

A U T U M N 2 0 2 6

the

Bench Press

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

April 2026



Keeping the momentum going

It's hard to believe how quickly the year is moving on since our January update. The gym has been buzzing with great energy, consistency, and commitment from so many of you. It's been fantastic to see members settling back into routines, pushing towards their goals, and making the most of the space week in, week out.

As we head into the cooler months, it can be tempting to slow things down – but this is often when consistency matters most. Whether you're building on your strong start to the year or looking to reset and refocus, remember that progress isn't about perfection – it's about showing up. Every visit, every effort, and every small win adds up.

Our community continues to be what makes this gym such a positive and supportive place. From friendly faces to shared encouragement, it's what keeps the momentum going all year round.

There's also plenty to look forward to in the months ahead. We're planning a Trivia Night in September – so keep an eye out for more details soon. Even more exciting, 2026 marks our 25th year of operation, a huge milestone for our gym and community. To celebrate, we'll be combining this special occasion with our Gym Christmas Party, set for Friday 11 December at Flaxton Gardens – so be sure to save the date.

We're excited to keep building on this strong start to the year and to share everything that's still to come.

Gym Management Committee

Chaffey Backhouse -
President

Paul Moriarty - Vice
President

Jeff Tasker - Treasurer

Marisa Horton - Secretary

Members:

Andrea Campbell

Lyndall Hulme

Lisa Forest

Russel Mackenzie

Helen Church

Carolyn Hansen

Rob McArthur

The committee meets on the first Monday of every month. If you have any suggestions or an item you would like the committee to discuss, please reach out!

mapletongym@gmail.com



Celebrating Nicole Burke – 90 Years Young!

We are incredibly proud to celebrate a very special milestone for one of our most inspiring members, Nicole Burke, who recently turned 90!

Nicole is the definition of dedication and vitality. A familiar face at the gym bright and early, she consistently attends the gym sometimes as early as 5:30am – setting a standard that many of us aspire to. Her commitment to health and fitness is truly remarkable, and it shows in everything she does.

With impressive flexibility, excellent balance, and a youthful energy that lifts the entire gym, Nicole is an inspiration to members and our trainers. She embodies the belief that age is no barrier to living an active, healthy lifestyle.

Nicole’s positive attitude, discipline, and passion serve as a powerful reminder of what can be achieved with consistency and determination. She is not only admired for her physical abilities but also for her warmth and grace within our gym community.

We wish Nicole the happiest of birthdays and many more years of health, happiness, and continued inspiration. Congratulations on this incredible milestone, Nicole – you are truly amazing!



Happy 63rd Birthday, Paul! 🎉

For over 15 years, you’ve been such a big part of our gym family – not just as a trainer, but as someone so many of our members genuinely appreciate and respect. Your knowledge, dedication, and ability to keep us all moving (even when we don’t want to!) doesn’t go unnoticed.

Of course, we can’t ignore the *legendary* shoe collection 👟 – we’re still not convinced you don’t have a secret storage unit somewhere just for them.

And let’s be honest... your sense of humour keeps everyone entertained. You’re always quick with a cheeky comment and keep us all on our toes. 😊

All jokes aside, we’re lucky to have you, Paul. Wishing you a fantastic birthday and a great year ahead!

Happy Birthday from all of us 🎂



Condolences to the Stockwell Family

We extend our sincere condolences to Rob Stockwell and his family on the recent passing of his father, Robert Owen Stockwell (OAM), aged 94 years.

Owen lived a long and meaningful life, and those who knew of him speak highly of his generosity and character. His legacy clearly lives on through his family.

Rob generously funded the installation of the gym’s air conditioning system and, more recently, has once again shown the same spirit of generosity as his father through another significant donation to our club, for which we are incredibly grateful.



Above photo: Robert Owen Stockwell (OAM)

Public Holiday Closures

Please be advised that the gym will be closed on the following public holidays:

ANZAC Day: Saturday 25 April 2026

Labour Day: Monday 4 May 2026

Thank you for your understanding. We wish all members a safe and reflective Anzac Day and an enjoyable long-weekend for the Labour Day Public Holiday.



