

SPRING 2024

the

Bench Press

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



October 2024

Gym Membership Hits Record High

We're thrilled to announce that gym membership has reached an all-time high with 240 members as of this year. This growth is a testament to the Gym's ongoing importance to our community, offering both mental and physical benefits. A special thanks goes to our dedicated trainers, Paul and Tina, whose hard work ensures the Gym runs smoothly while fostering our welcoming, inclusive culture.

There have been some changes within our committee. We bid farewell to long-serving members Audrey McHardy, Pattie Scott, and Kel Anderson. Audrey's efforts in securing grants have been instrumental in acquiring essential equipment for the Gym. We also extend our gratitude to Paul Moriarty, who has served as Treasurer for the past four years. We're delighted that Paul will continue to contribute as a committee member.

Welcome to our new Treasurer, Jeff Tasker, and to Helen Church and Rob McArthur, who are joining the committee.

Heartfelt thanks to the many volunteers who help keep the Gym running and to those who always put their hand up to help at Bunnings BBQs and Light the Lights events. A special acknowledgment to Jude Lang for her Tai Chi classes and to Lisa Forest for her ongoing commitment to maintaining the cleanliness of our facilities.

Lastly, we're very thankful for the grants from the Sunshine Coast Council and Queensland Government, which help sustain the Gym and keep membership costs affordable. The entire Gym community deeply values the support. Together, we continue to make the Gym a vital part of our local community!



2024/25 Newly Elected Committee

President: Chaffey Backhouse

Vice President: Andrea Campbell (Communications, Fundraising & Events)

Treasurer: Jeff Tasker

Secretary: John Heathcock (Grants)

Committee Members:

Helen Church (Memberships)

Lisa Forest (Cleaning)

Carolyn Hansen (Safety)

Lyndall Hulme (Advisory)

Russell MacKenzie (Equipment and Maintenance)

Paul Moriarty (Purchasing)

Rob McArthur

QUESTION: What is the largest muscle in the body?

ANSWER: The Gluteus Maximus

The Gluteus Maximus is the largest muscle in the body. It is located in the buttocks and is responsible for hip extension, which is the movement of the thigh backwards. This muscle is important for activities such as walking, running and climbing stairs. It is also involved in maintaining posture and stability. The pectorals, biceps and abdominal muscles are all important muscles, but they are not as large as the gluteus maximus.

Q. What is the easiest way to get a six-pack at the gym?

A. Take the beer from your fridge and smuggle it in!



Photo Caption:

FULL-SERVICE GYM - The Gym
provides full services to its members
with trainer supervision.



Father's Day Morning Tea

Another marvellous morning tea was held in September to celebrate Father's Day! Thank you to Annette, Lucille, Fiona, Sandra and everyone who contributed delicious treats. Let's just say, "It's a good thing our morning teas only happen a few times a year"!

Thank you also to Lou, Jeff and Rob aka 'Impromptu' for their great music.

Community Partnership Funding

The Sunshine Coast Council's Community Partnership Funding Program (CPFP) offers financial support to well-established not-for-profit organizations, covering operational expenses for up to three years. Eligible groups must provide services or facilities that align with the council's corporate priorities and demonstrate significant community benefits.

We are grateful to the Sunshine Coast Council for their ongoing support, having recently secured funding under this program for the next three years. These funds will help cover essential insurance expenses.



Sunshine Coast Community Awards

A wonderful achievement to be selected as one of seven finalists in the 'Best Community Organisation' category at the Sunshine Coast Community Awards Ceremony held in September. Thank you to Paul and Bron for representing the gym. Whilst the gym did not win the award, it was a wonderful accomplishment to be recognised for the contribution to our community. We have two amazing instructors, a dedicated management committee and incredible members supporting our gym facility. Well done!

