialise with their neighbours.

The prime location of the retirement community is also ideal for bike rides and The Breeze's resident cycling group stay

active with multiple rides each week. With both easy and more challenging rides, all fitness levels can get involved.

"I really enjoy the active lifestyle at The Breeze", resident Joy says. "The Cycling Group has been a great way for me to improve my fitness as well as form new friendships".

There is no doubt that the residents at The Breeze Point Lonsdale live a full and active life, with everything they need to stay fit and healthy right on their doorstep.

Read more at <https://senciathebreeze.com.au/>



FOR GOODWIN, HEALTH AND WELLNESS IS FRONT AND CENTRE

In 2019, Canberra's Goodwin Aged Care Services introduced HUR equipment into its health and wellness centre gym in Crace, and the positive feedback has been immense.

Goodwin's health and wellness centres are an innovation in seniors' health services, providing a network of health services under one-roof including podiatry, massage therapy, physiotherapy, and an exercise physiology.

Goodwin Exercise Physiologist, Brayden Murphy, works closely with clients in using HUR equipment and says the equipment has been excellent to work with, both for him and his clients.

'You can really tell that HUR exercise equipment has been designed with seniors in mind,' said Brayden.

'Our clients love how easy to use HUR machines are. When I work with a client to develop an exercise routine, we adjust the machines to the client's height and weight settings, save them, and then the client only needs to tap their card and the machine automatically calibrates to the settings. You don't need to adjust the seat or bend over to adjust the weights - it just does it all for them.'

'It's great, because now clients can feel comfortable in using the gym even when I'm not there, and I can feel comfortable in knowing that they're using the correct settings and not at risk of hurting themselves.'

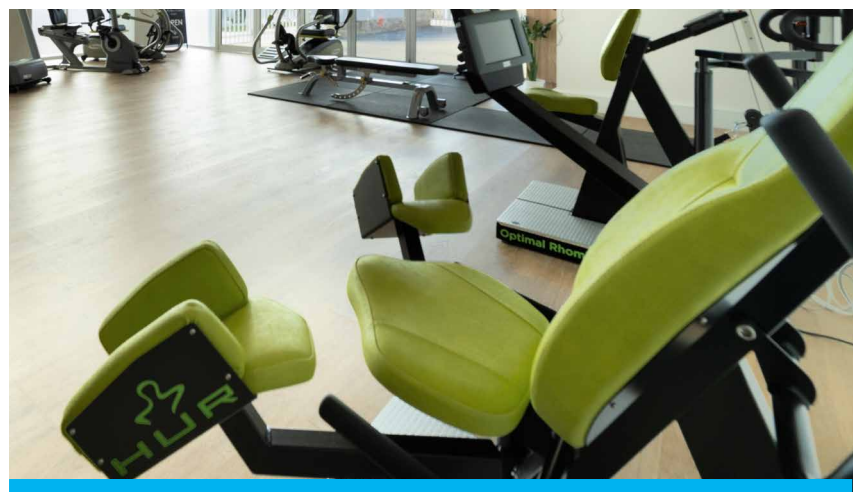
'Another thing that I love about the machines, as a trainer, is that it keeps track of how many sets and reps my clients are doing, which makes it really easy to see how everyone's progressing.'

Goodwin's health and wellness centres are all about enabling people to retain or reclaim their independence, health, and mobility so they can live better, healthier lives. That's why Goodwin chose to use HUR equipment.

By utilising equipment specifically designed for seniors, Goodwin is able to provide its clients with the best services available. Because of this, health and wellness centres have not only received great feedback, but great results.

'In just a short while, we've already seen real improvements to people's physical and mental wellbeing. When clients are physically stronger and more agile, they're more confident in other aspects of their lives too,' says Brayden.

Betty Bent, Goodwin Health and Wellness Centre client said, 'The Wellness Centre has helped me with physio and mobility.'





