

Serving the local community since 2001

Back in Shape



Physiotherapy & Pilates



Helen's Mat Classes

Term dates: 2021 Term 1

Start: Monday 1 February 2021

End: Wednesday 31 March 2021

Alphington Bowls Club

Parkview Rd, Alphington

All ages and abilities classes

Mon: 12-1pm & 7-8pm

Wed: 5.30-6.30pm (**Zoom only**)

Fri: 9.15-10.15am & 10.30-11.30am

Cost: Mon: 8-week term: \$200

Wed: 9-week term: \$225

Fri: 8-week term: \$200

There will be no casual attendance initially in order to regulate class sizes. However, all participants will have access to the Wednesday class Zoom recording online at no additional cost.

St. Andrews Uniting Church

These classes were formerly held at the Fairfield Community Centre.

Please note the new venue at 85 Gillies Street, Fairfield. Access is via the alleyway off Duncan Street.

Over 50s class

Mon: 9.30-10.20am

Cost: 8-week term: \$112

Limited mobility class

Mon: 10.30-11.20am

Cost: 8-week term: \$112

There will be no casual attendance initially in order to regulate class sizes. However, I will be experimenting with live Zoom recording of these classes for anybody unable to attend in person. These Zoom recordings will be available to all class participants online at no additional cost.

PUBLIC HOLIDAY ALERT:

There will be no class
on Labour Day
on Monday 8 March 2021

ONERO: building up our bone density

I have previously told you about my osteoporosis and osteopaenia and how I have seen improvement in recent years as a result of increased impact exercise. To further my own education on the subject, I have recently joined the Melbourne Osteoporosis Support Group, which meets five times a year and provides members with a monthly newsletter with the latest information and research findings worldwide.

I would recommend anybody suffering osteoporosis and osteopaenia to join, by visiting www.melbosg.org.au or phoning Janeene Barry on 0407-823714.

In the last meeting I attended in October, the guest speaker, Linley Prince, spoke about the ONERO program. This is an award-winning evidence-based exercise program for osteoporosis, arising from three studies conducted at The Griffith University Brisbane, and which has been demonstrated to measurably increase the bone density. You can find more information at <https://theboneclinic.com.au/research>.

The ONERO program is based on Olympic weight lifting and involves lifting heavy weights as a form of High Intensity Training (HIT). This is designed to load the bones in order to stimulate new bone growth.

Now I'm sure more than a few of you might have tuned out at the mention of heavy weights, thinking that this is definitely not for you. But bear with me as it is not as intimidating as you might at first think.

Participants of the ONERO program are assessed by a physio and taught four simple exercises and supervised while they perform them. For people who have never trained with weights before, all the exercises can initially be performed with a broomstick until good technique becomes second nature. In this respect, it is very safe. Nobody is pushed to use weights heavier than they are comfortable to handle, as it is important to use a weight with which program participants are able to carry out the exercises using good form.

Five sets of five repetitions of each exercise are performed, with weight gradually increasing as each person becomes fitter and more proficient.

As an interesting example, one of the ladies who attended the meeting started with a broomstick 18 months ago, and is now able to comfortably squat lift her own body weight! The four exercises together





help improve both balance and overall muscle strength.

The sessions are performed twice a week and each takes 30-40 minutes. As with any exercise regime, the program needs to be done regularly and should become a life-long commitment.

There are only four studios in Melbourne that currently teach the ONERO program, and we are fortunate to have one of these located in Alphington at the Back in Motion fitness centre at 731 Heidelberg Road. To contact them, call 03-9499-6336.

The cost of each session is between \$27.50 and \$42, depending how you pay, but this is rebatable through most private health funds.

I have just embarked upon this program myself in a quest to improve my bone density. I will share with you my journey as I progress.

Active Standing Exercises

'Active Standing Exercises' are exercises you can perform anywhere at any time when you are on your feet with a few minutes to kill. For example, when you are standing in a supermarket queue, these exercises might just help the line seem to move more quickly. So don't just stand there. Stand actively!

Single-leg quarter squats

This is another good exercise to strengthen your VMO muscle, helping you maintain muscle balance at the knee and helping prevent or mitigate pain at the front of the knee.

- Begin the exercise with a double-leg quarter squat, as follows:
- Stand with your feet hip distance apart and with the arches in your feet lifted, but heels on the ground.
- Your knees should point directly forward. Imagine you have headlights on your kneecaps. The beams of light will shine straight ahead in two parallel lines.
- Standing tall and keeping your body upright, bend both your knees while maintaining your correct alignment.
- Squat as low as you can without pain. If you experience any pain or discomfort, back off a little and make the movement smaller.
- Keep your heels on the ground throughout the exercise.
- Return to the start position.
- Once you have mastered this movement, try progressing by lifting one foot off the ground. You should keep your pelvis level, which can be achieved by putting your hands on your hips. Use a hand for support on a wall or chair back if you need.
- Bend and straighten the knee. Aim to build up to 10 repetitions per leg.
- If this is painful, you may need to book in to see your physio.



Changes in 2021

What you need to know

Due to the City of Darebin's strict COVID rules, we have made the decision to move classes from the Fairfield Community Centre to St Andrews Uniting Church. This has a lovely carpeted hall that allows more people to attend the classes. This venue also has the advantage of a large adjacent carpark, and perhaps most importantly, good access to the coffee shops on Station Street!

Classes at the Alphington Bowling Club will resume. This space allows up to 12 people per class. The Wednesday 5.30pm class will continue on Zoom, which will be posted online for all to access. The Monday and Friday classes will be live. As the Monday midday class has grown to 15, I'd encourage anybody who can to transfer to another of the classes.

As class space remains restricted, there will be no casual attendance this term for any classes in order to regulate the class sizes and to ensure no regulars need to be turned away. As such, I'd request that you all pay for the term ahead up front, either by cash, cheque or direct bank transfer.

Importantly, you will all need to bring your own mat to all mat classes. These are available from Kmart for \$19 - \$39, but I will also give you the option to buy one of my existing mats for \$5.

You will notice that I have increased the cost of all classes by \$2. Apologies for this necessity, but the last increase was in January 2019 and I actually dropped my prices as a COVID discount as we moved across to the Zoom classes.

I'd like to take the opportunity to congratulate you all for keeping up your Pilates during a very difficult year. I hope it has helped you retain your health, fitness and sanity during 2020!

I think we all deserve a restful and fun festive season, and I look forward to seeing you all again in 2021, whatever that may bring.

In the meantime, stay safe and healthy.

