

A U T U M N 2 0 2 4

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# Bench Press

Range Community Gym & Fitness Centre (Mapleton), Inc.

APRIL 2024



## Autumn has arrived!

Welcome back to the gym! We hope you had a rejuvenating Easter break filled with joy and relaxation. As we transition into the colourful season of autumn, it's essential to stay focused on our fitness goals. Here are some tips to help you keep up your momentum:

- **Set Clear Goals:** Take some time to reassess your fitness objectives for the autumn season. Whether it's improving strength, losing weight, or enhancing flexibility, clearly define what you want to achieve.
- **Establish a Routine:** With the changing seasons, it's crucial to establish a consistent workout schedule that fits into your daily life. Whether it's early morning sessions or evening workouts, find a routine that works for you and stick to it.
- **Focus on Nutrition:** As we bid farewell to the indulgences of Easter, prioritize nutritious meals that fuel your body for optimal performance. Incorporate plenty of fruits, vegetables, lean proteins, and whole grains into your diet.
- **Stay Hydrated:** With the weather cooling down, it can be easy to forget to stay hydrated. Remember to drink plenty of water throughout the day, especially before, during, and after your workouts.
- **Stay Motivated:** Keep yourself motivated by tracking your progress, celebrating your achievements, and surrounding yourself with supportive friends and gym buddies.

With dedication, consistency, and these tips in mind, we're confident you'll continue to make strides toward your fitness goals this autumn season. Welcome back, and let's make it a season of growth, progress, and success!



Just a  
friendly  
reminder...

## Monthly Training Fees

Don't forget to pay your monthly training fees! Whilst we are a not-for-profit community club, we still have expenses to pay. Continue reading over the page for some tips on how you can stay ahead...



## Gym closed ANZAC Day

Join the Mapleton community to commemorate ANZAC Day – March and main service will be held at 8.45am Thursday 25 April (The march commences from Wilga Court to Mapleton RSL Memorial Park)

## Monthly Gym Payments...a 'how to' reminder!

- A Direct Debit may be an easy option if you keep forgetting to pay your training fees – easily set up on internet banking or at your bank in person
- All payments are due on the same date each month depending on when you commence at the gym (i.e. the 1st of every month or the 17th of every month etc.);
- Should you be away for a week or more (holidays or illness perhaps) you can suspend your membership. All you have to do is advise Paul or Tina and they can make a note on your membership card;
- Monthly payments are made in advance – all payments are recorded;
- If all else fails and you are uncertain of your regular attendance patterns, consider taking up a '10 pack' membership card.

## Bunnings Fundraising

Thank you to all the volunteers who worked hard at the Bunnings BBQ held on Wednesday 13 March. The event allowed us to raise in excess of \$1150 for the gym – a fantastic result even though this was a little lower than previous BBQs. We have discovered that mid week events are slower than Saturday ones. Nevertheless, the funds raised are an important contributor to the ongoing running costs of the gym. The committee is always looking for new volunteers for BBQ events that typically take place in March and September each year. If you wish to contribute to your community gym, please consider volunteering at a future BBQ event. It's fun!



*The gym will be closed for the  
Labour Day Public Holiday  
Monday, 6 May 2024*



## Have you heard of the McGill Method?

Contribution by Trina McEwin (Gym Member) with extracts taken from 'The Back Mechanic: The secrets to a healthy spine your doctor isn't telling you' by Professor Stuart McGill and [www.backfitpro.com](http://www.backfitpro.com)

**Note: Please get advice from your healthcare practitioner to ascertain the appropriateness of these exercises for your own personal situation**

Most people have had some kind of back pain at some point in their life. If so, you might be interested in researching the work of Professor Stuart McGill specifically 'The Back Mechanic: The secrets to a healthy spine your doctor isn't telling you'.

Professor McGill is a spinal bio mechanist and scientific professor with over 30 years research experience in issues related to back pain. He has undertaken extensive laboratory and experimental research looking at the causal mechanisms of back pain, how to rehabilitate people with back pain and enhance their injury resilience and performance.

