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# NEWS

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Photo courtesy of ACH

#2 | 2025

## Health and Wellness in community, retirement and residential care

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I'm thrilled to share our second Newsletter of 2025! Previously, we published annually, but now with two editions, we can share more client stories, special occasions, education, and product developments.

This edition covers all areas of aged care – community health, retirement, and residential aged care. It highlights how a designated exercise facility within a holistic health and wellbeing model enhances not just strength but also quality of life, as told in our client stories.

A successful exercise program is based on evidence-based recommendations and a proven clinical practice models supported by an allied health team. Health literacy needs to be widespread so everyone can achieve their best health. The inaugural Positive Ageing Summit gathered passionate professionals from all industry areas, including researchers, managers, policymakers, and clinicians. The event was a great success, and preparations for the 2026 Summit are already underway. You can read more about it on pages 6-7.

The conference also launched a podcast by keynote speaker Dr. Justin Keogh and strength training advocate Dr. Tim Henwood. Their podcast, Stronger Through the Ages, covers various aspects of exercise, from evidence to practical tips, making the principles accessible to all and motivating everyone to incorporate exercise into their lives for optimal health.

Advancements in technology make training easier and provide data to track progress, motivating continued training. HUR's Smart Flow offers fully interconnected and integrated training, supporting users, instructors, and facilities. Our product page discusses the possibilities and opportunities of the improved system.

As we approach the final months of 2025, we are inspired by the industry's passion for health, wellness, and reablement, despite governance challenges. The tribe is growing stronger and wider. We look forward to sharing more stories next year. Please let us know if you have a story to share!

We will continue to publish our Newsletter and regularly post blogs online and via eNews. Sign up for updates via the QR code on the left.

With best wishes,

**Dr Tuire Karaharju-Huisman**

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# ACH Group promotes healthy ageing with third Health Studio opening

**South Australian not-for-profit, full service aged care provider ACH Group has opened a new, advanced health and wellbeing hub in Rostrevor.**

ACH Group's newest Health Studio in Rostrevor represents a major milestone and investment in the health and wellbeing of older South Australians in Adelaide's eastern suburbs.

The ACH Group Health Studio features a custom-built gym and space for group exercise classes designed to meet the needs of older people.

Additionally, a comprehensive range of allied health services are available, including physiotherapy, exercise physiology, occupational therapy, podiatry, dietetics, and remedial massage.

A standout feature of the Health Studio is the integration of state-of-the-art HUR exercise equipment. The innovative technology and ability to adjust resistance to suit individual

fitness levels makes training more accessible for those with varying levels of mobility.

The inclusion of the HUR Senso machine further enhances the offer, by combining physical and cognitive training to improve balance and cognitive agility.

Adjacent to the Health Studio is an office space for ACH Group's community service teams who support local older South Australians to live well in their own homes.

ACH Group CEO Linda Feldt said

**"ACH Group is passionate about promoting healthy ageing, our health studios offer older South Australians the opportunity to connect socially, stay physically and mentally active, and access essential allied health services"**

"We know that social connection and good health and wellbeing are two of the most important elements of maintaining a high quality of life," she said.



Betty Vowles, who has been attending ACH Group health studio classes for more than a decade, estimates she has attended nearly 1500 classes.

At 90, she proudly said "I still drive, go on social trips, and have my friends from my classes, none of that would have been possible without the health studio and ACH Group."

"As I approach 91, prioritising my health and fitness has meant I've been able to keep doing the things that make my life great," she said.

The new Health Studio at Rostrevor joins existing health studios in Christie Downs and Glenelg in providing accessible opportunities for older South Australians to engage in health and wellbeing services.





## Stawell Gift is strength for Eventide residents

**Active Ageing in Stawell:**  
Eventide Homes residents get stronger with HUR equipment.

Just three hours outside of Melbourne, on the way to the South Australian border, lies the small country town of Stawell.

While many know Stawell for its famous foot race, the Stawell Gift, something equally inspiring is happening within the walls of Eventide Homes, where aged care residents are embracing exercise and regaining strength thanks to HUR gym equipment.

Since 1953, Eventide Homes has been supporting older adults across the Grampians region and Guide Healthcare, who have been working at Eventide for over 5 years bring their passion for innovative rehabilitation to their residents.

