

Exercise4Life - Sunbeam and Beyond training rolls out around Australia

PAGE 6



**KEEPING PEOPLE
ACTIVE IN OLDER
AGE**

Photo courtesy of Avanti Health Centre

#1 | 2023

FITNESS PROGRAMS FOR OLDER ADULTS TOP FITNESS TREND FOR 2023 IN AUSTRALIA

PAGES 8

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The new year 2023 has started with a positive boost and great visibility for active ageing. The American College of Sports Medicine (ACSM) published a list of the top Fitness trends for seven regions including Australia. **This survey among health and fitness professionals stated that the top trend for 2023 in Australia is "Fitness Programs for Older Adults"**, a topic that in 2022 reached the third position. Our Dr Tuire Karaharju-Huisman has written more about this on page 8.

This edition's first customer story, on the facing page, is about Avanti Health Centres in Queensland. We wanted to put into the spotlight their holistic fitness and treatment concept which is working well in three 50+ community gyms, with more sites opening later this year.

Last week I was lucky to participate in the "Exercise4Life - Sunbeam and Beyond" workshop in Brisbane designed by Dr Jennie Hewitt based on her original research project that showed a 55% reduction in falls after a strength and balance exercise program in residential aged care. In this clinical workshop **Jennie highlighted that with appropriate gym equipment, rather than resistance bands and free weights, the program can be run more efficiently with cost savings over the years, as the HUR equipment requires less one-on-one therapist supervision.** "Beyond" in this context means that similar strength exercise dosage, as used in the original study for falls prevention, can also be used for treating older adults in retirement living and the community care for chronic diseases like diabetes, osteoporosis and dementia. Exercise truly is medicine. You can find more about this on page 6.

The new AN-ACC funding model was introduced late last year, with no specific hours allocated for allied health professionals. I hope that the government will urgently sort out the situation for allied health in aged care - **The focus on the dedicated hours in AN-ACC should be for good quality care and evidence-based treatment, including exercise therapy.** Going back to pain management with electrotherapy and massage with minimal benefits on residents' health is not an option.

Over the last few years, we have learnt that in order for 50+ gyms to be successful, they need to be purpose built, focused on strength, and supervised by the right people. **Our recommendation is to create dedicated gyms for residential and retirement living; so that everyone is able to participate.** A huge weight of evidence now shows that the focus should be set more on muscle strength rather than cardiovascular training, whilst not forgetting balance exercises. Our other advice for setting up a 50+ gym is to concentrate on quality, not quantity. It does not make sense to save money by buying cheap exercise equipment and then realising that they are rarely being used. Finally, engaging allied health professionals comes with real and measurable benefits to clients and organisations alike.

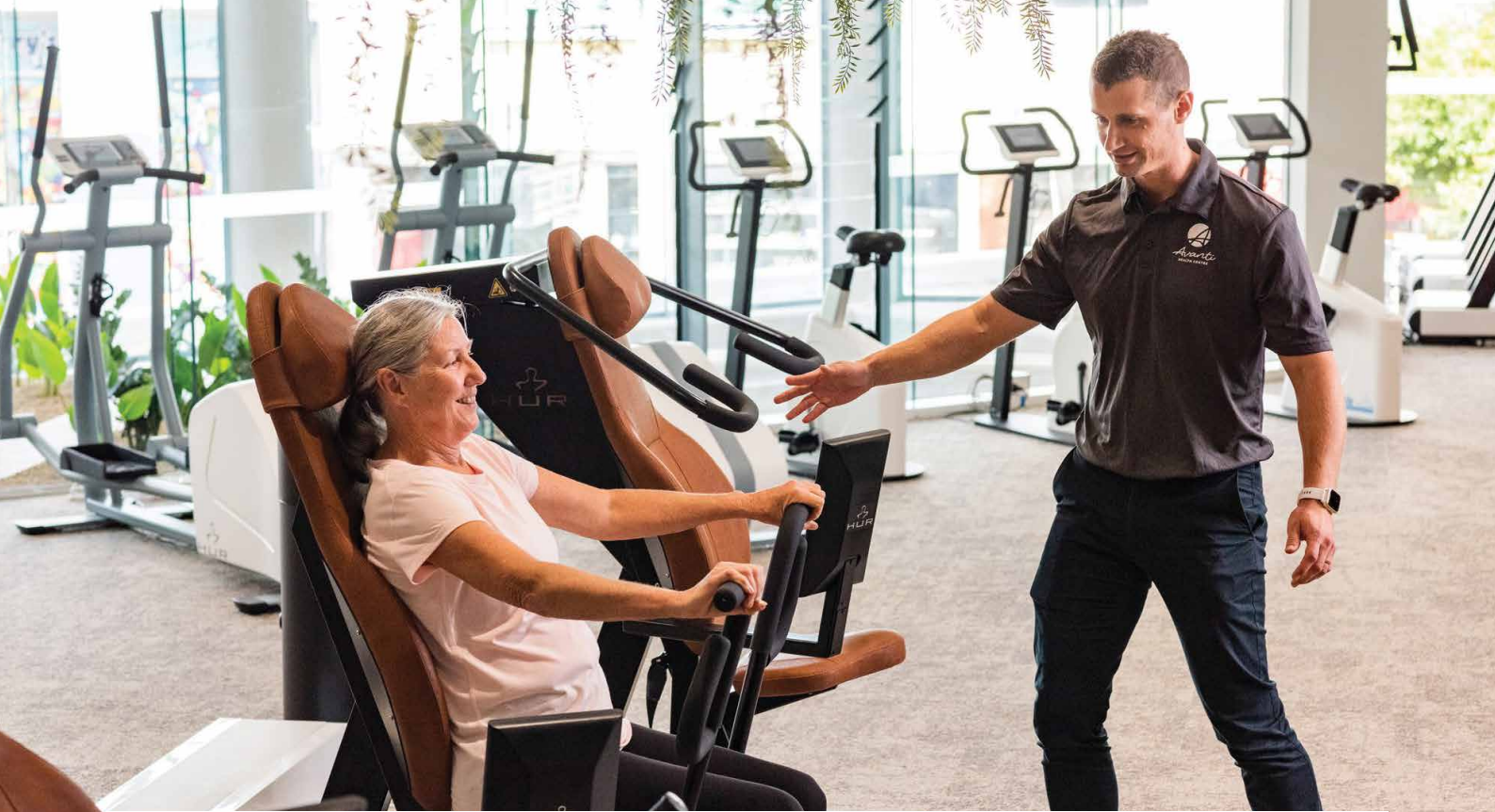
HUR is committed to the research evidence on the benefits of combined balance and cognitive training among older adults. HUR Australia is in a key position with our local R&D team developing new modules for the SmartBalance platform and software set, introduced on What's New page 10-11.