FINNGYM KEEPS RESIDENTS AND COMMUNITY ACTIVE

In 2006 Finlandia Village's manager at the time Ruth Baxter heard about HUR gym equipment and could see the benefits of exercise for seniors. "Finn gym" was initially set for the residents of the aged care facility with the Day Respite Centre joining soon afterwards. In 2015, concurrent with the completion of the new facilities, the gym was opened to the public with currently a total of 700 - 800 visits each month.

The Finn gym team consists of an exercise physiologist who assesses all the members and creates the initial programs to be supervised and assisted by the Finn care team. Usually two staff members supervise the residents' training, with one supervisor for the community members' exercise sessions. Throughout the year residents are also supported by Physiotherapy students who encourage residents to exercise.

To motivate the gym users, special events are organised, including **"NuStepping Around Australia"**. All steps taken on the NuStep recumbent cross-trainers were calculated to create a track around Australia. It took 2 years, over 20 million Nusteps and a bit over 18,000 kms to complete and at the end, everyone joined in a special 'Finnish Line' morning tea. **The project was a great success with many people, from all levels of**

fitness and ability, joining and describing many benefits such as better fitness, high levels of social interaction between residents and the community members.

The focus for in 2020 has been about strength and flexibility. After using the NuStep machines and the HUR equipment, members have been practicing some simple stretching exercises for their hamstring, calves and quadriceps. The program has encouraged new users - just recently a 91-year old asked if he could try some of the stretching exercises.

During the difficult COVID-19 times Finn gym has remained operational for residents. The facility started an early Isolation before the official state required lockdown. This has created a safe environment where residents can still train in smaller groups (maximum 5), with greater distances between equipment. This though has allowed more individual supervision. One third of the residents still attends the gym most days of the week, some even twice daily.

Finn gym has demonstrated that older people do like to exercise if they feel safe and they recognise the value of exercise to keep them strong in their advanced years. Many of the most active and vibrant gym members are people



who are in the 90s. They inspire people who are younger (70s and 80s) to try their best. There are a number of residents who have had major ambulation affecting health problems who show others that really there is no reason not to exercise and keep strong.

Finn care is Australia's only aged care provider for the Australian Finnish community, based in the Queensland bayside suburb of Thornlands. Finn care operates three service arms: Finlandia Village (Residential Aged Care), Finlandia Villas (Retirement Living) and Finn care (Home and Community Care).



A STRONG GYM COMMUNITY BUILDS IN BCAC

Bankstown City Aged Care (BCAC) Wellness Centre has been helping transform the lives of residents as well as local seniors living in the local community for almost 3 years now and we have been blown away by the support and enthusiasm all of our members have shown us. As a not-for-profit aged care provider, **BCAC felt the need to support its residents and those in the local community to maintain their independence and quality of life through innovative exercise programs utilizing HUR exercise training equipment.**

At the very beginning of our journey, we consulted with some of the experts at Western Sydney University to guide the development of our Wellness Centre program. From there we have built up a supportive and enthusiastic community of like-minded seniors who all recognize the value of regular exercise training.

We have been so proud to witness some of the incredible achievements of our members over the past few years. Many of whom were initially nervous or unsure about joining up to a "normal gym". **Many who come to visit us for the first time are amazed at the sophistication**

of the equipment which is a far cry from some of the more traditional gym set ups that they may have seen in the past.

There is a real acknowledgement these days about the importance of participating in regular exercise for seniors and in particular regular strength training. This is made so much more accessible by the technology afforded to us with the installation of the HUR exercise equipment. We can view improvements in strength and muscle function, balance and cardiovascular fitness all through the HUR software so that everyone is aware of how much they have improved and are then motivated to continue.

We are proud to be staffed by Exercise Physiologists who specialise in the assessment and prescription of exercise for those with chronic or complex medical conditions as well as those who simply want to exercise in the most effective and safe manner possible for their goals and individual needs.

These individualised exercise programs have been the reason that we have continued to witness some truly incredible transformations. One of our regular members, who has been



Ben Gonano, Accredited Exercise Physiologist

using the centre since we first opened will tell you that **"the BCAC Wellness Centre has really provided me with a second home. Aside from losing over 16kg since I started here, I have gained the stamina and strength to keep up with the grandkids and that is definitely saying something"**.

