

Serving the local community since 2001

# Back in Shape



## Physiotherapy & Pilates



### Helen's Mat Classes

#### Term dates: 2020 Term 3

Start: Monday 13 July 2020

End: Friday 18 September 2020

#### Alphington Bowls Club

Parkview Rd, Alphington

#### All ages and abilities classes

Mon: 12-1pm &amp; 7-8pm

Wed: 5.30-6.30pm

Fri: 9.15-10.15am &amp; 10.30-11.30am

Cost: Mon: 10-week term: \$200

Wed: 10-week term: \$200

Fri: 10-week term: \$200

#### Fairfield Community Room

Station St, Fairfield

#### Over 50s class

Mon: 9.15-10.00am

Cost: 10-week term: \$100

#### Limited mobility class

Mon: 10.30-11.15am

Cost: 10-week term: \$100

Please Note: All classes—for both Alphington Bowls Club and Fairfield Community Room—will continue virtually on Zoom at the special Covid-19 low rate! Casual attendance will only be possible once we have resumed physical classes again.

### PUBLIC HOLIDAY ALERT:

There are no public holidays this term

### Tim's Pilates

Call Tim for information on 0410 010818

These classes are currently on hold due to the Covid-19 pandemic. If the classes are able to resume during Term 3, Tim will contact class participants to advise. If classes are able to resume in Term 4, the details will be posted in the next issue of this newsletter. In the meantime, stay safe and healthy.

### Zooming through!

The Covid-19 pandemic has affected us all. I have been very impressed with the number of my class participants who have successfully grappled with technology and embraced the online Zoom classes during Term 2 (although perhaps not as impressed as I am with myself for grappling with technology to make it happen!).

Undoubtedly we had a few teething problems, but I think we all did extremely well to adapt to the new circumstances in order to continue doing our Pilates. I cannot stress enough how important I think it is that during these weeks of social isolation/lockdown/working from home we maintain as much of a normal routine as possible.

It was for this reason that I kept all my classes at the same time they would normally run so that your routines would not be detrimentally affected and so that you can continue doing your Pilates at the same time with the same people. Apart from all the physical and mental health benefits of continuing a fitness program with our friends, it will also help ensure that we are still in the routine when the restrictions are lifted.

I probably do not need to stress how important it is to stay active. In fact, it is probably more important than before. Those of you working from home for the first time have undoubtedly noticed that you do not move nearly as much as normal. Anybody who has a fitness tracker and who easily reaches 10,000 steps a day may be struggling to attain half that number now. Sitting in front of a computer for up to nine hours a day—without the incidental movement involved in getting to and from work, popping out for a coffee or lunch, or even trekking backwards and forward to the printer or photocopier—has a marked effect.

Those of us who rely on the gym or the pool for our exercise will be the most affected, as most would be hard-pushed to replicate our normal workouts at home. And added to this, being stuck at home often means an increase in sedentary behaviour, such as binge watching the latest Netflix offerings, while eating more from boredom. So we all need to make a greater conscious effort to get up and move more, and virtual Pilates over Zoom has proved a great way to do this, as many of you have discovered.

I've received an enormous amount of great feedback complementing me on keeping the classes and social interaction going, as well as providing recorded classes to enable you all to do the same class several times a week if you are motivated (or bored) enough to do so. The recordings also allow you to split the class into smaller increments throughout the day, which





is a great way to break up the tedious inactivity of staring at a computer screen.

In addition to Pilates, I'd also like to remind you of the five exercises devised by Dr Oly Perkins from the University of Bath, which are designed to maintain muscle mass as we age. I would recommend these as an ideal way to combat muscles loss as we survive the changes imposed on us from the Covid-19 new world. I covered these

exercises in my Issue 17 Term 2 newsletter in 2019, but I have summarised them again in the adjacent sidebar article.

As I prepare this newsletter, restrictions are slowly being lifted, but there is an understandable degree of uncertainty regarding how soon we will be able to resume our 'normal' lives. The reality might be that some restrictions might well become our new normal, as companies find their staff can effectively work from home, for example.

The City of Darebin has no current plans to reopen its community spaces, due to concerns over standards of cleanliness and safety. The Alphington Bowling Club might open its doors sooner, but in both venues we need to abide by the social distancing recommendations, which will restrict class sizes.

For the start of Term 3, I plan to stick with Zoom at the special 'Covid-19 virtual rate' and I'll keep you posted on changes as restrictions lift. But in the meantime, I'll see you for the Zoom classes and you can enjoy the challenge of the five key exercises shown opposite as you stay healthy.

## Active Standing Exercises

'Active Standing Exercises' are designed to allow you to do some exercises in otherwise unproductive time when you are on your feet. So don't just stand there. Stand actively!

### Single-leg heel raises

This is a good exercise to improve your calf strength

- Stand tall on one leg.
- If necessary, touch your fingers against a wall or bench top for support, but do not lean in a way that supports your weight.
- Rise up onto your toes, getting as high as you can, and then lowering slowly.
- If you find this too difficult, start with both legs together until you are strong enough to perform the exercise on one leg at a time.
- It helps to visualise that you are growing tall through the crown of your head while you do this.
- Repeat the exercise until your calf starts to burn or the movements become shaky, and then swap legs.
- Do this exercise every day. As your muscles get stronger you will be able to progressively perform more repetitions.
- A moderately fit person should be able to achieve 25 reps at a time.
- Once you get used to the exercise, you will be able to add a second and even a third set.
- Always try to do the same number of reps on each leg.



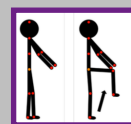
## Five key exercises

### Staying strong in isolation

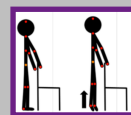
**1. Sit to stand:** start sitting on a chair and stand up without using your arms, before lowering yourself back to a seated position. Repeat as many times as you can in a minute.



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



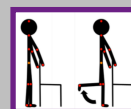
**3. Heel raise:** stand still with a chair in front of you for support and raise up onto the balls of your feet before lowering your heel to the ground. Repeat as many times as you can in a minute



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



**5. Standing knee bend:** stand still with a chair in front of you for support and 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 repetitions as is comfortable for you to do in that minute, then take a minute's rest before moving on to the next exercise. Each session should take just nine minutes.