The HUR Australia team would like to again thank all of our great partners and customers for their support. The back cover of this edition is dedicated to them.

I hope that this year will be the year for "Fitness Programs for Older Adults", and let's all do our part in making this happen.

With best wishes,

Ari Kallinen, Managing Director, HUR Australia Pty Ltd



LET'S TALK ABOUT THE STATE OF HEALTH OF THOSE AGED OVER 50

Statistics have shown that:

- **7 in 10** older people are **overweight or obese**
- **1 in 5** people over 65 experience **a disability that limits their quality of life**
- **9 in 10** people over 65 have at least **one chronic condition**
- **Less than 20%** of older people **meet the physical activity guidelines**
- This is compounded by social isolation and other factors affecting both physical and mental health.

Exercising, especially starting or recommencing exercising after a period of inactivity, can be daunting and overwhelming. The barriers are plenty and they increase as we age. The market is currently not catering very well for the over 50s population.

The facilities are loud, the age gap of the patrons can be intimidating, and often these facilities do not offer sufficient support to

the individual to exercise in a safe, supported and supervised environment. We took this feedback onboard and set out to change this, to provide equal or better opportunities for our ageing population across Australia.

At Avanti Health Centre, we believe that every person should have the opportunity to live a long and healthy life. We know that people are good at looking after themselves if they're given the knowledge and tools to do so effectively. That is what Avanti is all about.

Keeping People Active as They Age

Our goal at Avanti is to provide older adults with the gym experience they've been waiting for – smart equipment that requires no weight loading, access to allied health professionals and the chance to be part of a community of like-minded people.

Avanti Health Centre is an exercise-based destination, designed to improve well-being, confidence and fitness, tailored to seniors

of all activity levels. We believe exercise is medicine, using it to help prevent and manage illness and injury.

We use the very latest HUR smart technology, whereby the program which has been carefully developed for the individual based on their current circumstances, abilities, and goals, is stored electronically and linked to the access pass given to each member. Scanning the pass at the wall-mounted tablets will bring up their individual program and scanning each piece of equipment will set the weight and speed as per the program, as well as configure the seating to optimal settings for that individual.

We are driving the messages that exercise truly is medicine and HUR technology can make exercise more accessible to all.

PALM LAKE GROUP GYMS EMBRACED BY RESIDENTS AND STAFF

Palm Lake Group is a family-owned Australian company that has been creating lifestyle communities across the country for more than 45 years – in fact, more than 10,000 people call a Palm Lake address home.

Among the Elliott family's portfolio, stretching Australia's east coast, are 28 Palm Lake Resort over-50s lifestyle communities and seven Palm Lake Care aged caring communities. With so many decades of experience, Palm Lake Group greatly values its relationships with premium service and equipment providers, like HUR Australia.

HUR Australia gyms are currently found in three Palm Lake Care communities including Beachmere, Toowoomba and the newly opened Caloundra location.

Palm Lake Care Beachmere Service Manager Ram Korla says his HUR gym has been a popular addition to their luxury waterfront aged caring community, just north of Brisbane.

"It's been very nice to see our residents using the HUR equipment for exercise – it's a great asset to our community," Mr Korla said. **"In my opinion, the best part about the HUR system is that it accommodates the exercise requirements of every single one of our residents – from mild to more intensive training."**

Mr Korla said Palm Lake Care Beachmere's HUR gym was open 24-7 for those residents able to train without supervision, while physiotherapists were also employed to oversee the training of other residents who needed a little more support.

