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NEWS



The importance of
exercise in
cancer care
p6-7

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Strength leads to health, wellness, confidence
and independence in care and community.

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What a wonderful year 2026 has been. Across residential aged care, retirement living and community care, many new sites have opened, expanding access to specialised exercise services.

We also revisited several long-standing sites—some operating for more than a decade—and it is inspiring to see them still thriving and changing lives.

Throughout the year, new research has continued to highlight the vital role of exercise in supporting healthy ageing, preventing illness, and assisting in treatment. A major milestone was the inaugural Exercise Oncology Conference held in Germany, reinforcing the growing global recognition of exercise as a key component of cancer care. Australia remains a leader in this field, and in this newsletter we share a story from MedHP in Melbourne (p. 7) showcasing how their partnerships with hospitals and oncology practices are delivering life-changing exercise support during treatment and recovery.

This year we are delighted to host our own HUR Day—an opportunity to share research insights, hear from guest speakers, and showcase new technology. We hope that we will get to host many more of these days in the future!

As I write this editorial, I am already excited for next year, when we will celebrate the 10th anniversary of the HUR Australia Newsletter. Over the years we have shared countless client stories, knowledge articles, conference highlights and celebrations.

Time has certainly flown. We are proud to be the only HUR team globally producing a regular newsletter, and grateful to our wonderful clients who continue to create environments where healthspan is prioritised and every user is supported to live their best life.

In addition to our newsletters, we regularly publish blogs online and share updates through our E-News. If you would like to stay connected, you can sign up via the QR code on the left.

With best wishes,

Dr Tuire Karaharju-Huisman

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

A handwritten signature in black ink, appearing to read 'Tuire', followed by a horizontal line.



Age Well, Stay Strong, Live Independently

REABLE Wellness Centre by Police HomeCare is an evidence-based health and wellness facility supporting older adults to build strength, confidence, and independence through safe, tailored exercise.

Each program is individually designed to improve balance, strength, mobility, and endurance, supported by Exercise Physiology, GYROTONIC®, and Physiotherapy services.

Progressive resistance training is central to our approach. It is widely recognised as the gold-standard method for maintaining muscle mass, protecting bone health, improving balance, and supporting everyday independence.

Whether you are new to strength training or returning after time away, research consistently shows meaningful improvements can be achieved at any age.

Our advanced HUR equipment uses air-resistance technology to deliver smooth, precise, incremental load adjustments, ensuring every session is safe, controlled, and matched to your ability level. Computer-controlled systems track power output to support accurate exercise prescription and progression. As an industry leader in active ageing, HUR technology plays a key role in helping reverse age-related losses in muscle mass and bone mineral density.

Our core program follows the evidence-based Muscling Up Against Disability (MUAD) framework, shown to improve strength, balance, and confidence in older adults. Each plan is personalised to your goals, providing a strong foundation for maintaining independence and quality of life.

Whether you are ageing well, managing a chronic condition, or recovering from illness or injury,

our exercise pathway complements your home-care supports and enables you to continue living life on your terms.

REABLE Wellness also offers GYROTONIC® individual and duet sessions. Using specialised Pulley Towers and the Jumping Stretching Board, these sessions promote smooth, flowing movement to enhance spinal mobility, posture, joint comfort, and overall body awareness. This method integrates seamlessly with strength training to support whole-body wellbeing.

Our Specialist Team begins with a comprehensive assessment to understand your health goals, medical history, physical capacity, and any chronic musculoskeletal imbalances. We then design a tailored exercise program to safely and effectively support your needs, improving function, increasing pain-free range of motion, and helping you stay independent for longer.



Supporting Health, Strength and Confidence at Bass Care Morgan Glen Iris

At Bass Care Morgan Glen Iris, we are proud to have HUR exercise equipment available for our community members, supporting our ongoing commitment to wellbeing, movement, and maintaining independence.

The HUR system is specially designed with older adults in mind, providing safe, comfortable, and effective strength and mobility exercises.

The equipment uses air resistance technology, making it gentle on the joints while still helping to improve muscle strength, balance, coordination, and overall confidence.

Exercise is not only about physical health it is also about staying connected, active, and feeling empowered. Regular movement can support everyday activities such as standing up,

walking, maintaining balance, and feeling more confident in daily routines.

Our goal is to encourage community members to feel comfortable using the equipment and to understand that exercise can be enjoyable, achievable, and adapted to individual needs.