Today, Eventide continue to build on this legacy with a purpose-

built gym space equipped with state-of-the-art HUR machines.

This investment has given residents the chance to improve their quality of life, achieve personal goals, and enjoy the benefits of active ageing. Guide Healthcare Physiotherapist, Tenny has seen the impact firsthand.

One resident, Leon, set himself the goal of getting back on his feet before the end of the year. With determination, and the support of HUR equipment, he's making it happen. Leon proudly says that:

**"Without the HUR equipment, it would not have been possible for me to get up and walk again."**

And Leon isn't alone. Residents at Eventide enjoy circuit-style classes led by their physiotherapist, through a safe,

engaging, and tailored approach that builds both strength and confidence.

The message is clear: **Active Ageing is alive and thriving with Guide Healthcare at Eventide.**

Leon's favourite exercise; the HUR pulleys for lat pull-downs, has been a game changer. Helping him stand up more easily and regain independence.

With the support of innovative equipment, dedicated staff, and motivated residents, the community is seeing just how powerful exercise can be at every stage of life.

Guide Healthcare feels fortunate to be able to provide evidence-based, innovative and fun Physiotherapy programs to older adults living across Australia with implementation of HUR equipment in their programs.





## Health and well-being is a priority at Benetas Dalkeith Heights

**Benetas Dalkeith Heights is a retirement living community nestled between the central activity district of Traralgon and the Traralgon Railway Conservation Reserve.**

This award-winning Community Centre is architecturally designed to fit within the surrounding environment, while providing a full suite of facilities, enjoyed by all residents.

Community Centre is the heart and soul of the village, and a hub of activity with an indoor pool, gym, hair salon, library, billiards and cinema rooms.

The village also offers many outdoor activities including a bowling green, outdoor gym, community garden and golf.

Dalkeith Heights Retirement Village prioritizes the health and well-being of its residents by partnering with Dalkeith Gardens Residential Care and Benetas Home care to offer a range of health services, such as medication management, nursing support, and access to allied health professionals.

**At the centre of health is the gym, fitted with the air-resistance based HUR equipment, that allow safe, yet progressive training for all residents.**

The HUR Smart touch system, together with a range of cardio training equipment, supports all residents in their path to their best health.

All residents are also supported by local Accredited Exercise Physiologist Jas Ludlow. Earlier in the year Jas, HUR Australia's Dr Tuire Karaharju-Huisman and village manager Sandy Komen gathered all residents for an informative talk about the benefits of strength training for ageing in good health without age related diseases, followed by a clinical session at the gym.

Village manager Sandy Komen is excited for the inclusion of all the health and wellness programs that the village supports. Sandy is a long-time supporter of active ageing and is proud of all the services she can offer for her residents enhancing the quality of life for every resident.

# Positive Ageing Summit delivered its promise

The inaugural Positive Ageing Summit was set to inspire collaboration, share evidence-based strategies, and empower participants to achieve better outcomes in aged care.



The event delivered on its promise, surrounding attendees with like-minded individuals who believe in the importance of positivity and that everyone deserves to age well.

Throughout the two-day event more than 30 industry leaders presented in 20 keynote addresses, panel discussions, and interactive workshops, sharing their research, clinical knowledge, and lived experiences.

They discussed the best ways to support patient-centred care and the importance of allied health from retirement to end-of-life care. At the start of the Summit Dr. Justin Keogh's opening keynote set the tone, discussing

the significance of reablement and allied health. He summarized research evidence supporting the positive effects of exercise and strength training on health, wellness, and quality of life.

This message was echoed by many speakers and panellists, emphasizing that restorative care must be the default approach to successful ageing.

Anita Hobson-Powell, Chief Allied Health Officer – Department of Health, Disability and Ageing, highlighted the critical role of allied health in ageing well.

"We are essential to the effective delivery of health services, particularly in the prevention,

management, and treatment of chronic and complex conditions."

**"Our unique skills, knowledge, and dedication are invaluable to the healthcare system. Everyone, regardless of age or health status, has the right to a meaningful, dignified, and purposeful life."**

Day two invited more conversation on dementia care, the impact of medical care and management, as well as retirement living. The breakfast session on dementia care emphasized the need for carers and medical professionals to know the person, avoid overcomplicating care, and prioritize person-centred care.