Encara's Mohamed Samir is one of the physiotherapists who works at Palm Lake Care Beachmere to assist residents on their wellness journey (Encara is Palm Lake Care's allied health partner across all their care communities). Mohamed has 10 years' experience as a physiotherapist, across a number of different countries, and is a firm supporter of HUR Australia's gym system.

"HUR has made it really, really easy for us to support those residents in wheelchairs and others who rely on wheelie walkers or have other mobility issues," he said.

"One of the greatest advantages of the HUR gym is its online system that keeps track of our residents' training regime and exercise progress even when we're not there on-site overseeing the training."

Mr Samir says one of the major focuses for him and the other physiotherapists and physio assistants at Palm Lake Care Beachmere is fall reduction – a common problem among the elderly population. He said **HUR cross trainers are helping to improve residents' coordination and, together with other HUR equipment that focuses more specifically on balance, there's been marked improvement in Palm Lake Care Beachmere's fall statistics.**

In one particular case, Mr Samir said his team worked with a "frequent faller", targeting coordination and balance issues. In less than three months of training in Palm Lake Care Beachmere's HUR gym, this resident enjoyed a "significant reduction" in falls – and therefore increased quality of life.





HUR - THE PERFECT FIT FOR KOKODA RESIDENCES

From its very beginnings, Kokoda Residences' retirement apartments on Sydney's upper North Shore at Waitara was planned to be an exciting, innovative, and bespoke alternative for over 55s. So, the consequent decision, to not only provide an exclusive onsite gym within the brand-new vertical village, but ensure it was **fully equipped with the HUR smart exercise systems that are safe and suitable for seniors was, as they say, an absolute 'no-brainer'**.

Located on the ground floor, and overlooking the village's beautifully landscaped gardens, the HUR gym at Kokoda Residences provides a variety of body-specific and cardio machines; from leg presses and curls, dips, and shrugs plus push ups, pull downs and chest presses, to the Nustep T4R cross-trainer and treadmill.

Kokoda Residences Sales Professional, Jodie Pennings, has noticed how busy the gym is already becoming since the first residents moved in from August 2022. "The treadmill seems to be very popular with residents at the moment, and they're getting

more and more interested in how the other HUR machines will help them."

Regular gym-goer Alan shared some insight into his new fitness journey that began when he moved into Kokoda Residences. "My level of fitness, until recently, was based on a one hour walk each morning and a reasonably active lifestyle. Since being introduced to a gym with HUR equipment my daily walk has been replaced by an hour on various pieces of HUR equipment," Alan explains. **"This has significantly improved my overall fitness levels through a more interesting but challenging approach which is adaptable to my rate of improvement."**

Resident Ross also finds the HUR equipment in the gym very effective and user friendly. **"The card identifying the user and their protocols is recognised on each machine and the equipment's computer then adjusts the resistance based on the user, thereby alleviating the need to change weights from a previous user or move pins in weight stacks."**

Adding to the benefits they're getting from the comfortably designed and easy to use HUR equipment, the **residents are also loving the fact they have individually tailored fitness programs being implemented for them by Kokoda Residences' Exercise Physiologist.**

Maureen is another one of the many new residents discovering the value of her personalised fitness program. "I look forward to my weekly sessions with Lachlan, our Exercise Physiologist. Each of the exercises really feel like they're designed for me," Maureen enthused. **"Better still, they are working. I'm feeling so much stronger, already. And we only moved in a couple of months ago."**

These are just the first of many inspiring HUR stories, as the Kokoda Residences retirement community continues to flourish, getting fitter, healthier, and happier every day of their exciting new lives.

EXERCISE4LIFE - SUNBEAM AND BEYOND TRAINING ROLLS OUT AROUND AUSTRALIA

Over the years we have talked about the Sunbeam protocol, a progressive strength and balance program for residential aged care, designed by Dr Jennie Hewitt and Dr Tim Henwood. The results of the study have clearly stated the efficiency of progressive strength and balance exercises:

- 55% reduction in falls rate (Hewitt J et al. (2018) J Am Med Dir Assoc. Apr;19(4):361-369)
- a potential cost saving of up to \$670 per fall with an estimated \$120 million cost saving for Australian healthcare economy for the first year due to the short- and long-term benefits, if the program is rolled out nationally (Hewitt J et al. (2019).Clin Rehabil. Mar;33(3):524-534)
- 50% reduction in falls rate for individuals with cognitive decline (Mak A et al. (2022).J Am Med Dir Assoc. May;23(5):743-749)

The research evidence has made an impact on the mindsets of allied health staff and aged care managers. Indeed, **in June 2021 Australian Government rolled out a program to implement Sunbeam in residential care facilities, to provide the best practice strength and balance programs, to improve the physical function of all residential aged care clients.** Indeed, the Sunbeam protocol has now been rolled out in hundreds of residential care facilities around Australia.