Gym Air Conditioning Update

After a number of onsite meetings with installers and electricians to obtain quotes and discuss the scope of works, it was discovered there wasn't sufficient power to run the air conditioning units required to cool the gym. The Bowls Club have been kept in the loop with these discussions and will hopefully be progressing an upgrade of their switchboard in the near future. Once this work has been completed, the installation of the air conditioning system will proceed as soon as possible.

Gym Parking

The bowls club car park is utilised by bowlers and gym members and by many other local community groups (who use the clubhouse as a venue) during the week. A reminder for members to please move vehicles after gym sessions. Parking on some days is getting tight. If you are going for coffee or another appointment after your gym session, please relocate your





MENTAL HEALTH: THE BENEFITS OF EXERCISE

Contribution made by John Heathcock

Following on from the recent Spring Wellness Program, there is increased awareness of the great benefits of exercise on mental health. While the physical health benefits of exercise are well known, the mental health benefits often receive less attention. There are many articles available on the benefits of exercise on mental health but one particularly good one has been published on healthline.com. The article was written by Daniel Preiato and Ryan Collins and is titled “Exercise and the Brain: The Mental Health Benefits of Exercise”. You can find this article (and many other articles) on the internet quite easily if you are interested in this topic but for convenience, some of the key mental health benefits derived from exercise are listed below:

- **Exercise relieves stress and anxiety:** Engaging in regular physical activity helps reduce the production of stress hormones like cortisol, while simultaneously boosting the release of endorphins, the body's natural mood enhancers. This combination helps ease feelings of stress and anxiety, providing a sense of relaxation and calm after a workout.
- **Exercise improves personal image and self-confidence:** Consistent exercise leads to improved physical fitness, which can enhance personal appearance, promote weight loss, and improve muscle tone. These physical changes often lead to a stronger sense of self-worth and increased confidence in one's abilities and appearance.
- **Exercise improves overall mood and relieves depression:** Physical activity triggers the release of chemicals in the brain like dopamine and serotonin, which are known to enhance mood. Regular exercise can reduce symptoms of depression, providing a natural way to elevate mood and foster a more positive outlook on life.
- **Exercise promotes clear thinking and improved memory:** Cardiovascular exercise, in particular, increases blood flow to the brain, stimulating the growth of new brain cells and improving cognitive functions like memory and focus. Exercise also enhances concentration, making it easier to think clearly and efficiently.
- **Exercise counters cognitive decline:** As we age, cognitive decline becomes a concern, but regular exercise has been shown to slow this process. Exercise helps maintain brain health by improving circulation, boosting neuroplasticity, and reducing the risk of conditions like dementia and Alzheimer's disease, keeping the mind sharp and alert.



Light the Lights

Join the community on **Friday 6 December** for MADCA's 'Light the Lights' event at the Mapleton Lilyponds. The fun starts at approx. 5.00pm with kids face painting, Christmas performances, live music, Santa and more. The gym will be catering at the event. If you can help on the night, please put your name on the roster at the gym. Volunteer roles include food preparation, serving food, cooking and managing the BBQ, set-up and pack-up. Last year, we raised over \$1000 for the gym. A **HUGE** accomplishment!



Bunnings Sausage Sizzle Fundraiser

Save the date! The gym has been offered a Bunnings Sausage Sizzle on **Saturday 23 November**. The roster will be out soon. If you can help on the day, please put your name down. Volunteer shifts are for 4 hours. All help is greatly appreciated. Money raised helps the gym pay operational expenses and provides funds for new equipment and facility improvements.



Christmas Raffle and Donations

Our official Christmas Raffle is about to kick off and this year we have a fantastic prize courtesy of Sunshine Mitre 10 and Mapleton IGA – a brand new, heavy-duty wheelbarrow filled with all sorts of goodies! Tickets in this year's raffle will be \$5.00 each or 3 for \$10.00. Drawn on **Monday 16 December** at the gym.

Each year Paul also likes to run his own little Christmas Raffle that has turned into something not so little anymore – tickets for Paul's Raffle will be \$2.00 each or 3 for \$5.00.

