

Serving the local community since 2001

Back in Shape



Physiotherapy & Pilates



Helen's Mat Classes

Term dates: 2024 Term 4

Start: Monday 7 October 2024

End: Monday 16 December 2024

Alphington Bowls Club

Parkview Rd, Alphington

All ages and abilities classes

Mon: 12.15-1.15pm

6.00-7.00pm (new time)

This class will only proceed if
there are 5 participants or
more

Wed: 5.30-6.30pm (Zoom only)

Fri: 9.15-10.15am

10.30-11.30am

Cost: Mon: 10-week term: \$300

Wed: 10-week term: \$300

Fri: 10-week term: \$300

St. Andrews Uniting Church

87 Gillies Street, Fairfield

Over 50s class

Mon: 9.20-10.20am (Live & Zoom)

Thu: 9.20-10.20am

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

Thu: 10-week term: \$200

Limited mobility class

Mon: 10.30-11.30am (Live & Zoom)

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

PUBLIC HOLIDAY ALERT:

There will be NO classes
on Monday 25 November.
However, there will be classes
on Monday 4 November
(Melbourne Cup Eve)

Mourning Michael Mosley

I was devastated to hear the tragic news of Michael Mosley's death in June of this year. He has been such an inspiration to me over the years, and many of his ideas have provided the inspiration for articles in this newsletter.

He had a unique and clever way of making often complex health issues very simple, interesting and achievable by the average person. He gave good practical advice and conveyed his passion for healthy living with a vibrancy that was truly engaging. All too often, health advice can be boring and demoralising, and yet somehow Michael managed to spark our enthusiasm to become better versions of ourselves.

He often took scientific studies and personalised them by using himself as a guinea pig to illustrate the message and demonstrate that the advice did in fact work in the real world.

Michael Mosley was born on 22 March 1957 in Kolkata, India, and died on 5 June in Asia Marina, Greece. He began his career in banking, but soon switched to medicine, studying at the Royal Free Hospital in London. At the aged of 28, he began working for the BBC as a TV and radio journalist, writer, producer and presenter, and this is where he really found his niche.

He had a lasting interest in the obesity crisis in the UK and became personally engaged in diabetes when he was diagnosed with Type 2 diabetes. In an effort to provide hope for fellow sufferers—and to prove that this was not an irreversible condition—he pioneered the way forward in bringing intermittent fasting to the public awareness, along with low-carb diets and the ketogenic diet.

Arguably, Michael is best known for the 5:2 intermittent fasting diet, which has enabled many thousands of people to lose weight and reverse Type 2 diabetes.

Very much aware of how the average person struggles with diet and exercise advice, he sought a way to cut through the hype and provide clear, concise and inspirational advice to help real people change their lives for the better. Another example of this is his work on High Intensity Interval Training (HIIT), in which he showed that short bursts of intense activity are more effective than longer periods of exercise with respect to heart health, mental clarity and longevity.

Furthermore, as an insomniac himself, Michael has delved into sleep issues to

determine what we need, how to get it and what happens if we don't, again putting his own body on line to make his points. His three-part documentary Australia's Sleep Revolution, available on SBS, further provided practical and realistic strategies for us to improve our sleep hygiene.

Michael's TV shows and series are prolific: How to sleep well; Trust me, I'm a doctor; Who made Britain fat; Should I eat meat; Eat, fast and live longer; and The truth about exercise. Similarly, his books are wide ranging in their subject matter,





conflicting and contradictory advice on how to optimise our health, I feel like Michael Mosley did the hard yards for us, summarising others' research in a way that simply makes sense. His death is a great loss to the world of health and fitness. He will be sorely missed.

easy to read and inspirational: The fast diet; The clever guts diet; The fast 800; and Just one thing.

Inspired as I have been with Michael Mosley's body of work, I have summarised his findings in many newsletters: HIIT in Issue 4; Living in the fast lane in Issue 7; How long do you have to live in Issue 15; Muscle maintenance later in life in Issue 25; Sleeping your way to success also in Issue 25; Squats in Issue 35; and Cold blasts in Issue 36. I now incorporate the HIIT principles into all my classes.

In a world where we are bamboozled by

Healthy habits

Push ups

The ability to always be able to get ourselves off the ground is something that we should all aspire to and push ups will help us maintain the necessary strength in our arms.

There are four push-up levels in order from easiest to hardest. Start with a level where you are able to do at least five repetitions. Once you can easily perform a level for 30 seconds, you are ready to progress to the next. For each level, keep your chin tucked in and your shoulders away from your ears.

- **Standing push ups:** Stand facing a wall at an arms-length distance, with your palms flat on the wall, shoulder-distance apart at shoulder height. Come up on to your toes, keeping your tummy tucked in. Keep your body in a plank from your crown to your heels. Bend your elbows to incline your body until your forehead lightly touches the wall, using your toes as the pivot point. Straighten your elbows to return to the start position. For a greater challenge, start with your feet further from the wall.
- **All-fours push ups:** Start on all fours, keeping your thighs vertical and shoulders over your hands. Keep your body in a plank from the crown to the tailbone. Bend your elbows to lower your forehead towards the ground, using your hips in the air as the pivot point. Straighten your elbows to return to the start position
- **Knee Push ups:** Assume a plank position from knees to crown with your knees as the pivot point. Bend your elbows as above aiming your forehead towards the ground. Straighten your elbows to return to the start position.
- **Standard push ups:** Assume the plank position, supporting yourself on your toes and straight arms, with your hands positioned under your shoulders. Bend your elbows, lowering your torso towards the ground. Straighten your elbows to return to the start position.

Pilates in Preston

Tim's new mat classes

Many of you will have had the pleasure of doing classes with my son, Tim, while I was overseas. He is now a fully qualified Polestar Pilates instructor and teaches a very pure form of Polestar.

His classes are at ARC Pilates Studio at 4 Oakover Road, Preston 3072 and run on Monday, Tuesday, Wednesday and Friday from 7-8am, and on Saturday from 8-9am. For more information, email info@arcpilates.studio or check out the ARC Pilates website at www.arcpilates.studio or phone 0413 156377.

The class times are aimed to suit those wanting a session before work and are designed to set you up for the day. All ages and abilities are welcome.

Tim is also hoping to encourage more young men to try Pilates. In spite of their general fitness levels, young men often have poor core strength and tend towards inflexibility.

Pilates provides a strong performance enhancement benefit for all sports and athletic pursuits. Tim has found Pilates to be a great foundation for all his own sporting endeavours, which include footy, boxing, running, basketball and tennis. He even finds it improves his meditation.

So, if you fancy adding an additional class to your weekly routine and like the thought of getting your day off to a great start, then give Tim's classes a go. Or if you know somebody you think would benefit from Pilates, please pass these details on to them.