Based on the research protocol, and clinical experience, Dr Jennie Hewitt designed a clinical training program, **Exercise4Life - Sunbeam and Beyond**, focusing on assessment and prescription of exercise for Falls Prevention, Pain Management, Frailty, Bone health and Multi-morbidities *

The first training was held in Melbourne in December, at Europa on Alma, Bolton Clarke. The sold-out course gathered 20 enthusiastic allied health practitioners, some of whom had already used Sunbeam principles in clinical practice. **From assessment to exercise prescription, the contents of the course included flexible and functional options suitable to all sites, also including case studies discussing variations that allow the individualisation of the exercises, yet fulfilling the goals required.**

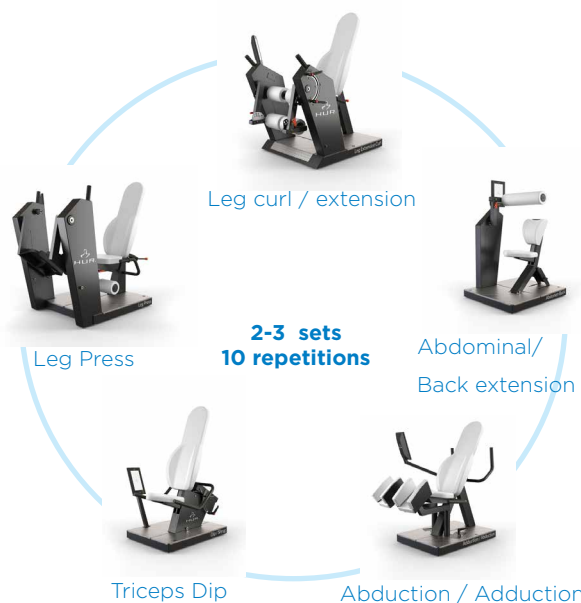
The time went fast with such a knowledgeable and enthusiastic presenter whose passion and determination has led to evidence based clinical and practical guidelines that can be applied to all.

The feedback from the participants has been very positive, also including positive comments from the participants' clients after the implementation of the new approach.

“That was a fantastic workshop - after so long feeling flat and disillusioned I’m actually looking forward to



Strength Exercise in Aged Care (SUNBEAM)



going to work and implementing a whole new approach, thank you.”

We are happy to support Dr Hewitt in rolling out the course around Australia.

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

Hewitt J et al. (2018) J Am Med Dir Assoc. Apr;19(4):361-369
 Hewitt J et al. (2019).Clin Rehabil. Mar;33(3):524-534
 Mak A et al. (2022).J Am Med Dir Assoc.



BE ACTIVE, BE WELL, ENJOY LIFE AT EUROPA ON ALMA IN ST KILDA

Bolton Clarke is Australia's largest independent not-for-profit aged care provider, offering at-home support, retirement living and residential aged care in Queensland, New South Wales and Victoria. In early 2022, their newest retirement living facility, Europa on Alma, opened in St Kilda, Melbourne. Since its opening the site has filled up fast, with the residents happy to choose an active retirement community that has the purpose of supporting people to remain independent, active and fit.

The site, designed in accordance with the Liveable Housing Australia guidelines, is fitted for quality of life, including cinema, library, conservatory style dining as well as senior friendly gym. **The gym was designed in collaboration with the Bolton Clarke physiotherapy team, and is fitted with air-based HUR equipment, that provide safe, yet efficient and progressive training to everyone.** Every resident can be booked in for an assessment

with the physiotherapy team, leading to an individual health and wellness plan that will allow all to enjoy doing the things they like and live independently in retirement.

Be active, be well, enjoy life – that is one of the mottos of the site, with the staff helping all residents to remain independent and as active and fit as possible. The allied health team has consulting rooms on site, and all residents will be assessed and offered a training program. **The HUR smart touch system allows all residents to train independently, yet supervised as the training programs are recognised by the equipment, providing automated, yet individualised programs.**

The residents are keen to use the gym. Many live an active lifestyle and saw the inclusion of a gym as a great asset to the site. They have warmly welcomed the ability to train in their own building independently, yet knowing that

the training is safe, prescribed and monitored.

The team of physiotherapists have enjoyed the inclusion of the gym. They all took part in the Exercise4Life training, given by Dr Jennie Hewitt on site at Europa on Alma. The practical knowledge from the researcher and clinician behind the Sunbeam protocol was an addition to the already knowledgeable team, increasing their knowledge on Falls Prevention as well as general health and wellness.



For more information about Europa on Alma visit <https://europaonalma.com.au/>



FITNESS PROGRAMS FOR OLDER ADULTS TOP FITNESS TREND FOR 2023 IN AUSTRALIA

The new year 2023 started with great visibility for active ageing. In early January American College of Sports Medicine (ACSM), published a list of Fitness trends around the world, identifying **the top fitness trend for Australia in 2023 to be “Fitness Programs for Older Adults”** (Kercher et al 2023). The leader of the investigation in Australia, Chris Alexander, stated that Australian Industry professionals recognise the need for fitness services to support the health and welfare of older Australians as the average age of the population increases.

Also in January, ACSM published a paper on the health benefits of resistance exercise (Sawan et al. 2023). The authors discussed the role of strength training for mobility and falls, cognitive function, cancer, metabolic health and mortality and suggested that **due to the beneficial effects for physical and cognitive function, along other benefits, strength training should be presented in the physical activity guidelines together with aerobic training**. The prevention of disability, reduction of falls and improving cognitive ability are likely to be high motivators for resistance training.

