

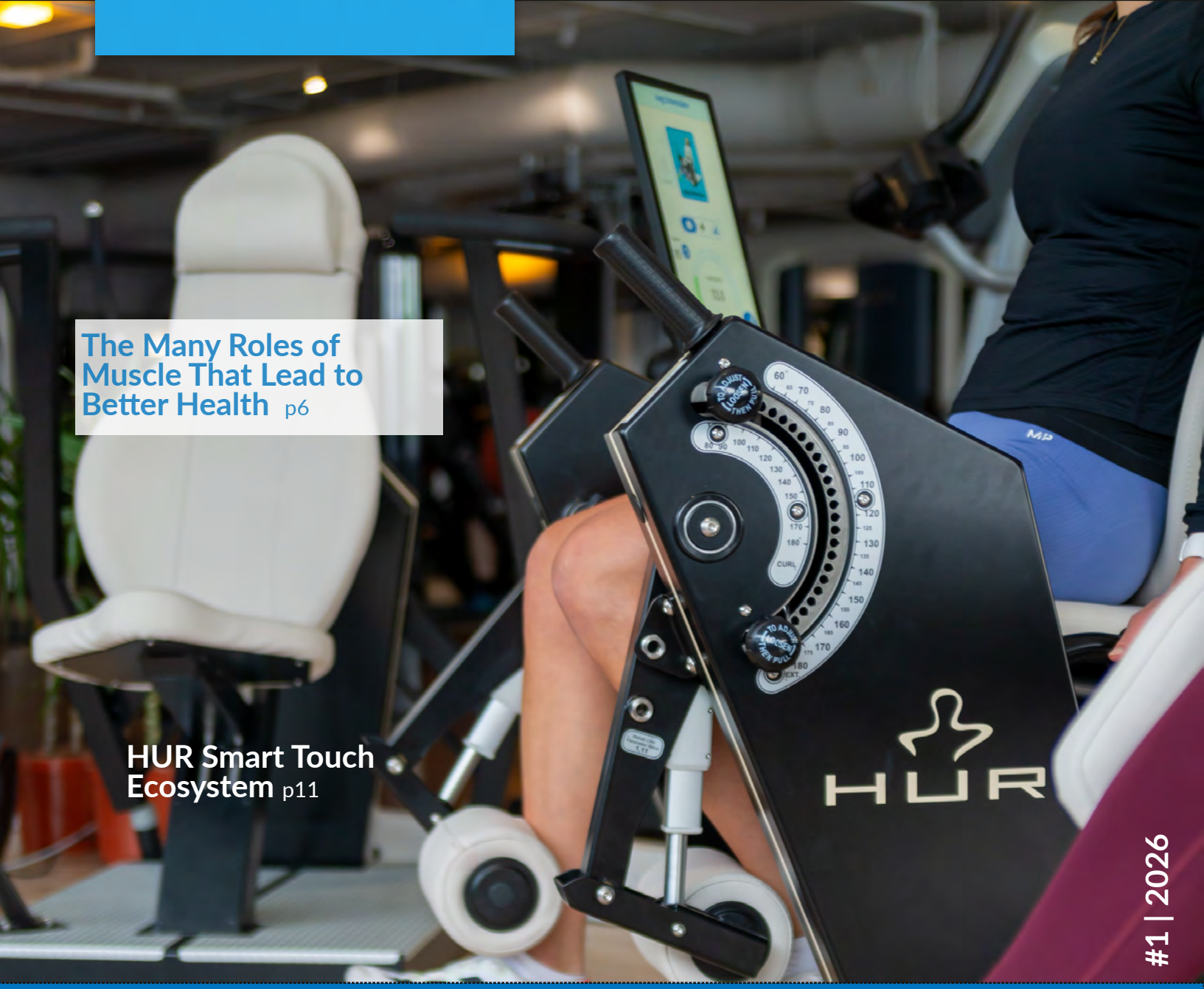


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NEWS

The Many Roles of Muscle That Lead to Better Health p6

HUR Smart Touch Ecosystem p11



#1 | 2026

Exercise delivers Health and Wellness in community, retirement and residential care

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In the beginning of 2026, I set the theme for the year. This year's topic was an easy one as it reflects some great articles that were published at the end of last year and in January 2026.

This year – let us talk about “**Muscles – From Physiology to Function.**”

This topic will allow us to discuss the current research but also tell the stories from our clients – share some real-life testimonials on what can be achieved with exercise!

To start this storytelling, we are publishing this supplementary edition on some of the stories from last year, while we are collecting the new stories from our clients.

It has been a great start for a new year with many site visits all around Australia. It is always wonderful to visit people face to face.

When the gym equipment has been installed the journey really begins. We train the staff and offer support in educating the residents.