Dr. Duncan McKellar, Hammond Care General Manager, stated, "We need people who can walk alongside others rather than stand in front and dictate."

The voice of consumers was represented by Vector Consultants Director Judith Leeson and Council of Elders Chair Anne Burgess. Burgess described her formula for good ageing as "two P's and an F" – purpose, people, and fun.

Both speakers stressed the importance of purpose, getting to know those you care for, and delivering care with compassion, kindness, and empathy. "Older people need a platform, opportunities, and to feel competent and valued. We can be influential," said Burgess.

Dr. Chris Bollen nicely summarized the purpose of Positive Ageing:

**"Positive ageing is more than a philosophy – it's a proactive approach to supporting older individuals in leading healthy, engaged, and meaningful lives."**

"For community aged care providers, embedding positive ageing practices means reshaping mindsets and services to focus on capability, not just care."

The Positive Ageing Summit was a true success, filled with conversations on the best ways to age, from our fifties to the end of life. The speaker lineup was brilliant, consisting of managers, clinicians, researchers, consumers, and community advocates, all sharing a positive

mindset and passion for best practices that lead to the highest quality of life. The wide range of topics included even the toughest subjects, such as dying, in a positive, caring manner.

After the two symposium days, participants visited aged care sites that have truly put Positive Ageing into practice. The first site, Clayton Church Homes -



Summerhill Residential Care Home, offers high-quality, person-centred care with allied health support, an on-site gym, specialist nursing services, positive ageing experts, and large open spaces. CEO Jo Boylan stated,

**"Providers need to set up a model of care that promotes health and incorporates healthy ageing actions into everyday living."**

The second site, Carmelite by Southern Cross Care Inc. (SA, NT, Vic), offers residential care, retirement living, community health and wellness, and day therapy. Carmelite is a beautiful site filled with light and positivity, reflecting the core values set by CEO David Moran. "Our

community-facing health and fitness centres provide allied health, exercise, reablement, and restorative care services to thousands of older people each year. Our dementia respite cottages focus on a healthy ageing model that includes exercise, engaging activities, and opportunities for clients to participate in daily living activities," Moran described.

The event was a true success, and we thank the team behind it: Australian Ageing Agenda, Community Care Review, and Positive Impact Media. We are excited to announce that, based on this year's success, the Positive Ageing Symposium will return in 2026. The theme, "From Better Practice to Lasting Change: Aged Care's Next Chapter," will take the discussions even further, with new speakers and experiences to share.

We are thrilled to continue our support for this great event!



## Stronger Through the Ages podcast spreads the healthspan message

**Despite the strong research evidence supporting strength training as the best way to treat and prevent chronic disease, as well as slow down ageing, action is not taken to provide the best practice exercise.**

**A recent study from Deakin University showed that whilst 90% of older Australians (aged 50-94) know that muscle health is important, only 9% have discussed it with their doctor.**

The authors of the study add that up to 95% would take action if told they were at risk.

To spread the message and to increase health literacy to all two advocates for strength training, Dr Justin Keogh and Dr Tim Henwood, started a new podcast, **"Stronger Through the Ages"**.

The purpose of this podcast is to spread the knowledge and clinical experiences on the many benefits of exercise for older adults, and especially the importance of weight-bearing and resistance training.

In this podcast, Justin and Tim, who are experienced researchers, educators, clinicians and strength training enthusiasts, sit down to discuss science, stories, and strategies behind helping older adults stay strong, independent, and thriving.

"An extended healthspan means experiencing optimal health and

quality of life, not just the absence of disease. Key components include physical, mental, and emotional health. As we age, exercise becomes crucial to counteract muscle loss and maintain strength and performance.

Progressive resistance and balance training, at least twice a week, helps maintain muscle mass and reduce the risk of falls and fractures", summarised Justin in a previous interview.



When asked about the best settings, Tim stated:

**"Effective programs require skilled, compassionate staff who can prescribe to clients' competency, celebrate their gains, support engagement, and educate them about opportunities."**

Interdisciplinary collaboration is vital for optimal physical, social, and mental health outcomes, fostering professional development among staff.

Evidence-based practice is crucial, avoiding 'set and forget' or 'one size fits all' approaches. Staff must understand and trust the latest evidence, embedding it into daily work.