We are firm believers in the transformative potential of exercise and, as the old saying goes - we don't stop playing because we get old, we get old because we stop playing.



SENIORS MISSION: FINDING THE RIGHT GYM FOR YOU

Lyn Graham still reflects on her turning point, the moment she realised that she needed to change something in her exercise routine. “I went to visit my son in Kenya. He was a missionary there and every time we would get a bus he would have to push me up the bus’s stairs!”

Lyn Graham had been serving people her whole life, working as a chaplain in Uniting aged care facilities up until very recently. One of the facilities she had been working in was relocating to a new Uniting Westmead ageing campus that offered services from retirement living to home care to residential aged care. Lyn saw its potential as a satellite city for older Australians

“After Kenya, I had been to my doctor and he said I should find an exercise physiologist. I have type 1 diabetes and I was also struggling to move my left knee much. I was looking at Westmead and where all the residents were moving to and discovered the Seniors Gym, the staff had badges on which said they were exercise

physiologists. It was the perfect sign wouldn’t you say?”

Lyn had discovered the Uniting Seniors Gym at the Westmead campus. **The main purpose of Seniors Gyms is ‘re-ablement’. This means that the gyms aren’t just for rehabilitation but also to exceed previous physical fitness to prevent further issues.**

Seniors Gyms are designed as non-intimidating gym spaces for people aged over 60. They also promote general wellbeing whilst offering a community space for older generations to connect.

“Because the gym is at Westmead, there are lots of people also looking to increase their balance and general wellbeing. I had tried other gyms, but I always ended up paying and not going. I would find that a lot of the younger people there were just trying to out-do each other,

“The fact is that here at Seniors Gym, there is a real sense of community. They care about you, they really encourage you and

they make sure that you have the tools to press on.”

When Lyn started her Seniors Gym journey she was barely able to lift weight with her left leg on the leg extension machine. She also struggled with her balance because she was barely activating her leg whilst she was standing.

These days she can lift 50% more with both legs on the leg extension machine than when she started on her right leg. She says that she owes her renewed sense of wellbeing to Seniors Gym.

“I’m no longer looking for the ramp to walk up. I’m excited that I’ll be able to sit on the floor with my grandchildren and play with them and then get up again. It’s been a necessary lifestyle change to continue living my life the way I want to,

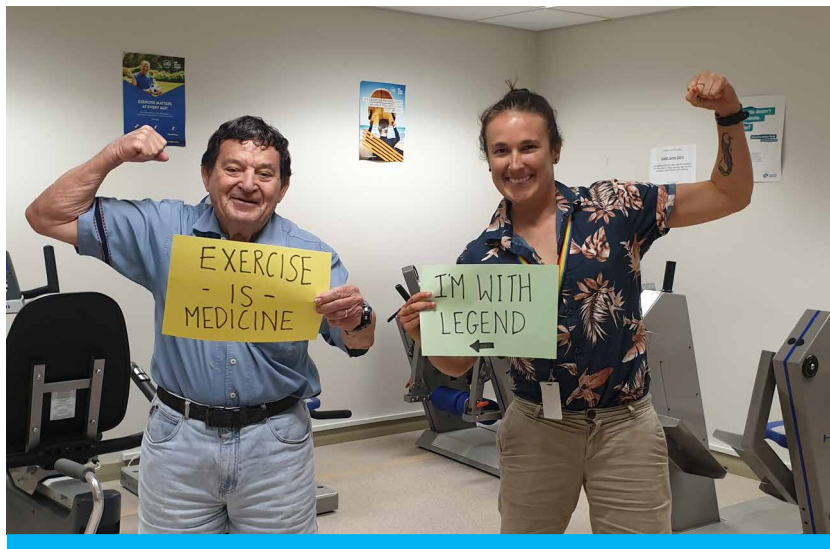
“I have to say, I can’t wait until this pandemic is over. I want to show my son that I can get up the stairs of those Kenyan buses all on my own now.”