If you have any festive goodies, yummy treats, bottles of wine, booze, or gifts that you would like to donate to the barrow or to Paul's Raffle, please bring them to the gym.



TAI CHI

Tai Chi embraces the mind, body and spirit and is one of the most effective exercises promoting health of mind and body. If you would like to discover more and learn the art of Tai Chi, our Tai Chi Club meets every Saturday at 10am. New members are always welcome!

“The body achieves what the mind believes!”

Trivia Night Success

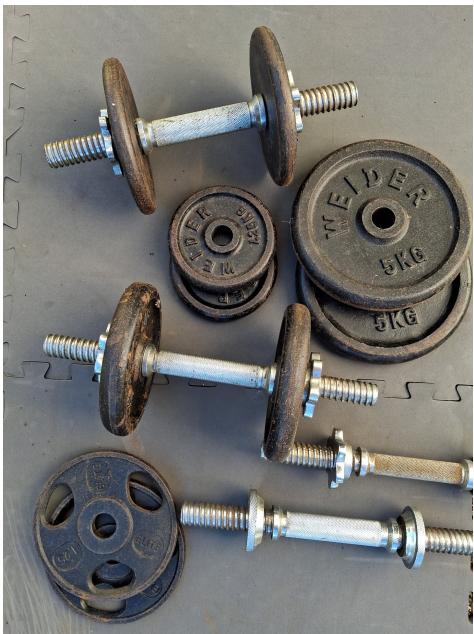
Thank you to all who challenged their brains at our trivia night fundraiser held in July. The evening was super successful raising a whopping \$1700 for the gym. A very special thank you to our Emcee and Trivia Caller, Trevor Sauer and his wife, Meredyth for stimulating our thinking. It was a fun night had by all!



For Sale – Gym Equipment

For further enquiries or to make an offer, please email mapletongym@gmail.com

Assorted weights
Make an offer



Weight stand
\$50.00



Boxing bag brackets
\$40.00 each



2024 Christmas Appeal



SunnyKids provides essential support services to children and families experiencing domestic and family violence and hardship. Their integrated support network provides a range of life-saving services to thousands of families each year.

The gym will be supporting the 2024 SunnyKids Christmas Appeal this year by collecting donations to gift to local children in need.

They often get a large variety of younger children's toys donated, and often have gaps from ages 8-10 and up for both boys and girls. However, anything you send their way is definitely appreciated and goes directly to families this Christmas.

If you are interested in gifting to a child this Christmas, SunnyKids requests the following:

- Please do not wrap gifts - this will allow SunnyKids to direct each one to the most appropriate recipient. You're welcome to supply a gift bag or gift wrap separately if you wish but this isn't a necessity;
- Please only donate new items - if you would like to donate second-hand goods, SunnyKids recommend giving these directly to Lifeline, Life House or other charity shops;
- Please do not donate toy weapons or items that promote violence of any kind - many of the children SunnyKids assist have experienced domestic violence and may find these items distressing.

Donations will be collected/delivered to SunnyKids Headquarters in Maroochydore on **Friday, 13 December** for distribution before Christmas. For more information and suggestions of what are suitable gifts, please see the information flyer at the gym.

Name that bird – can you help?



During last Friday's 8am circuit, a new little Gym Member rocked up. A tiny fluff ball came running across the car park looking for its Mum. It decided to check out the Gym and took off inside. Marilyn Fisher rounded it up and now we would love to have someone identify this tiny loveable ball of fluff.

Gym Christmas Party



Tickets include Dinner (antipasto table platters to share, Paella and dessert), Entertainment by 'Flute Salad' Duo, Lucky Door Prizes, Paul's Awards and more. For catering purposes, RSVP and full payment will be required by **Monday, 25 November 2024**.

If you have any dietary requirements, please note on the RSVP list. All paella dishes are gluten free. A vegetarian paella will also be available.