Providers from community care and retirement villages, as well as residential aged care, now understand **the value of exercise as medicine, with improved health and wellness leading to longevity, independence, and better quality of life**. Facilities are fitted with appropriate equipment, and supported by qualified allied health staff, allowing for safe, yet progressive training for all. For years we have been sharing success stories from our clients, you can read these in our Newsletter archive, <https://www.huraustralia.com.au/HUR-News> or from our testimonials site, <https://www.huraustralia.com.au/testimonials>.

In 2021 the Journal of Nutrition, Health and Ageing, published a literature review titled “International Exercise Recommendations in Older Adults (ICFSR): Expert Consensus Guidelines” (Izquierdo et al. 2021). A panel of experts reviews the ageing processes, and the effect of experiences and behaviours, especially the levels of physical activity and exercise, also summarising the impact of exercise with recommendations on exercise modalities to everyone for optimised exercise on slowing down physiological signs of ageing, as well as preventing and treating disease.

The authors' message is clear, **Exercise is medicine when prescribed right and controlled for the individual, just like any other medical treatment**. The evidence is clear on the health benefits to everyone, indeed, the final phrase of the article should be a guideline to everyone in the industry:

“Considering the accumulated evidence of the benefits of exercise in frail older adults over many decades, it is not justifiable to not prescribe physical exercise to these individuals, and one of the main challenges for the future is to integrate exercise programmes as a mandatory part of the care of pre-frail/frail older patients in all hospital, outpatient, and aged care settings”.

References:

Abou Sawan, S et al., (2023) I, Exercise, Sport, and Movement 1(1):e00001

Izquierdo M et al.,(2021) J Nutr Health Aging. 25(7):824-853.

Kercher, VM et al., (2023) ACSM's Health & Fitness Journal 27(1):p 19-30, 1/2

To read more, visit our webpage <https://www.huraustralia.com.au/news>, Fitness programs for older adults



BEWELL - THE ULTIMATE HEALTH AND WELLNESS CLUB

Welcome to BeWell, the ultimate health and wellness club designed to help you extend your healthspan and lifespan.

Our co-founders, David and Jan, envisioned a place where people could gain and sustain excellent health and wellbeing, a place that would change the way people age. With that vision in mind, BeWell was born.

We believe that with the right lifestyle, you can achieve health and wellbeing that extends your years of healthy living, life span, and quality of life. We know that aging is inevitable, but we also know that **with the right lifestyle, we can slow down, halt, and even reverse our biological clock.**

That's why BeWell offers a suite of self-care options that enable people to live younger, longer, and better lives.

To make our vision a reality, we researched methods that would allow us to create the perfect space, one that would include allied health and holistic services, allowing for a full training, recovery, and relaxation model.

We wanted to offer our services in a safe yet efficient manner, and that's where the HUR SmartZone came in. The safety, ease of use, and quiet function of the air-

pressure HUR equipment were a perfect fit for our site.

At BeWell, we believe that strength training is an important part of healthy aging. The health benefits of muscle physiology play a crucial role in the management of aging and chronic diseases.

That's why we offer a wide range of equipment through our "Strong, Fit and Well" program. With the HUR SmartTouch, our staff can create and manage our members' personal strength training programs as part of the BeWell Roadmap.

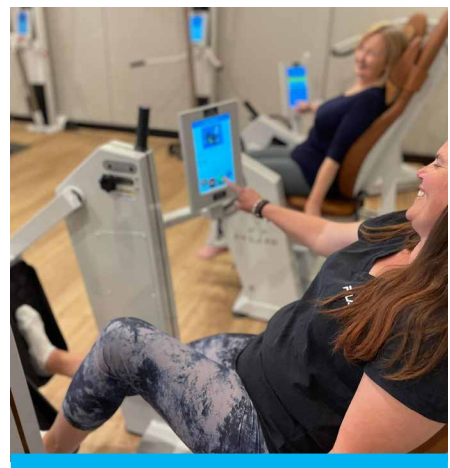
During each training session, the **HUR SmartTouch automatically collects training data in real-time, including repetitions, resistance, range of movement, power, and progress. Our members simply touch each machine with their card, and it automatically adjusts to their individual settings, including resistance, seating preference, and lever placement.**

The screen shows the number of repetitions to complete before moving to the next machine. There's nothing to think about; nothing to do, other than to get fitter and stronger.

Since our opening in 2022, our clientele has grown rapidly, and the feedback from our members verifies the vision of our co-founders. Our users praise the beautiful, calm cutting-edge space that offers an array of services using great equipment under one roof.

Within a short span of time, people have brought strength, balance, and energy to their lives. As one member said, BeWell is a life changer.

Join us today and experience the BeWell difference for yourself. **Live younger, longer, and better with BeWell.**



PRODUCT NEWS – SMART BALANCE

HUR SmartBalance is the perfect tool for assessing and training balance. The new HUR SmartBalance comes with an **updated user interface, improved adjustments, a new game and a new support rail**.

Balance is a crucial ability that we need in our everyday life. Climbing stairs, getting up from bed, carrying groceries. With **HUR SmartBalance** you can assess and train your client's balance in a matter of minutes. Clear analysis reports are printed.

The newly designed user interface and device of **HUR SmartBalance, with its modern look and feel**, makes the use of the software even easier than before.