STRENGTH LEADS TO BETTER LIFE

- STORIES FROM USERS

Blue Care, Brisbane, QLD

When COVID-19 first had implications on the Australian society in March 2020, there was never a more important time to exercise. Although group training was rightfully put on hold for indefinite months, Blue Care client, 88 year old Bob knew the implications that months of inactivity and unstructured training would have. **Bob continued to attend weekly gym sessions with Aged Care Specialist AEP Richelle Street**, under clinical supervision with a strict COVID-19 safety routine that included regular cleaning and temperature checks.



The improvements in Bob's results are fantastic; from 12 to 19 unsupported chair stands in 30 seconds, from 8 to 11 alternate steps in 15 seconds, a 7 cm improvement in reach test and a 7 second improvement in unsupported heel to toe stance in 10 seconds.

The results speak for themselves. **No matter the barrier, keep active in whatever way you can, with whatever resources are available, at every age.**

Let us 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. **Stay Active, Stay Strong and Stay Independent.**

integratedliving, Cairns, QLD

integratedliving client, Karen Silva, has been reaching her goals thanks to her commitment to regular exercise at the Cairns Wellness Centre.

Karen has right shoulder acromioplasty and originally had difficulties performing household and everyday chores like reaching for objects on high shelves and hanging out the washing.

Provided with a program by her Exercise Physiologist and Personal Trainer, Karen performs window roll-ups using pool noodles, shoulder retractions and frontal raises with no weight. She has strengthened her right shoulder dramatically and can now perform daily tasks that once proved too difficult.

Karen is now performing chest press exercises on HUR equipment for the first time in several months.

She performs three rounds of 12 repetitions at a reduced load of zero to 0.5 kilograms. In the future, Karen aims to increase the resistance of this exercise and add more upper body exercises into her gym routine.

Wellness Centre Senior Manager, Georgia Kelaher, said alongside Karen's own hard work, the use of HUR equipment helped her and many other clients bolster their physical health.

"The majority of our exercise equipment nationally is HUR," she said. "This machinery proves to be a wonderful aid in improving the strength and mobility of our clients.

"It lessens the impact on the user as opposed to traditional exercise equipment and produces pretty amazing results."



STRENGTH LEADS TO BETTER LIFE

- STORIES FROM USERS

ARCADIA WATERS, Maddington and Mandurah, WA

Arcadia Group is a retirement village developer from Western Australia. The managing director, Roger Kwok, aims to create villages that have a feel of community. The first Arcadia village in Maddington opened to its' first residents in 2005 with a total of five villages currently operating in Western Australia and three in Victoria.

Roger Kwok wants to lead his villages with an Active Ageing model. With convincing evidence on the benefits of exercise, he thinks that it is important to include an exercise facility in the village. **The first HUR gym, with the accompanying Helsinki program, was installed in Arcadia**

Waters, Maddington in 2016, with a second gym opening in Mandurah in 2019.

The exercise facilities have been well received by the village residents. They can **train independently and safely, while the training routines are automatically recorded and thus can be monitored and adjusted per progress.**

Roger Kwok has stated that "Mobility means Longevity". This sure is the case in Arcadia Waters facilities where the gym is filled with happy trainers, all taking great steps to quality living, even at the older age.



Hampstead Rehabilitation centre, SASCIS and PQSA, Adelaide, SA

The South Australian Spinal Cord Injury Service (SASCIS) provides specialist rehabilitation services for South Australian adults who have sustained neurological impairment due to Spinal Cord Injury (SCI). The "hub" of SASCIS is located at Hampstead Rehabilitation Centre. For over 50 years, South Australians with a spinal injury have also been supported by PQSA (**The Paraplegic and Quadriplegic Association of South Australia**), a not-for-profit community organisation.