The environment must be welcoming and accessible, promoting social connection and purpose. A cluttered, unappealing space won't encourage attendance, while a well-designed space supports clients regardless of age or complexity."

Since May nine episodes have been aired. From the introduction to the podcast, discussing how Exercise therapy is the only way to push back dwindle, decline in later life, the discussions have covered the importance of muscle mass, maintaining independence, living longer and better, and many more, really focusing on many key aspects of the issues that sometimes hinder us from exercising.





## Queen Victoria Care supports people to live their best life

Queen Victoria Care (QVCare) is an aged care community organisation that offers services in many areas of care: Residential aged care, residential respite care, palliative care, retirement living as well as supported living.

This beautiful home, established in 1891, is located in the beautiful community of Lindisfarne on Hobart's Eastern Shore, looking over the Lindisfarne Bay. The mission of Queen Vic is to be the Centre of Excellence for an ageing-well community, providing respectful, compassionate, individual care that supports the independence of every resident.

At QVCare, residents and their carers are at the centre of everything. Key values for staff are knowledge, empathy, accountability, and courage, creating an environment where residents feel safe, respected, and

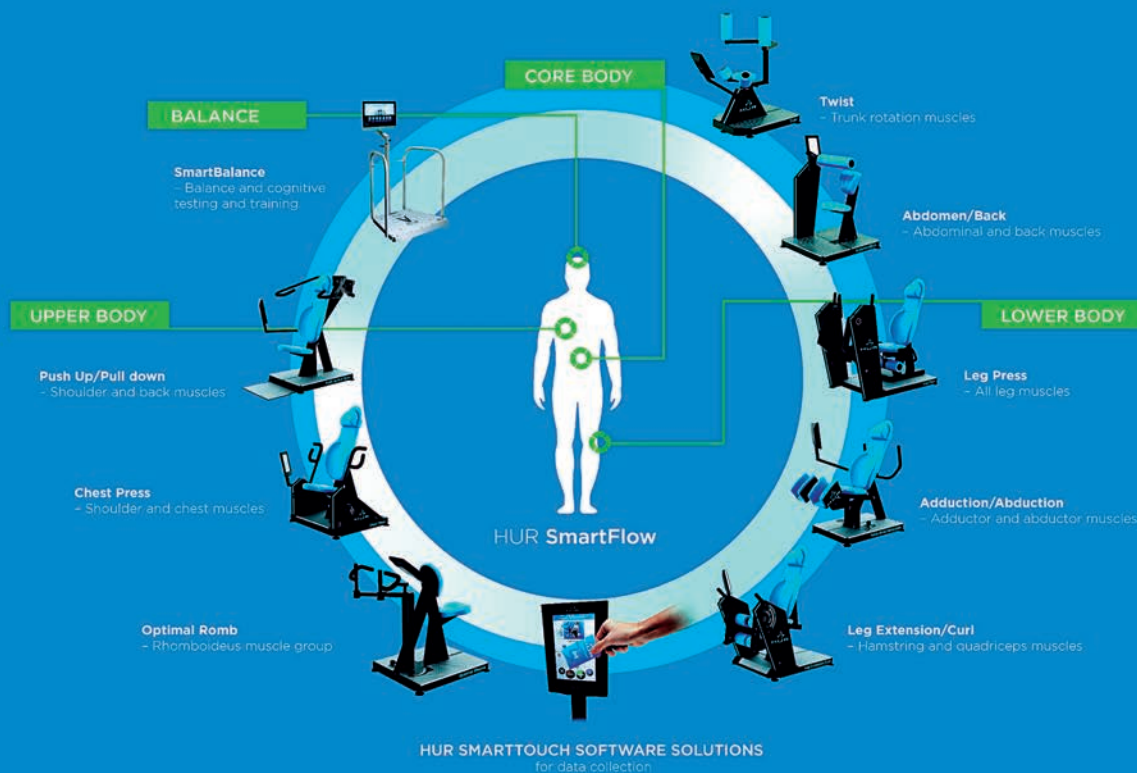
genuinely cared for. Queen Victoria Care has health, wellness, and reablement at the centre of services. The site has designed a contemporary, best practice Wellness and Lifestyle Program that promotes healthy ageing, and enables every resident to continue living a meaningful, independent, and purposeful life.