We give presentations to the residents and can also support the site via collaborating with other companies, such as allied health and service platform providers.

As the conference season begins, we are excited about what lies ahead. The many meetings will cover all the areas of the industry, and discussions surely will cover the many recent changes, as well as future proofing of the industry, including the care models, services and opportunities, financial certainty, technology and strategies.

We look forward to meeting everyone, to share our news; the strengthened eco-system that now also includes our cardio system as well as additional assessment. Let us make this a great year when we all reach towards our best health!

With best wishes,

Dr Tuire Karaharju-Huisman

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

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.

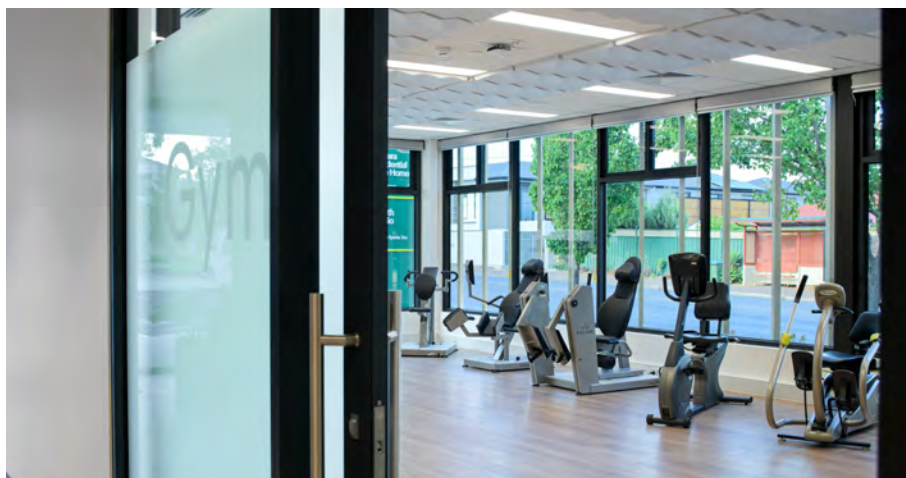


Betty Vowles, who has been attending ACH Group health studio classes for more than a decade, estimates she has attended nearly 1500 classes.

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.





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.



HUR gym equipment helps Kiama's retirement residents to thrive

Cedar on Collins, Kiama's newest premium coastal retirement community opened its doors in September 2023.

With thoughtfully designed apartments and tastefully appointed features throughout, this considered approach extended to our gym. With over 90 years' experience in providing residential and retirement lifestyle options, Fresh Hope Communities understands the importance of maintaining an active and healthy lifestyle for people in this stage of their lives.

Which is why we consulted HUR Australia who specialise in gym equipment for people 50+ to fit out our brand new gym space and tailor it to the specific needs of our residents.

The end result? A gym that our residents can't wait to go to, equipment they love to use.

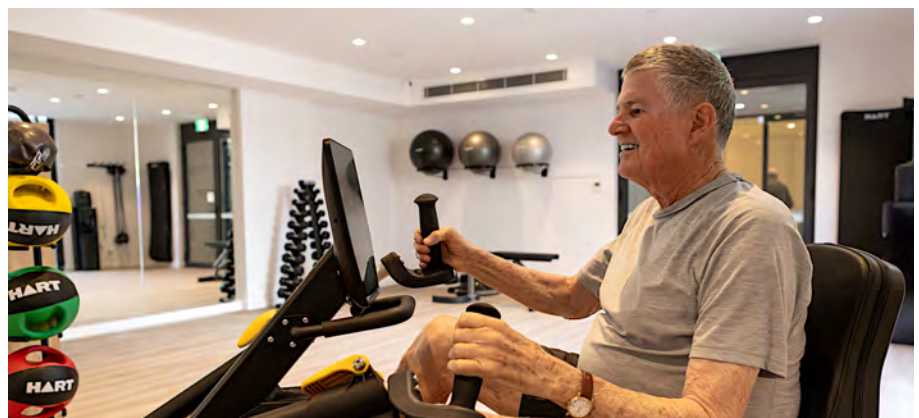
Community Manager Laura added, "We're proud of the gym space and equipment provided by HUR. The equipment is easy and safe for anyone to use and looks great!

It's a space that residents are eager to come to and it's also a huge drawcard when people

are looking to move into a retirement community.

We have one resident who goes every day at 4pm. Others have also made it a regular, non-negotiable in their week.

They want the opportunity to maintain their active lifestyles and feel good within themselves so that they continue to thrive in their retirement years. HUR has helped us achieve this."