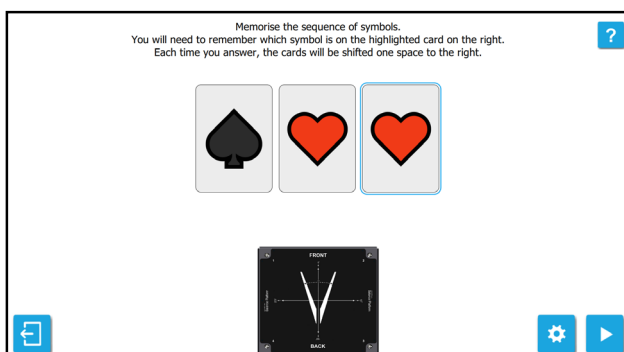
Combined with the HUR SmartTouch Falls Prevention concept, HUR SmartBalance is a crucial part of a successful and evidence-based falls prevention program.



What's new in the software?

- › The graphic design is improved for easier understanding.
- › 2 new exercises called **N-Back Test** and **Stop Signal Task** are added.
- › New game called **Tux Kart** is added.
- › **Maze** game improved.
- › Tennis game improved.
- › **Sensor Calibration** function added: Calibration also saves the values before doing a new calibration so that it can be restored if some thing goes wrong.
- › **Feature added to all exercises:** Before starting, the zero point is measured from wherever the user stands.
- › **Full screen mode** available (except TUX Racer)

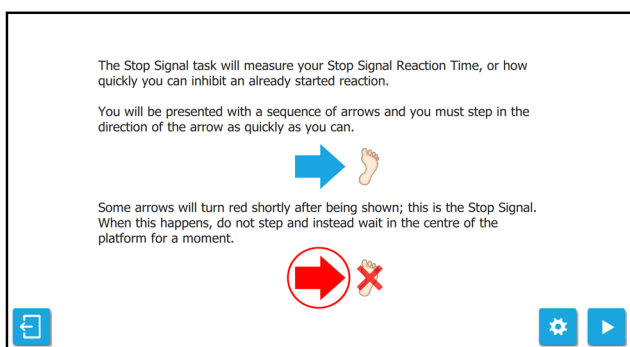
N-Back Test



With N-Back trainer you can train your **working memory** (= a cognitive system with a limited capacity that can hold information temporarily). Your task is to remember the sequence of cards, "is the new card same as the one which is located in the right side", and then answer yes/no by stepping in the guided direction on the platform.

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

Stop Signal Test



Stop Signal Task measures response **inhibition (impulse control)**. In Stop Signal Task user is shown arrows that can point to different sides. User then steps quickly to the same direction except when a Stop Signal is shown. The task applies the stop signal delay (stop signal will be shown a little bit later than the arrow) and this will also increase the difficulty level.

Tux Kart



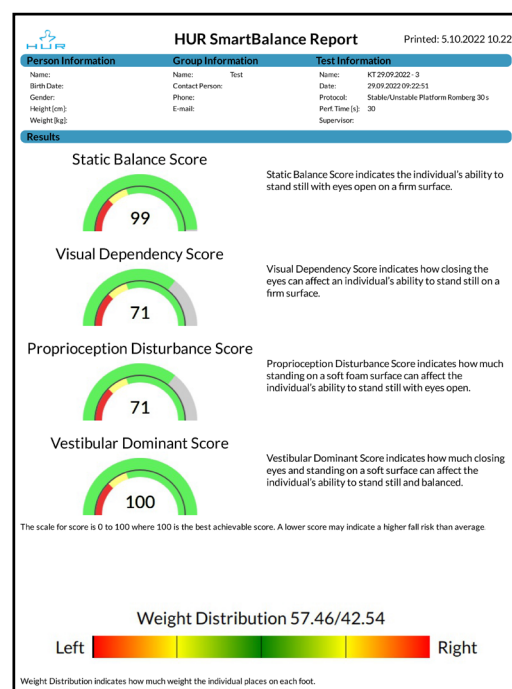
Tux Kart is a Kart racing game where you compete against other AI players. There are different tracks and difficulty level which user can choose. Improving your balance can, and should be, fun!

With SmartBalance, information is King

One of the most welcome features of the HUR SmartBalance software is the results explanation buttons which give more information about each parameter that is measured and also points the user towards areas of strength and balance training which need more focus. This is especially useful for helping new users to become acquainted with the testing and training processes and how to achieve the maximum benefit for their clients.

- **ROMBERG TEST.** The Romberg test assesses static standing balance. In this exercise the client is tested with eyes open and closed.
- **BALANCE SCORE.** The unique Balance Scores make analysing the results much easier and prints very clear and understandable reports for the tested person. Instead of tens of parameters it focuses on only five important and descriptive parameters with colour coded traffic light indication of fall risk.

- **COMPARE AND FOLLOW UP.** The software offers comparison mode, which makes follow-up of the person's progression easy. The comparisons are also colour coded with traffic light colours so that it is easy to see and easy to show when the green level has been reached.