The fully fitted gym and pool allow everyone to exercise to their capabilities. The gym is fitted with air-resistance based HUR equipment, making training safe for everyone, and allowing every resident to enjoy exercise that improves their health.

The gym is always filled with laughter when residents are training, supported by the allied health team, care staff, lifestyle support, volunteers, and family members. The residents are supported also in their social

connection and holistic health with QVCare offering many other activities such as mindfulness and meditation, community choir, indoor bowls, gardening, and many more activities.

As stated by the residents - this isn't aged care, this is our home. The rooms are our houses, the hallways are our streets, the communal areas are our neighbourhood. QVCare is a community. The sense of belonging and the community spirit that sets QVCare apart from other aged care facilities. The staff's dedication to fostering a warm and inclusive environment ensures that every resident feels valued and cherished. This holistic approach to care, encompassing physical, emotional, and social well-being, makes QVCare a place where residents can thrive and enjoy their golden years to the fullest.



## HUR Smart Flow means evidence-based, interconnected, and fully integrated training

**HUR is a manufacturer of wide range of exercise, rehabilitation and wellness equipment together with related software and consultative services.**

HUR equipment is suitable for all ages and abilities including people with acute or chronic impairments. The air-resistance technology of the smart training devices optimises the training of muscles while minimising the load on joints and connective tissue.

The equipment is designed to be easy to access for all, catering for all abilities and levels of mobility, with the capability of starting near zero load with a 'stepless' increase of the resistance as people progress in their wellness journey. HUR is known for its SmartTouch evidence-based

training and management solutions that transform every training session into an intelligent, interconnected, and fully integrated computerized exercise system.

**HUR Smart Touch offers a solution for evidence-based, independent exercise and rehabilitation, providing a holistic experience and automated management that supports the user, trainer and clinic owner.**

HUR smart touch system supports the three tiers in training:

**The User** can train independently yet supervised as the RFID cards / Wristbands activate the individualised training program,

automatically loading the resistance, repetitions, lever arm placement and seat height. The touchscreen also displays provides workout instructions, customized settings, progress visuals as well as individual goals. The users can track their progress online and via the mobile app, in or outside of the gym.

The mobile app also allows the user to combine the gym based exercise with home based exercises, allowing for the monitoring of total exercise activities, and training whilst a gym cannot be accessed.

**The Instructor** can create training programs can be created manually or via a library of training and rehabilitation protocols.



Automated adjustments for resistance, sets and repetitions, as well as lever arms and seat placement can be pre-set for every user individually.

Equipment-free exercises, such as stretching and active static workouts, can be tracked with paper-free recording, easy-to-follow instructions and automated user-synchronization.

metrics of the facility's data, including facility status, equipment usage, and user outcomes.

Outcomes tracking can be reported across time and peer groups leading to reduced wait times thanks to automated equipment and efficient circuit formats. Multi-site management can also be streamlined via the cloud-based operating software

experience and provide outcome data. It is now easier for every user to keep track of their progress, and also share the data with health professionals, loved ones, and friends.

As said by one provider: "With intelligent equipment, automated features and motivating touchscreens and reporting, we can now meet the requirements of a diversified customer group –



The smart touch system allows the instructors quickly and easily familiarize users with HUR equipment, as well as streamline user follow-ups, benchmarking, outcome tracking, and equipment usage reports, eliminating mundane tasks and paperwork.

**Facility Operators** gain a competitive advantage with powerful, effective equipment, while smart automation saves on staff resources. Automated Reporting tracks key performance

offering complete control in one system – whenever, wherever.

The latest addition to the HUR series, HUR mobile app, brings the full exercise package to every user's own device. The extension of the SmartTouch workouts into home using 140+ equipment-free exercises, complete with exercise videos and simple instructions, allows the user to combine all exercises performed. The app also collects key exercise data to maximize individual training

covering preventive exercise, rehabilitation and maintenance training."

HUR is a knowledge-based company with a clear mission, working with customers who share our passion for providing the best solutions possible for lifelong strength and wellbeing.

Together, we contribute to the wonderful mission of our clients; improving and changing lives, extending lifespan.

# Thank you all to 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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