



NORTHCARE NEWS

192 Park Tce
Salisbury

SOCIAL NEWS
www.northcare.com.au

ACTIVE AGEING WEEK



LIFE PLUS!
.....adding life to years!



The week will focus on the promotion of active ageing and the benefits of physical activity for older South Australians. Making healthy lifestyle choices throughout life has a positive impact on your physical, social and mental well being.

During Active ageing week, if you have not tried any of our classes come along for FREE during October 6th and 12th.

If you are not sure which class you should try, talk to Karen or Kaye to find out what would be your best option.

WEDNESDAY OCTOBER 10th:

Northcare's Active Ageing Day in the park. A day of easy exercise (if you wish), morning tea, a nutritional information session and of course lots of socialising. * see page 2 for details



During Active ageing week October 6th—12th, **if you have not been to one of our classes before** this pass entitles you to try any health & fitness classes**FREE** and then.....**If you have not been a member before** and you purchase a membership prior to October 31st you will receive 20% off all **term memberships**

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POINTS OF INTEREST

Timetable change

Sunday morning Aqua As from October 7th the Aqua class on Sunday morning will now start at 9am instead of 9.30am.

Feedback forms:

If you have any suggestions, feedback or comments about any health and fitness issues please fill in a feedback form located on the seat outside the pool area.

This week's focus for feedback is: What changes or class structures would you like to have on the timetable for Summer?



NORTHCARE'S ACTIVE AGEING MORNING IN THE PARK

Wednesday October 10th

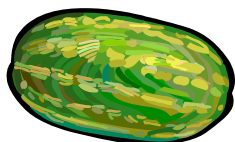
10.30am to 12noon

'Cokers Park' Corner of
Southdown & Park Tce., Salisbury

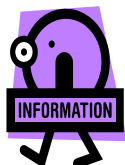


Come along for

- A gentle exercise session
- Nutrition session presented by "Salisbury Foodies"
- Morning tea—including fruit, fruit buns, nibbles and refreshments
- Lots of socialising
- **A chance to win FREE memberships, personal training sessions, and guest passes**



PLEASE REGISTER YOUR NAME IN THE
GYM OFFICE FOR CATERING PURPOSES.



CLASSES TO SUIT THE MATURE MOVER

EASY AQUA - Slower paced exercises in the water, particularly aimed at people with arthritis, stiff or painful joints, stroke victims, joint replacements and other surgery or any conditions such as chronic fatigue.

SLOW PACE CIRCUIT—For the mature mover or less fit individual of any age wishing to participate in a slower-paced exercise class using safe hydraulic equipment. The class is run by an instructor with many years experience working with arthritis sufferers and older adults.

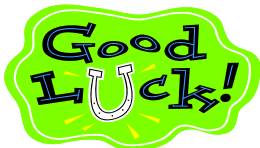
THERAPEUTIC MOVES—This is an innovative new program devised by Dr. Paul Lam which involves the use of slow controlled Tai Chi like movements aimed at improving balance, joint mobility and flexibility. The program is endorsed by the Arthritis Foundation and may be of benefit to individuals suffering from arthritis or other bone, joint or muscular conditions.



Sadly we say goodbye to Physiotherapist Tim Cook. We wish him all the best in his new endeavours. Tim has been a long serving Physio at Northcare and we will miss his *smiling face and wonderful!!* jokes



Best wishes to Karen Fuller who will compete in a World Breast Cancer Regatta "Abreast in Australia" 2007 in Coloundra alongside approximately 3000 participants from Australia and overseas at the end of September



MASTERS GAMES: If you are participating in the Masters Games, 'Good Luck with your chosen event. Some of the Northcare staff competing will be:
Karen, Elaine and Meredith in Dragon Boat racing
Paul in Soccer



The changing faces of the Health and Fitness team. Welcome to:

Rachel: Friday night Aquarobics

Bianca: Tuesday night Aquarobics

Sophie: Has been working alongside the wonderful Megan and will soon take over the Wednesday night Aquarobics classes as Megan gets closer to the arrival of her fourth child!

*Welcome back Physiotherapist Chris Slattery who has been in Amsterdam playing cricket for Amsterdam cricket club the premier dutch cricket league

HOW DO I CHANGE MY BODY SHAPE?

To successfully change your body shape you need to increase your metabolic rate. Your metabolic rate is the rate of which your body uses energy.

Your metabolic rate decreases with age partly due to loss of lean body tissue. Many people don't compensate for this in their eating habits, therefore causing the loss of muscle tissue. Regular strength training can prevent muscle loss.

If you don't eat enough (give your body enough energy) it will go into 'survival mode' this means it will store the last meal you had as fat to replenish the energy stores you are not giving it in the way of food and this in turn will slow your metabolic rate down.

Reducing fat and increasing muscle mass will help you to increase your metabolic rate. The more lean tissue you have, the more energy your body uses. Muscles use energy even at rest - Body fat uses no energy!

Your Metabolic rate can be changed:

- Regular physical activity - mainly increase your muscle mass. After exercise your metabolic rate stays up for several hours. The fitter you are the longer your metabolic rate remains elevated.
- Eat healthy. Start the day with a walk then eat a healthy breakfast to kick start your metabolism
- Eat smaller meals and healthy snacks
- Drink plenty of water

Do you need help with weight loss, a personalised exercise program that will help you achieve your goals quicker or lack motivation, talk to Karen or Elaine about the benefits of Personal Training