LIVES ARE TRANSFORMED EVERY DAY BY THE POWER OF EXERCISE AT UNITING GYMS

Uniting (NSW and ACT) opened their latest seniors' gym in 2022, Bowden Brae in Normanhurst. This beautiful, award-winning retirement facility compliments their other locations around the state and territory. Membership has grown briskly and new apartment sales have been generated from community members visiting the gym and seeing the other facilities. Meanwhile, **the practice of Exercise is Medicine continues to improve lives across all of their gyms.**

Shaun Scammell is a member of Westmead Seniors Gym and has a medical history of lower back, leg and groin pain, hip bursitis, type 2 diabetes, hypertension and menopausal problems. She was sedentary in a wheelchair for 4 years, unable to weight bear for long periods due to lower back and leg pain. Nine months ago, Shaun underwent a bilateral hip replacement, after which she commenced rehab for 5 weeks and completed post-operation home exercises.

Shaun started coming to Westmead Seniors Gym June this year. **Her goals were to improve her lower limb strength, her flexibility, to be able to mobilise independently without crutches and to enhance her walking confidence.** Shaun follows a personalised gym program that encompasses a wide range of HUR equipment, including the leg press to strengthen her lower limbs and glutes and the leg extension to strengthen quadriceps - important for getting up and down from a chair. The abduction/adduction helps to keep her hips and knees stable while standing and walking and the pulley is used to strengthen her upper body posture and core. Along with these she completes a range of functional and balance exercises suited to her goals.

Since starting, Shaun has made good progress through her gym program. **She finds the HUR machines easy to use and she likes how the exercises for each machine are all programmed onto her card. She also thinks the screens are easy to read and likes that the repetitions are counted automatically.**

Six months into her personalised gym program, Shaun now attends the Seniors Gym 3 times a week. She has come a long way and is very pleased with how she is progressing physically and mentally. Shaun says **that "all the equipment used for strengthening the mind and body have been lifesaving and given me much more confidence and determination in my physical capabilities"**. Shaun can now walk without an aid and she is able to stand for longer periods without experiencing leg and back pain. These physical changes mean she now able to stand while preparing a meal and drive herself to medical appointments.

Lives are transformed every day by the power of exercise.





BRIGHTWATER'S ONGOING COMMITMENT TO FALLS PREVENTION

Brightwater Care Group is a leading provider of aged and disability care services in Western Australia. **Their commitment to the wellbeing of their residents has recently been highlighted by the Falls Improvement Program Team being recognised at the 2022 HESTA Excellence Awards on 24 November, last year.** They have now extended their ability to help residents by commissioning a state-of-the-art HUR gym, located at their new corporate head office and training centre - Brightwater Central, in Inglewood.

Brightwater's Chief Executive Officer, Catherine Stoddart, said that winning a HESTA award meant so much to everyone at Brightwater. **"This award is an acknowledgement of the wonderful work our staff do every day to ensure we can support our residents to continue to be independent and live well,"** she said. The Falls Improvement Program provides ongoing support and education to increase prevention awareness and includes professional development and educational sessions for staff to minimise risks and hazards.

The team also introduced weekly exercise sessions for residents to help prevent falls and hosted Zoom Chair Yoga sessions every weekday during Falls Month in April 2022.

Within six months of launch, the program contributed to an impressive 28 per percent decline in fall rates at several of the Brightwater Care Group homes.

Brightwater's Manager of Allied Health, Andrea King, said the new HUR gym was a wonderful addition to their program.

"The HUR equipment is an integral part of their approach to keeping older Australians well and preventing falls. Clients from Brightwater's aged care homes as well as clients they support in the community have been using the gym to safely get stronger and have been loving it!

"The gym officially opened in November last year with Brightwater clients already using it for weekly sessions."

Brightwater is now looking to further improve on this by adopting the Sunbeam Falls Prevention course from Dr Jennie Hewitt and by utilising their new suite of equipment from HUR.



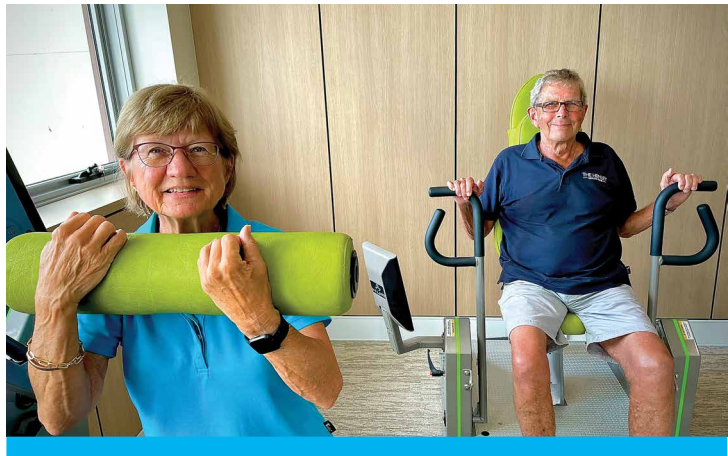
For more information about Brightwater Groups visit <https://brightwatergroup.com/>

STRENGTH LEADS TO BETTER LIFE

- STORIES FROM USERS

The Henley on Broadwater, QLD

15 years ago John and Henny started looking to downsize and went to see a display for The Henley on Broadwater, then called Grande Pacific. They decided to buy off the plan and watch the building go up. In November 2008 they were able to move in and have been living happily since then. Unfortunately, in 2016 John was diagnosed with Alzheimer's disease and he is grateful that residents and staff in the building have been very understanding and helpful.



