



# June Newsletter

## Welcome back!

### What's in this month's news:

- Coming out of restrictions:
- What's new at Solutions?
- Lift for Life classes
- Spotlight on Sarcopenia

### Coming out of Restrictions

It's been a while since many of us have been in a normal routine but with restrictions starting to ease, we will be open to more clients and gym members, once we get the go ahead from the NSW government.

The health and safety of our clients is paramount, and we are taking the advised precautions. We will let you know what these are, and how they will impact you, when we get more information.

If you are attending sessions with an Exercise Physiologist, please bring in your own towel and water bottle. We will ensure that all equipment is cleaned after each client and there will be hand sanitizer available throughout the Centre.

Online classes and telehealth sessions will continue until restrictions are lifted.

Current opening hours are 8am- 5pm Mon-Fri and 7.30am-11.30am Saturdays



*A telehealth session in the gym*

### What's New at Solutions?

#### Changes to the Exercise Therapy Group Package

Our Exercise Physiology Exercise Therapy Package is designed to provide individualised exercise therapy treatment, in a group setting, under the guidance of an Accredited Exercise Physiologist (AEP). The exercise treatment is structured to progressively improve health and wellbeing and to prevent and manage health conditions.

So that we can monitor all participant's progress and provide the best treatment possible, we are structuring the Exercise Therapy packages as follows:

- Packages will be sold in blocks of 10 sessions
- Each package consists of 9 shared session and 1 individual review session
- The individual session with an AEP is used to review and update your current program, design a new program if required, and measure progress. This session will take place on the 10<sup>th</sup> and final session of the package outside of your usual group session
- Group sessions are limited to 4 participants
- AEP individual and group sessions may attract a rebate from your health fund

If you have any questions about the new structure or would like to join an Exercise Therapy Group, please come and have a chat with us.

#### Group Classes

We have also revamped our group classes and a new timetable will soon be available. All classes will be 45 min and will include the following:

#### Strength and Stability

The focus of this class is to improve muscle and bone strength and balance. Ideal for general fitness or if you

have medical conditions such as osteoporosis, osteopenia, arthritis, diabetes, or sarcopenia (muscle wasting).

### Stretch

This class focusses on improving your range of movement. Ideal for improving general mobility or if you have a condition such as arthritis, muscle imbalance, or joint pain.

### Heart Health

This class focus is on improving the health of your heart and circulation system and your aerobic fitness. Ideal for general fitness or if you have conditions such as high blood pressure, high cholesterol, diabetes.

### Mat Class

This class is based on the Pilates method and focuses on improving core strength, muscle control and flexibility.

### Parkinson's Power

This group class is designed especially for people with Parkinson's disease. It focusses on improving strength, mobility, gait, and balance.

We continue to support Parkinson's NSW and the Kiama Parkinson's Support Group.



*Parkinsons Power class at Solutions*

### Lift for Life

Do you know someone living with a chronic health condition such as diabetes, cancer, heart disease, obesity, or muscle and bone conditions who would benefit from a supervised exercise program under the guidance of an Exercise Physiologist?

We are planning an 8-week course called Lift for Life for non-gym members and gym members. All participants will receive their own individualised exercise program and attend 2 sessions a week for 8 weeks.

This course is also suitable for anyone with pre- or post-surgery therapy. If you have diabetes you may be able to claim a rebate for this program.

We are taking names for the first group to start as soon as restrictions are lifted.

Group size is limited to 8 participants.

### Sarcopenia: What is it, how to prevent it?



As we grow older, the size and strength of our muscles progressively deteriorates. This can affect our capacity to perform everyday activities like standing up from a chair, climbing stairs or carrying groceries.

People who experience a marked loss in their muscle mass, strength and function may be suffering from muscle-wasting condition called sarcopenia. Sarcopenia is to our muscles what osteoporosis is to our bones.

Skeletal muscle has a remarkable ability to adapt and regenerate in response to loading. Gains in muscle mass equivalent to muscle loss over a decade have been observed after 12 weeks of resistance training, even in older nursing home patients.

Everyone will respond to resistance type exercise if it is appropriately prescribed and should be a part of your exercise program. Please have a chat with one of our AEPs if you have any questions.

*Reference:*

<https://www.healthline.com/nutrition/sarcopenia#section3>