The Many Roles of Muscle That Lead to Better Health

The research evidence over the past decades highlights the importance of strength training to optimise muscle mass, strength and function, and therefore maintaining health and preventing disease

Muscles are the Reserve Bank of Health

Muscles are our main movers but also have a role as endocrine organs assisting in the management of general health. Skeletal muscle is the largest organ system in our body, making up almost half of the protein reserves; Muscles are the “banks” we can withdraw protein from when our body needs to fight infections and rebuild cells.

Understanding that muscles can act as an immune organ, regular strength training becomes a prevention against diseases.

Muscles are a pharmacy

Muscles have a direct liaison to many functions, such as metabolic rate, glucose metabolism, cognition, blood pressure, and blood lipid levels, and are therefore directly linked to the treatment and prevention of almost all chronic diseases. When exercise is properly prescribed, it can work as an efficient medicine to optimise muscle health and reduce the risk of many conditions.

Leg muscles are muscles of life

Leg muscles are the muscles of life; They allow us to get up, move around and do daily activities, while maintaining health and avoiding disease. The ability to complete these activities equals to independence and quality of life for many, thus the loss of the leg strength can be a significant event.

Muscles are insurance

Preserving muscle preserves physiological reserve - We exercise to fight against everyday stressors. Muscle strength reduces our vulnerability to disease and slows the biology of ageing being one of the most powerful healthy longevity tools we have.

Muscles are our insurance for independence and resilience.

Muscles are key to healthy living

When we understand the true impact on exercise and describe it properly, we can optimise health, function and independence across the lifespan. The inclusion of strength training allows us to maximise our healthspan and live a life where we add life to our years, not just years to our life.



Bolton Clarke is celebrating 140 years of caring

Bolton Clarke is celebrating 140 years of caring for Australians, marking the day the first members of the Melbourne District Nursing Society - later RDNS and now Bolton Clarke - met, establishing home nursing in Australia.

The service started with a single nurse and today is Australia's largest independent not-for-profit provider, with a team of 16,000+ supporting 130,000 Australians.

Today, Bolton Clarke teams support people at home and in the organisation's 43 retirement living communities and 88 residential aged care homes nationwide.

As Australia's heart of positive ageing, they are focused on services and environments that help people age well, supporting movement, purpose and connection.

For residents at Bolton Clarke Callisto Place, a new vertical retirement living community at Bundoora in Melbourne, that means contemporary apartments designed for ageing in place, with care and allied health support on hand when needed and an on-site gym featuring HUR equipment.

Regular fitness sessions including chair yoga attract strong interest and Bolton Clarke's award-winning Be Healthy and Active education sessions on health topics help further support wellbeing.

Senior Village Manager Guy Marinucci said residents received an induction at the gym on moving in, ensuring they can take full advantage of the facilities.

"One resident had a stroke before coming here and was using a walker for mobility," Guy said.

"Since moving in, he has incorporated the gym into his regular activities and is now moving around freely without support."

The village, part of the Polaris master-planned development, also offers a library, cinema, arts and crafts room, sports bar and rooftop terrace.

Apartments are fitted with smart technology including Bolton Clarke's award-winning InTouch digital independence systems, while residents can stay connected and order services through the village's Buddy app.

An on-site concierge is available to support daily needs and arrange social events.

For exploring further afield, residents have use of a shared Tesla car through an innovative partnership with Ohmie GO.



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.



Encore Retirement Living thrives for community, health and wellness

Encore Retirement Living communities provide residents with a sense of well-being, surrounded by a safe and enjoyable environment to enhance their life in retirement.

Encore offers sites where the residents enjoy private residences but share recreational and community spaces. All communities are designed for active and connected ageing making everyone feel more independent as they age, not less.

Maintaining a healthy, active lifestyle is key to getting the most out of retirement. These new-look developments want to enhance a positive lifestyle with plenty of activities and great infrastructure to assist everyone to join in. With community

facilities, walking paths, group fitness classes and more on site, it is easy to prioritise holistic health and well-being.

The Encore Trafalgar Community centre opened in October 2024, bringing people together and fostering a true sense of community. The centre offers common facilities for health and wellbeing including an indoor swimming pool and a gym equipped with world-class HUR Australia technology, featuring air resistance equipment that is safe, yet efficient for seniors.

The space also includes a contemporary kitchen for hosting functions with family, friends and fellow residents, a casual lounge area for relaxed conversations and social catchups, a dining area

for effortless entertaining and shared meals and a Multi-Purpose Area for events, activities and celebrations, among others.

To celebrate the official opening of the gym the site organised a health day. All residents gathered together to hear about the benefits of strength training from HUR Australia's Dr Tuire, followed by a healthy morning tea and a visit to the gym.

All residents were excited to have access to the gym and try out the equipment. From active gym goers to novice users, everyone was keen to get started to reach their best health. The residents are ready to embrace everything that the site offers for them to stay in their best health!