Everyone has different abilities and goals, which is why the HUR equipment can be adjusted to suit each person's level and comfort.

We are also working on building confidence around the use of the gym area, ensuring residents feel supported and encouraged when participating.

Our team is here to help members become familiar with the equipment and understand how it can be used safely.

The HUR gym is a great opportunity for community members to take an active role in their wellbeing, whether it is improving strength, maintaining mobility, or simply enjoying some movement as part of their weekly routine.

At Bass Care Morgan Glen Iris, we believe that staying active is about more than exercise, it is about maintaining independence, confidence, and quality of life at every stage.





Wellness Centres Open New Doors to Healthy Ageing

Southern Cross Care's commitment to healthy ageing has taken an exciting step forward with the opening of their Wellness Centres at Holland Park and Chinchilla in Queensland.

The centres are purpose-designed to help older adults build strength, confidence and connection through safe, supported movement.

Prior to the official opening of their first Centre at Holland Park, national reablement expert Dr Tim Henwood presented to local seniors on the importance of maintaining mobility and independence as we age.

Since then, both Wellness Centres have welcomed dozens of members, who have eagerly embraced the opportunity to improve their health and wellbeing.

Leading the day-to-day operations at the Wellness Centre Holland Park are Exercise Physiologists Hayley Darke, Umar Khan, and Connor Jones, who work closely with each member to complete an initial assessment and develop personalised exercise plans tailored to their needs and goals.

"We have been grateful and delighted by the feedback from residents who have attended so far. Many approached the Wellness Centre with some hesitation about traditional "gym culture," but they have quickly discovered how personal, safe, and rewarding the space is", shared Hayley.

"Over the past few months, we have also loved getting to know the beautiful community, supporting them in their physical wellbeing by developing

individualised programs and delivering informative educational sessions that offer great social networking opportunities.

"We are passionate about creating an environment that is supportive and encouraging, helping our clients feel empowered and confident in their own bodies."

The response from members has been overwhelmingly positive, with many already reporting improved strength, mobility and social connection.

With promising early results and strong member engagement, the Wellness Centres mark an exciting new chapter for Southern Cross Care's expansion into allied health, and a model they hope to extend to more of their communities in the future.

The Importance of Exercise in Cancer Care

Exercise is increasingly recognised as a powerful adjunct therapy in cancer care.

Benefits extend beyond general health to directly influence disease progression, treatment outcomes, and survival.

Research in exercise oncology shows that physical activity can act as a form of “medicine,” producing measurable biological effects even in advanced stages of cancer.

One of the most significant discoveries is the impact of exercise on the body’s internal chemical environment.

Research from Edith Cowan University, led by Professor Rob Newton, demonstrates that skeletal muscle releases proteins called myokines during exercise.

These molecules have anti-cancer properties, including suppressing tumour growth and activating mechanisms that directly target cancer cells.

Remarkably, even a single high-intensity exercise session can elevate myokine levels. In men with advanced prostate cancer, a 34-minute exercise bout increased these proteins and reduced cancer cell growth by about 17% in laboratory conditions.

This suggests that every “dose” of exercise contributes to a short-term anti-cancer effect, reinforcing the importance of



consistent activity. Beyond these acute effects, long-term exercise participation is associated with improved prognosis. Large clinical trials, such as the Challenge Phase III trial in colon cancer, show that structured exercise can reduce recurrence and extend survival.

While exercise does not replace treatments like chemotherapy, it is now considered an essential component of evidence-based cancer care, with experts advocating for supervised exercise to be routinely prescribed.

Exercise also enhances treatment tolerance and recovery. It can improve how patients respond to therapies, reduce side-effect severity, and minimise surgical complications.

Regular activity helps counter fatigue, muscle loss, reduced bone density, and impaired mobility.

Benefits extend to mental health, with exercise shown to reduce stress, anxiety, and depression while improving sleep, mood, and overall quality of life.

These advantages are seen across many cancer types, including breast, colon, lung, and prostate cancers.

Evidence supports the use of both aerobic and resistance training, with programs tailored to individual abilities and treatment stages.

In summary, exercise provides multifaceted benefits in cancer care. It improves physical and psychological wellbeing, exerts direct anti-cancer effects, and may enhance survival—making it a vital, evidence-based component of modern cancer treatment.



