

Serving the local community since 2001

Back in Shape



Physiotherapy & Pilates



Helen's Mat Classes

Term dates: 2019 Term 2

Start: Tuesday 23 April

End: Friday 28 June

Alphington Bowls Club

Parkview Rd, Alphington

All ages and abilities classes

Mon: 12-1pm & 7-8pm

Wed: 5.30-6.30pm

Fri: 9.15-10.15am & 10.30-11.30am

Cost: Mon: 8-week term: \$184 or \$28/class casual

Wed/Fri: 10-week term: \$230 or \$28/class casual

Fairfield Community Room

Station St, Fairfield

Over 50s class

Mon: 9.30-10.15am

Cost: 8-week term: \$96 or \$14/class casual

Limited mobility class

Mon: 10.30-11.15am

Cost: 8-week term: \$96 or \$14/class casual

Muscle maintenance in later life

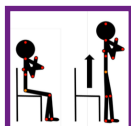
You might have seen a recent episode of *'Trust me, I'm a doctor'* on SBS that addressed the worrying fact that as we get older, it becomes increasingly difficult to build new muscle, and also hard to maintain the muscle we already have. From the age of 50 onwards, on average people will lose one per cent of their muscle mass each year, with our corresponding strength diminishing at almost twice that rate.

Of course, it doesn't have to be this way—this is an average, after all. Most older people tend to lose muscle mass due to increased levels of inactivity. The old adage of 'use it or lose it' is pretty spot on. The less we use our muscles on a regular basis, either through choice or injury, the quicker those muscles will deteriorate. Studies on hospital patients have shown that a 10-day hospital stay is enough to cause a 10-per-cent loss of muscle in the legs and a 15-per-cent loss in leg strength.

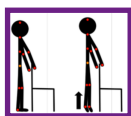
The common advice has historically been to combat this decline with weight training, also known as resistance training. Older adults are advised to do two sessions a week, lift a weight for any given exercise equivalent to 60 per cent of the load you can lift for a single repetition.

The problem is that even for many fitness-minded people, the prospect of going to the gym is too intimidating or unpleasant that this advice goes unheeded. And for less fitness-orientated people, they simply might not be able to get to the gym, even if they wanted to.

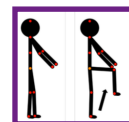
To address this issue, and make resistance training more attractive and accessible, Dr Oly Perkins from the University of Bath has developed a simple routine of five exercises that can easily and comfortably be done at home, using nothing more than your own bodyweight and a chair. The exercises are:



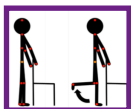
Sit to stand: start sitting on a chair and stand up without using your arms, before lowering yourself back to a seated position. Repeat as many times as you can in a minute



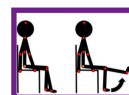
March on the spot: stand still and alternately lift each knee to hip height. Continue for a minute



Heel raise: stand still with a chair in front of you for support and raise up onto the balls of your feet before lowering your heel to the ground. Repeat as many times as you can in a minute



Seated knee extensions: in a seated position, alternately raise each leg straight out in front of you. Continue for a minute



Standing knee bend: stand still with a chair in front of you for support and

PUBLIC HOLIDAY ALERT:

There will be no classes on:
Monday 22 April - Easter Monday
Monday 10 June - Queen's Birthday

Tim's Pilates

Call Tim for information on 0410 010818

These classes will resume on Monday 4 February and will run continuously without term breaks.

Alphington Bowls Club

Parkview Rd, Alphington

Mon: 6-7pm

Cost: \$120 for a block of 10 classes or \$15/class casual



alternately raise each heel behind you until your leg forms a right angle. Continue for a minute

Each exercise is performed for just 60 seconds—the aim is to do as many as is comfortable for you to do in that minute—and then you take a minute's rest before moving on to the next exercise. With five exercises of a minute duration each, and with a minute's rest between each, each session will take just nine minutes. You should aim to do this routine twice a day: once in the morning and once in the evening. The exercises are simple enough that it is easily possible to do them while watching TV!

A test involving 20 participants between the ages of 65 and 80 put these exercises to the test. Half the number did the exercises as described above, twice a day for a month. The other half of the group were the control group who did no formalised exercise.

At the end of the test, those who had done the exercises increased their thigh muscle mass by two per cent and their leg strength improved by five per cent. In just one month, they increased the same amount of muscle they would have lost in two years. Subsequent studies showed that this simple exercise program can activate as much muscle as recommended gym exercises.

Many people might find this program an ideal way to transition into a more demanding resistance training program, involving the addition of hand-held or leg weights as an ideal way to add more resistance. But if you are 65 or over—especially if you have just come out of hospital—these simple exercises could prove to be the most important thing you do to maintain your muscle mass, strength and independence.

If you would like me to work with you through these exercises, especially if you are recovering from an injury, please book a physio appointment to see me.

Active Standing Exercises

'Active Upright Exercises' can be done anywhere you find yourself standing for a few minutes. So don't just stand there. Stand actively!

Deep Glutes

We did this exercise in Term 1 in a lying position. This version can be done anywhere, any time, standing up:

- Stand tall, with heels together and toes wide, like a ballerina.
- Take a breath in to prepare and, as you breathe out, squeeze your heels together until you feel your buttocks tauten.
- Keep squeezing together and come up on your toes.
- Aim to keep the heels as close together and as high as possible. As you do this, gently pull your tummy in and imagine you are growing taller through the crown of your head.
- Breathe in and slowly lower. Stop squeezing the heels and feel the buttocks relax.
- Repeat for 5-10 reps.
- If necessary, touch a wall/chair to steady yourself, but aim to minimise the need for this as you improve.
- See picture above to check out the raised position



Exercise snacking

Fun-sized fitness

Conventional wisdom tells us that we should exercise for at least 30 minutes a day, five days a week, giving us a total of 150 minutes per week. An exercise like a brisk walk is ideal for this.

The biggest impediment to such a regime is that many people genuinely struggle to find 30 minutes a day to devote to exercise. All too often, exercise is one of those things on our to-do list which always gets pushed down the priority list, such that we never quite get round to it.

Other excuses include the thought that for it to count as exercise, you have to be dressed for exercise, and that changing into your exercise gear and then showering and changing back into your normal clothes means that the 30 minutes is more like an hour, and who has an hour to self-indulgently 'waste' on exercise?

Well the good news is that while 30 minutes a day remains a good goal to strive for, the latest research shows that it doesn't all have to be done in one go. You can split the 30 minutes into three 10-minute sessions, if you prefer, and this is a whole lot easier to achieve during a busy day.

But what, I hear you ask, can I do in 10 minutes? Well you could do worse than the five exercises outlined in the main article.

At nine minutes per session, you could easily squeeze two of these into your working day, and still have time for a 12-minute power walk during your lunch break.

So don't just sit there. Get snacking!