There are 3 main exercises he recommends to do everyday to assist and maintain good back health. 'The McGill Big 3' focuses on building core strength that is vital for muscular support to the back and to help maintain back health when undertaking daily activities. These include:

- **THE CURL UP** – lying on back with one leg bent, hands under the small of your back and brace your core muscles and slightly lift head off ground and breathe whilst bracing core muscles for a few moments, then return head to ground and repeat;
- **THE SIDE BRIDGE** – lie on your side with knees bent and feet in line with your body. Hold yourself up on lower arm just under your shoulder, keep your waist from slumping, then hinge your buttocks up and forward so as to bring your whole body into a straight side plank, hold and return your buttocks to ground. Do this slowly, holding for a few moments on each move.  
*Note: For compromised shoulders, it is best to do **THE DOUBLE LEG LIFT ON YOUR SIDE LYING DOWN** – Lie on your side with bottom arm stretched out straight above your head. Rest your head on your arm. Lie on your side straight with legs straight. Left both legs up only just off the ground and hold for a few moments and breath and rest back down to ground. Don't let your waist slump to the floor;*
- **BIRD/DOG** – On your hands and knees with back straight, knees and hands shoulder width apart and arms directly under your shoulders. Knees at right angles. Make sure you brace your core. Lift one arm out straight to the front and back again, then the other arm, then outstretch one back leg, keeping it straight but close to ground and then the other leg. Make sure you breathe whilst engaging your core and do the exercise slowly. Progress to diagonal arm and leg outstretched at same time.

McGill suggests you do these three exercises everyday for good back health and core strength.

Demonstrations of these exercises can be found online, however it is suggested that the next time you visit your physiotherapist or exercise professional, ask them about these exercises and how they may be able to support your back issues and benefit you. They will also be able to show you the correct technique and ensure you are doing them safely.

*If you rest, you rust!*



# THE PARK

Parkinson's Wellness Centre

The Park – Parkinson's Wellness Centre has recently commenced classes at the gym.

Parkinson's is the fastest growing brain disease in the world. Although there is no cure, exercise has shown to slow down the progression of the disease.

At 'The Park' – our exercise classes are more than just focusing on the physical body with strength and large movement patterns but also includes combining cognitive and motor function to assist other aspects of Parkinson's such as difficulty in dual tasking, processing speed and memory. Exercise has also shown to assist with apathy and other mood related issues that can be enhanced by the condition (e.g. anxiety and depression).

Classes are held every Monday from 1.00-2.00pm.

If you have Parkinson's or know of someone who could benefit from this program, please call Tina on 0493 101 730 to register your interest.

<https://www.theparkinsonscentre.com.au>



Gambling Community Benefit Fund – A grant application was submitted on 21 February to help cover the cost of some major equipment items including 3 x replacement vibration machines, a leg curl machine and a sole stepper. The announcement of successful applications will be in May. All new and replacement items are selected in consultation with our instructors. Keep your fingers crossed!

## GYM COMMITTEE

The gym committee meets on the first Monday of every month. If you have something you would like the committee to discuss, please send an email to [mapletongym@gmail.com](mailto:mapletongym@gmail.com).





## Self Defence Course EOI

If you are interested in learning self defence for REAL life situations, this course is for you!  
Learn simple potentially life saving techniques to defend yourself

Paul will be holding classes at the gym on Saturday mornings @ 11.00am  
This is a 6-week program with the commencement date TBA  
Cost \$150.00

Suitable for all ages and fitness levels (seniors welcome)  
Phone: Paul 0439 670 629

## Gym Air Conditioning Update

Air conditioning of the gym is still being considered and is a work in progress. To give you an update, a power load test was conducted during March confirming there is sufficient power supply to the building to cover the power requirements. However, during the load test, the electrician found that the existing main switchboard is out-dated and requires a significant upgrade prior to installation of additional air conditioning units. The Mapleton Bowls Club are obtaining a second quote for this upgrade and plan to apply for a grant to cover the costs (approximately \$3000). Of course, grant applications take time and it is unknown when the switchboard improvements will be completed. The gym committee is continuing to work with the Bowls Club to progress the project and will keep you updated as further information becomes known.



Exercise not only changes your body. It changes your mind, your attitude and your mood.



*Happy Birthday  
Paul*

The picture says it all...Wishing you a wonderful week celebrating another trip around the sun. Keep spinning that hula-hoop!

## Brochure Redesign

Calling out to all creative design enthusiasts!

The gym committee is looking at redesigning its current gym flyer. If there is anyone within our membership that might have the skillset to assist with this project (preferably on a voluntary basis), please email [mapletongym@gmail.com](mailto:mapletongym@gmail.com)

# 10 tips for long-term weight loss success

Article by Dr Nick Fuller - Leading Obesity Expert at the University of Sydney and founder of Interval Weight Loss  
<https://intervalweightloss.com/articles/world-obesity-day-what-you-can-do-to-lose-weight>

We all know that obesity rates are going up. But, in an environment conducive to weight gain - fast food and motor vehicles - and the dependence on the next quick fix or magic bullet that hits the shelves, what hope do we have?