Exercise is Medicine During Cancer Treatment

At MedHP Gym in Highett, we believe exercise should be an essential part of cancer care. Appropriately prescribed exercise can improve treatment tolerance, reduce fatigue, maintain strength and fitness, support mental health, and enhance quality of life during and after treatment, also playing a vital role in survivorship by helping people regain confidence, independence and physical function.

Cancer treatment can be one of life's toughest curveballs. Side effects such as fatigue, loss of strength, reduced fitness, anxiety and uncertainty can make exercise feel overwhelming. Physical decline during treatment is common, thus the maintenance of movement and functional capacity is now recognised as an important part of cancer care.

To meet this need, MedHP has developed tailored exercise programs for people undergoing or recovering from cancer

treatment. Our Exercise Physiologists provide individualised programs in a safe, supportive and unthreatening environment, helping patients navigate a time that is often challenging and unfamiliar.

Established in 2022, MedHP was created through a partnership between two major Bayside medical practices and a team of Exercise Physiologists and Exercise Scientists, to support people with complex medical conditions, including cancer.

Our gym features HUR smart resistance equipment, functional strength training areas, cardiovascular machines and Senso balance system to accommodate a wide range of abilities and treatment stages. The HUR equipment allows precise, gentle progression, making it particularly valuable for patients experiencing treatment-related weakness, fatigue or reduced confidence.

MedHP has partnered with ICON Radiation Oncology at Holmesglen Hospital, where eligible patients can access a funded 13-week exercise program during and following radiotherapy. We also support private oncology patients referred by specialists, General Practitioners and allied health professionals.

Our goal is to minimise the physical decline often associated with cancer treatment, improve mental health, and help people emerge stronger, healthier and prepared for long-term survivorship. Exercise cannot change a diagnosis, but it can significantly influence how people experience treatment and recover afterwards.

MedHP is proud to help bridge the gap between medicine and movement, providing patients with the confidence, guidance and support they need to keep moving forward.

Increasing Capacity to Keep Older Territorians Living Independently for Longer

Southern Cross Care (SA, NT & VIC) Inc. opened a state-of-the-art \$18 million expansion of its aged care services in Darwin.

The expansion includes a new age-friendly Health & Fitness Centre designed to support active, independent lifestyles, slow down the onset of frailty and delay hospitalisations for older people who live in their own homes.

The new Health & Fitness Centre has increased the number of people who can access these services.

The Centre's open, modern look and feel has also attracted more interest from the Pearl Retirement Resort community, which forms part of the Pearl precinct within which the new Centre is located.

The design of the space, and the use of brand new HUR equipment, provides a specialised environment for the Southern

Cross Care team to deliver more contemporary, high quality services.

HUR equipment is integral to Southern Cross Care's individualised healthy ageing model

- used in all its Health & Fitness Centres - due to the way the machines are tailored to each client's goals-based program.

Southern Cross Care has also been able to onboard new allied health staff who have been drawn to the space because of its potential to make a real difference in clients' health, strength, mobility and independence.

New staff combined with the latest equipment and a purpose-built space have created the best fitness, independence and rehabilitation services for clients.

Southern Cross Care CEO David Moran said, "This will keep more

people out of the hospital system and delay the need for residential aged care."

"The new Centre is purpose-built for Southern Cross Care's healthy ageing model, providing even better support to promote clients' independence and keep them living at home with a good quality of life for as long as possible."

The project was constructed with significant financial assistance from the Australian Government Department of Health, Disability and Ageing, and kind assistance from the Northern Territory Government with the provision of the land.

The Pearl expansion also included two new memory support wings with the latest dementia-friendly design, located next to the Health & Fitness Centre but linked to the Pearl Supported Care residential care home.





Elevating Clinical Rehabilitation: The Impact of HUR Pneumatic Technology

As a Clinical Exercise Physiologist operating a private clinic within Rossmoyne Waters, an Adventist Care-run aged care facility, my primary goal is to foster independence, recovery, and vitality among our residents. Managing the onsite clinic and gym space involves a diverse range of responsibilities, from conducting initial gym inductions to designing specialised exercise treatment protocols.

My daily caseload covers musculoskeletal injuries, pre- and post-surgical rehabilitation, and complex chronic disease management like osteoarthritis, diabetes and cardiovascular conditions. In this clinical environment, the equipment we use is just as crucial as the programming itself.

This is why integrating HUR pneumatic strength training equipment into our facility has

been so helpful. Working with an aging demographic and individuals recovering from acute injuries requires an environment where safety is the absolute priority.