In 2019, the two organisations worked together to create a state-of-the-art, all inclusive, gym at the Hampstead Rehabilitation centre. With the \$180,000 funds donated by PQSA, the **gym was fitted with wheelchair accessible, pneumatic and smart touch compatible HUR gym equipment allowing everyone a chance to train in a safe, yet appropriate manner, despite their level of injury.**

The gym, named after George C Dunstan AM, an Australian sports administrator and key player in the development of Paralympic sport in Australia, caters for both inpatients and outpatients, allowing for a continuity in training after the acute hospital period.

The official opening of the gym was held as part of International Spinal Cord Injury Day and the Australian Spinal Cord Injury Awareness Week in September 2019. The Minister for Health, the Hon. Stephen Wade, and the Hampstead Rehabilitation Centre team were present to officially open the George C Dunstan AM Weights and Conditioning Room.



STRENGTH LEADS TO BETTER LIFE

- STORIES FROM USERS

RAAFA Erskine Grove, Mandurah, WA

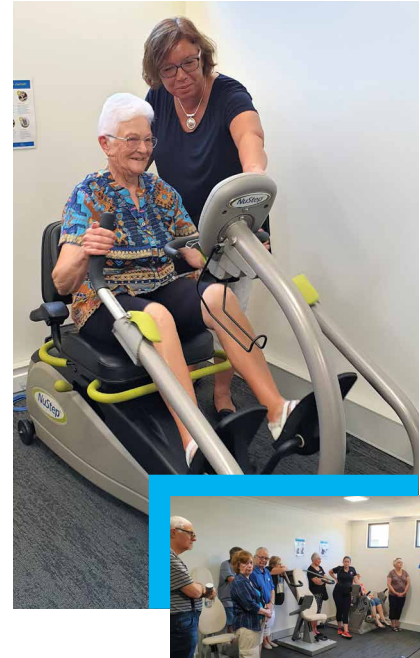
Residents have a brand-new gym at RAAFA Erskine Grove (Mandurah, WA), complete with a range of equipment specially designed for seniors' exercise, rehabilitation and wellness. The new \$110,000 facility consists of a brand-new extension, which has doubled the size of the original gym, and contains more than \$60,000 worth of specialist gym equipment.

Caroline Henning, Estate Manager, explains that for some time Erskine Grove residents have requested an extension to the gym to enable more equipment to be added, and increase the number of people who can comfortably use it.

"After we undertook a resident/committee consultation early last year, RAAFA allocated the funds and work started in early September," Chris explains.

Margaret and David East are two residents who have started using the gym frequently, and are very pleased with the new facility, which was finished at the end of last year. "I was going to a gym in Mandurah, but I have no need to now as our new gym is really convenient, and **I love the fact that I can go any time I want, whether that's in the morning, afternoon or evening,**" says Margaret.

"I have a program from the exercise physiologist that visits Erskine on Tuesday and Thursday afternoons, and I'm now spending about an hour three times a week on the program, whilst my husband goes twice a week and spends about half an hour on his program. **"We are really pleased with the facility, it's a great addition to our estate and we love that it's right on our doorstep."**



Carrington care, Grasmere NSW

Andrew (76 years old) has been an active and enthusiastic participant at the Carrington Centennial Care Fitness Centre and is gaining the **advantages of regular strength training to improve his quality of life in retirement.**

Due to unforeseen circumstances, Andrew became a paraplegic and ended up in a wheelchair. Despite this, he continues to inspire those around him with his positive outlook and determination.

Andrew started working out in Carrington's gym in April 2018. In 2019, with the purchase of the HUR equipment his training has become revolutionised. Currently he is committed to his exercise regime of 2-4 days a week.