From the 1980s to this day, obesity rates have trebled. When it comes to our health, it often falls down the bottom of the priority list, with lack of time cited as the common stumbling block. But, without our health we have nothing.

This year set achievable and realistic goals that lead to long-term lifestyle changes. Start with these 10 steps:

## 1. Use chopsticks when eating

Yes, chopsticks! With every meal, sit down and try to master the use of chopsticks. This is a sure way to slow down your eating speed and will allow time for the signals to be sent from your stomach to your brain to tell you you're full.

*Tip: Serve up your evening meal on a small plate or small sized rice bowl to reduce the portion being served.*

## 2. Weigh yourself once a week

Your weight can fluctuate up to 1.5 kg over the course of a day. Obsessing over your body weight and weighing yourself repeatedly over the course of a day is not the answer and will only compound the issue even more. Day-to-day variations in your weight is not true fat gain or fat loss, but instead just fluctuations in the water content in your body, largely determined by what you ate or how much you've been sweating.

If you haven't been on the scales in quite some time, buy a pair of scales and weigh yourself. After all, it's only a number and checking it each week and monitoring the trend over time is less likely to see it go up, but rather observe it go down.

*Tip: Weigh yourself at the same time and day each week.*

## 3. Turn off the 'noise' at the evening meal

Dinner is the most important meal from a social and cultural perspective but it shouldn't be the biggest meal of the day. It's a time to reflect on your day and should be eaten away from all forms of sound and technological distraction. In fact, you will reduce your consumption of food by a whopping 30% if you can hear yourself eating.

*Tip: Take out the headphones and turn off the TV; talk to your partner or family, and if you live alone try writing in a journal.*

## 4. Socialise without food

Who says social catch ups need to be centered on food? They don't. Next time you catch up with your friend, suggest going for a walk or doing another activity that you both enjoy.

*Tip: Find a new hobby that you can both do together.*

## 5. Stock food supplies in your office

We spend a large chunk of our day in the workplace and often our hectic day means time escapes us, only to result in skipping meals. Relying on the vending machine when those mid-afternoon hunger pangs creep is only going to add to the waistline. Stock your workplace with go-to foods - such as nuts, fruit and yoghurt – to ensure you always have a range of nutritious snacks on hand.

*Tip: Take in some foods at the start of the week to set yourself up for success.*

## 6. Turn off technology after dinner

This is the most dangerous time of the day for our health. Switching off and relaxing in front of the TV is fine on occasions, but be mindful that it's likely to result in you reaching for food. Pick your favourite shows for the week and limit your viewing to those days. Comfort yourself with a warm drink - but no caffeine - and if you feel like a treat make sure they are individually wrapped to avoid eating the whole packet.

*Tip: Work towards three TV-free days per week.*

## 7. Drink water before every meal

Drinking water before every meal is a good way to ensure you stay hydrated. But, it's also a great way to cut back on your portions. Drinking two cups of water before each meal will result in you eating less – 75 calories less at each meal!

*Tip: Carry a water bottle with you and leave one on your work desk so you sip on it throughout the day.*

## 8. Pack your lunch

A take-away meal is not only three to four times the cost of making it at home – it's also double the calorie content. Each evening when you are preparing dinner, cook a little extra so you can take it as leftovers for lunch the following day.

*Tip: Serve up your dinner and dish the leftovers into Tupperware containers straight away to avoid the temptation of going back for seconds.*

## 9. Carry comfy shoes for walking

It's not always possible to set aside time in the day for structured exercise and one of the most practical times to get in your activity is to and from work. Don't make the mistake of wearing shoes that you can't walk in and always carry some spares in your bag.

*Tip: Get off a station or bus stop earlier, or if practical, walk from home.*

## 10. Get your 5 serves of veg a day

95% of the population fail to eat the recommended serves of veggies per day. Adding them to each meal will not only allow you to eat more, but it will also fill you up for longer.

*Tip: Keep some frozen vegetables in the freezer and some longer-lasting vegetables, such as potato, pumpkin, carrots, cabbage and sweet potato in the fridge, to ensure you always have nutritious produce on hand.*