Mercy Health supports health and quality of life for every resident through exercise

The importance of maintaining health and wellbeing through exercise is well understood across the retirement living and residential aged care sectors.

Mercy Health, one of the leading national providers of aged care services in Australia, remains at the forefront, ensuring that older adults receive the best care possible by choosing HUR strength training equipment for their beautiful new facility in Harris Park, New South Wales.

Strength training has many benefits for maintaining overall health, especially for older adults, including:

Improved Muscle Strength

As we age, muscle mass naturally decreases. Strength training helps counteract this loss by building and maintaining muscle strength, required for daily activities and maintaining independence.

Enhanced Bone Health: Strength training also improves bone

density. This is particularly important for older adults who are at risk of osteoporosis and fractures.

Increased Metabolism

Building muscle increases the resting metabolic rate, leading to burning more calories even at rest, thus helping with weight management and overall health.

Better Balance and Stability

Strength training improves balance and stability, reducing the risk of falls and related injuries.

Enhanced Quality of Life

Regular strength training contributes to better overall well-being, increased energy levels, and improved mood.

Mercy Health's decision to choose HUR strength training equipment reflects their commitment to providing the best care for their residents. Sonia Carter, Project Lead for Interiors mentions the proven

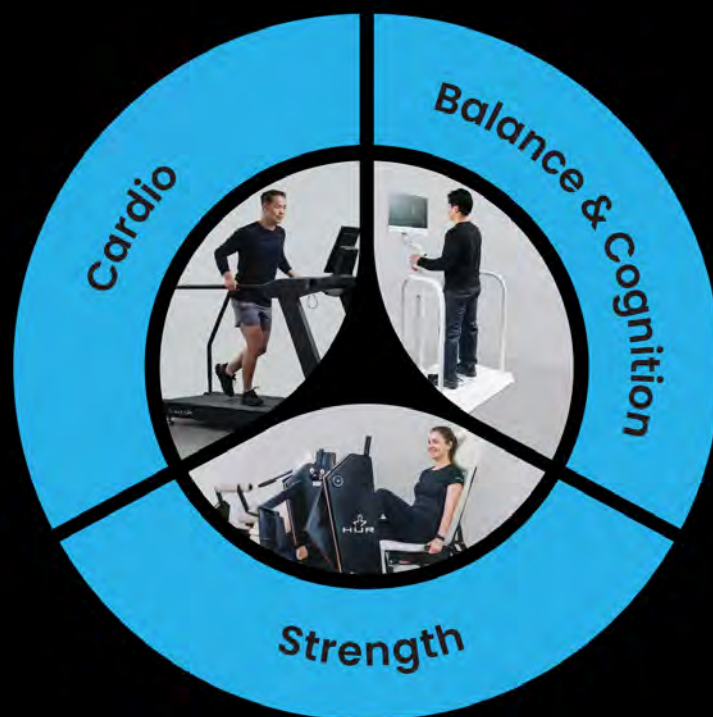
effectiveness of the equipment at getting seniors into a gym, often for the first time in their lives, also appreciating the right look for a facility that prides itself on getting the details right.

"HUR equipment has had a good uptake in our other facilities, and I have no doubt it will be the same at Harris Park. Our clients love the ease of use, with families of some residents also saying they can see a real difference in their parents."

The Harris Park facility marks the fourth Mercy Health location to choose HUR equipment, following successful implementations in Ballarat, Warrnambool and Geelong, demonstrating Mercy Health's commitment to health, well-being, and quality of life, and dedication to providing state-of-the-art equipment that enhances the lives of all residents.

Photo: Mercy Health, Ballarat





HUR Smart Touch Ecosystem – From assessment to exercise and monitoring

HUR SmartTouch™ evidence-based training and management solution transforms every training session into an intelligent, interconnected, and fully integrated computerized exercise system. The ecosystem is divided into three components:

Assessment Tools – HUR Performance recorder, HUR smart balance and HUR Health station allow for a full assessment, automatically integrated in the smart touch system. The baseline measurement scan aid in the creation of the program and assist in the monitoring of progress.

Exercise Equipment – HUR strength, cardio, balance & cognition training, together with

additional exercise connected via HUR Freetrainer, allow for a full set of exercise suitable for all clients, from athletes to individuals with mobility limitations.

HUR SmartTouch™ Software - HUR smart touch system supports three users in training:

The User can train independently yet supervised as the RFID cards activate the individualised training program, automatically loading the resistance, repetitions, lever arm placement and seat height. The users can track their progress online and via the mobile app, in or outside of the gym.

The Instructor can create training programs with automated

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

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

Facility Operators gain a competitive advantage with Automated Reporting tracks key performance metrics of the facility's data, including facility status, equipment usage, and user outcomes that can be reported across time and peer groups leading to reduced wait times thanks to automated equipment and efficient circuit formats.

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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