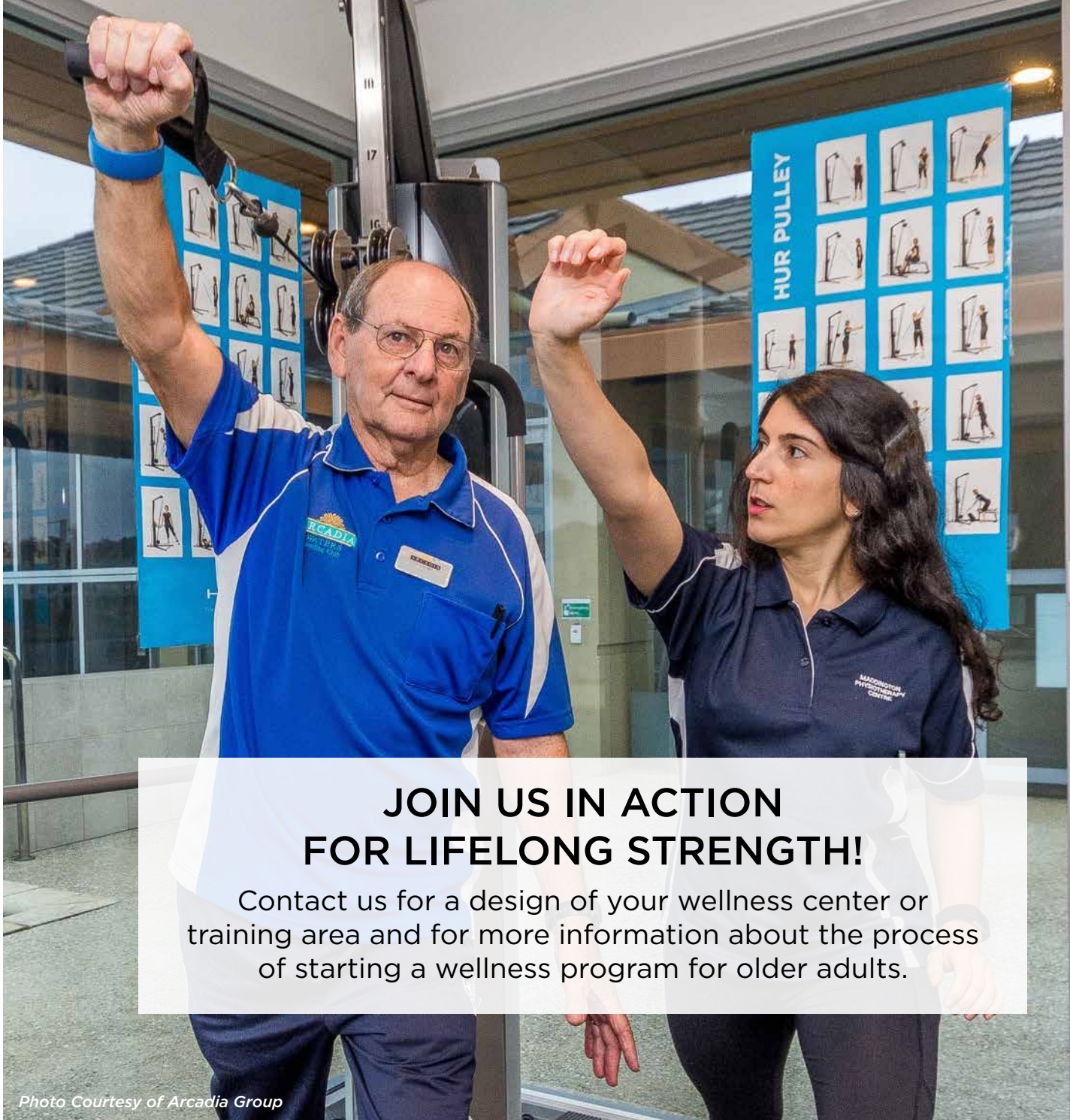
When Andrew first started out on his exercise journey, his goals were to remain as independent and mobile as possible. He stated

that he wanted to be able to transfer himself in and out of his wheelchair independently.

The HUR cable machine has been strongly utilised to allow him to work his core and upper body in different and functional ways. With some creative thinking the chest press machine has been utilised as a back extension machine for further strength gains. His program is complete with a cardio workout on the arm ergometer.

Andrew has gained more than just strength from the gym. Quite often he can be seen with other clients around him, deep in conversation. This social aspect further enhances the benefits he is receiving. He is a great inspiration, showing us all that we shouldn't let anything get in the way of pursuing a healthier and happier lifestyle.





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 Arcadia 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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