The pneumatic technology behind HUR machines replaces traditional heavy weight stacks with air resistance. This fundamental shift provides peace of mind for both the clinical staff and the users; I never have to worry about the inherent risks associated with dropped weights or moving metal parts when our residents are training independently or under supervision.

Beyond the safety aspect, the user experience of HUR equipment is exceptional. The machines are incredibly user-friendly, featuring intuitive adjustments that are manageable even for clients with limited

dexterity or cognitive decline. More importantly, the pneumatic resistance delivers a uniquely smooth and continuous feeling throughout the entire range of motion.



Ultimately, the HUR pneumatic machines empower our residents. They bridge the gap between clinical rehabilitation and everyday fitness, allowing me to deliver high-quality, safe, and effective exercise interventions that genuinely improve the physical capabilities and overall quality of life for the Rossmoyne Waters community.

Written by Mitchell Craig, Valetudo Health



Bed Bound to Better - Sue's 16 Month Journey to Physical Independence at Infinite Care

Sue Brennan achieved what many thought may not be possible.

After 16 months of intensive rehabilitation, she waked out of Infinite Care Cleveland on her own two feet – just in time for Christmas.

When Sue first arrived at Infinite Care Cleveland her mobility was severely compromised.

She was completely bed-bound, at high risk of hip dislocation, and required full assistance from two personal carers and a mechanical hoist for the simplest of movements.

Sue's spirit remained unyielding. From day one at the home, she made her goal clear - she was going to walk again.

Her recovery was powered by a multi-disciplinary 'wrap-around'

care model. Sue engaged in a rigorous schedule consisting of weekly physiotherapy sessions through Encara, supported by Infinite Care's Strength and Conditioning Program, where she participated in two additional sessions each week.

This high frequency and structured approach provided the foundation Sue needed to transform determination into recovery.

"Sue's journey is testament to what happens when personal grit meets a structured, expert support system,"

says the Infinite Care team.

December 18, 2025 marked the end of Sue's residency, but the beginning of her renewed life of restored confidence and independence at the age of 73.

Walking out of Infinite Care Cleveland independently was the culmination of hundreds of hours of work by Sue, her physiotherapists and the dedicated Infinite Care team who supported and cheered her on daily. A truly special early Christmas gift!



Reflecting on her achievement, Sue says: "I believe my success was driven by my determined spirit. The structured programs supported my recovery and I am so grateful to the Physio and Strength and Conditioning teams for helping me achieve my dream to walk again."

Story by Sarah Luckhardt – Infinite Care Communications



Uniting Seniors Gym Canberra: Growing Stronger Through Exercise and Community

Since opening its doors in 2018, Uniting Seniors Gym in Gordon, South Canberra, has continued to grow, supporting older Australians to stay active, independent, and connected within their community. Membership has increased by 90 per cent, reflecting the rising demand for specialised exercise services, and the team has expanded from two staff members to five.

The Uniting Seniors Gym team supports members onsite and also delivers exercise physiology services through home visits, helping older people maintain strength, mobility, independence, and quality of life in a range of settings.

The service extends beyond individual programs. Members benefit from regular clinical assessments, educational talks, and social events fostering

connection and community. Recently, the Canberra team participated in the inaugural Seniors Gym Olympics, bringing members together to compete alongside participants from Uniting's other ten gym sites.

At the heart of all Uniting Seniors Gyms is the philosophy that 'Exercise is Medicine'. Purposeful exercise plays a vital role in improving health, function, and quality of life as people age, supporting independence and confidence.

For Canberra Seniors Gym member Hans Sander, exercise is central to maintaining his independence and wellbeing. Since a spinal cord infarction in 2013, Hans now attends the gym twice a week. His program is tailored to help him remain as self-sufficient as possible, manage pain, and maintain his physical health.

Over the years, Hans has made steady progress and continues to value the benefits of regular exercise. His sessions incorporate HUR equipment, including the elbow extension machine, which helps him maintain upper-body strength for transfers and supports the management of shoulder pain. He finds the equipment easy to use and appreciates having his exercises programmed onto his exercise card, making each visit straightforward and familiar. Hans's experience highlights how individualised exercise programs meaningfully support older adults living with injury, disability, or chronic health conditions.

Through personalised programs, home visits, education, university partnerships, and social events, Uniting Seniors Gym Canberra is creating opportunities for older Australians to stay active, independent, and connected.

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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