Seven years ago Patrick Smith took over the building and renamed it "The Henley on Broadwater". **He wanted to create an active ageing culture on site with health and wellness professionals supporting all residents.** The inclusion of a gym was of high importance and the investment in the senior friendly **HUR equipment has been a great success with more than**

100 residents out of 131 signing up to their health club and training almost daily at the gym.

John and Henny never used to go to the gym but ever since the opening of the new health club, they have been training three mornings per week and really enjoy it. **"All equipment computerised and very easy to**

use, the atmosphere with other residents is always warm and lots of fun. Liz who manages the gym is absolutely amazing and very helpful to John". With the ease of the use and support from the staff

John and Henny can do their own training whilst still being together which is very important for both of them.

Real 50+, Hampton East, Victoria

I came across Real 50+ (previously Duke's) by chance. I wasn't looking to join a gym as I was doing weekly yoga classes and a fair amount of walking, so considered myself reasonably fit. However, I was intrigued so decided to check it out and was so impressed with Jonathan's passion and enthusiasm, as well as the concept of a fitness centre purely for the over 50's, that I joined on the spot.....and it was the best thing I've done for myself this year!

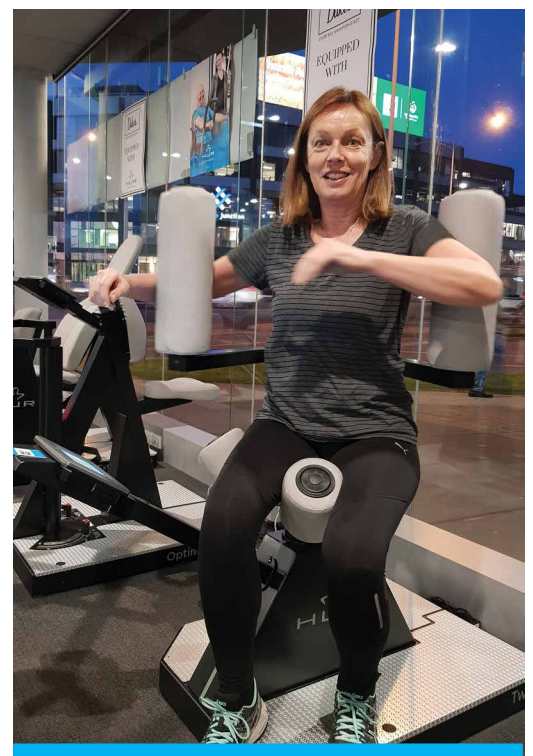
I soon realised that I wasn't actually as fit as I thought and quickly saw improvements which I'm keen to maintain, so my twice a week visit for workout or class is now part of my regular routine.

I've belonged to a few gyms over the years but have only used them for group classes as I've found them quite overwhelming places. My experience has been that you're really left to your own

devices, and I was never really sure how to use the machines correctly so just avoided them.

The atmosphere in some other gyms is a bit competitive and can be intimidating, but not here! **Jonathan has created a superb venue, not only with excellent facilities and equipment (especially the HUR machines), but he's created a space which is welcoming, fun and relaxing.**

In addition, you know you're being well looked after. You may at times sense Jonathan's eyes on you while you're doing your workout but he's simply checking that you're using the equipment correctly, so as not to cause an injury and ensure that you're getting maximum benefit.





HEALTHY COMMUNITY AND HOLISTIC WELLBEING AT CARINYA HOME

In the ageing population, exercise has proven to be a key aspect in improving the quality of life through the prevention of diseases, lowering the risk of falls, improving overall mental health and well-being, maintaining cognitive function, and strengthening social ties. **At Carinya, it is our mission and value to provide lifestyle options for those who are frail, in a supportive and caring environment through our commitment to provide professional quality services.**

Our aim is to continuously improve our services, which saw the opening of our gym area in the Wellness Centre last year, equipped with HUR Australia products.

With a focus on ease of use and functionality, HUR equipment has allowed our residents to explore and workout in a safe zone. Each machine has the SmartTouch software that allows our exercise physiologists to create exercise programmes tailored to the residents' strengths and abilities. This allows tracking of the

resident's progress by producing reports as required. From these reports, our allied health team are able to see the resident's progress and can adjust their programme as required. The gym is an accessible space for our staff to get involved as well. With the recent introduction of our 8-week wellness programme for staff, **the SmartTouch functionality makes it possible for residents and staff to exercise together without the need for manual adjustment of each machine between users.**

Our team here at Carinya are already seeing the positive effects the gym is having on our residents – we have only been using the equipment for two months and 30% of our residents are actively using the gym, with numbers continuously growing as awareness and understanding of the offering spreads! **Residents are demonstrating enhanced independence, elevated moods, and reduced agitation. Improvements in balance, strength, flexibility, and mobility are also being noted.**

Carinya is planning to open the gym services to their independent living residents and also to the community in near future.

"Our goal is to keep promoting a holistic approach to maintain the wellbeing of individuals, promoting participation in a healthy community and support spiritual and emotional wellbeing. **Purchase of HUR gym was the right decision and considered a real asset to us"** says CEO David Osborne.

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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