ANZAC DAY

MONTVILLE DAWN SERVICE
SATURDAY 25 APRIL 2026

Time: 5.30am

Where: Montville Memorial Gates outside Montville Hall

After: Coffee/Tea and Anzac Biscuits served in Montville Village Hall

MAPLETON

Time: 9.30am (form up for parade)

Where: Cnr Wilga Court and Flaxton Drive – March to Mapleton RSL Memorial Park

Service begins at 10.00am

Morning tea served following service

ALL WELCOME TO LAY A WREATH IN MEMORY

EVERYONE WELCOME



Save the Date – 25th Anniversary & Christmas Celebration

Mark your calendars! We're excited to invite all members, families, and friends to a very special event celebrating **25 years of our gym community** alongside our **Christmas End-of-Year function**.

 **Date:** 11 December 2026

 **Location:** Flaxton Gardens, 313-327 Flaxton Drive, Flaxton



This milestone is a fantastic opportunity to come together, reflect on our journey, and celebrate everything that makes our community so special. Whether you've been with us from the beginning or joined along the way, we'd love to see you there for an evening of connection, celebration, and festive cheer.

More details will be shared soon – but for now, **save the date** and get ready for a memorable night!

We look forward to celebrating with you all.

Kind words and a BIG thank you from Nicole Burke

On the 29th of March this year, on my birthday, I turned 90.

It seemed like an enormous number, but as I added it up several times and as it always came out the same, I decided that it must be correct.

I was rather hoping that the time would pass with as little notice as possible, as the actual day was on the weekend. However, it was not to be as Paul Parker, who had missed the passing of my 80th birthday, which had been on an actual gym day, had been counting down the days ever since.

I am really grateful for the gym as I'm sure that many people are. However, I am grateful for all the people who have worked and still do work in many ways to give us the amazing facility that we have today. From humble beginnings to a wonderful place of fitness and friendship.

So I would really like to say "Thank You" to all those people who signed the most astonishing card that Paula made. (Thank you Paula!) and to all those people who turned up on the Friday to wish me well.

To my early morning support cohort, thank you! Keep up the good work; it's really effective! Thank you to Lisa for the most delicious, moist birthday cake ever (seriously) and to you all for the beautiful bonsai pine tree that I'm sure contains all the wisdom of the ages if I sit quietly and listen.

Many thanks,
Nicole Burke



Pilates Reformer Springs: Set Yourself Up for Success

The springs on a Pilates reformer are what create resistance, support, and control throughout your workout. Each spring has a different tension and adjusting them correctly is key to getting the most out of every exercise – while staying safe.

Before you begin, take a moment to check your spring settings. The number and combination of springs should match the exercise you're performing and your individual strength and experience level. Too much resistance can limit your range of motion and strain muscles, while too little can reduce stability and make movements harder to control.

If you're unsure, start lighter and build up gradually, or follow the guidance provided in your class or program. Always make adjustments while the carriage is stable and double-check that springs are securely attached.

Friendly reminder: If you're using the reformer at the gym, please ensure the springs are set correctly *before* commencing your exercises—and return them to a neutral setting when you finish. A quick check at the start helps you move with confidence, control, and precision every time, while also helping to prevent accidents.

CHANGE HAPPENS
THROUGH MOVEMENT
AND MOVEMENT HEALS.

...
Joseph Pilates



Here's a fun one that usually surprises people:

Your muscles don't actually "grow" while you're lifting weights at the gym – they grow *after*, when you're resting. 💡

When you train (especially strength training), you create tiny micro-tears in your muscle fibres. During recovery – when you're sleeping, eating well, and resting – your body repairs those fibres and makes them slightly thicker and stronger. That process is called **muscle hypertrophy**.

So technically, the gym is where you *break down* muscle... and your couch (plus good nutrition) is where you actually *build it*.

Respecting each other

Our gym is a welcoming space for people of all backgrounds, beliefs, and walks of life.

To ensure everyone feels comfortable and included, we kindly ask members to keep political discussions and views outside the gym environment. Let's keep our focus on health, wellbeing, and supporting one another.

Thank you for helping us maintain a positive and respectful community.

Defibrillator Refresher & CPR Talk

Join us for an important and practical session with Scott Bradford on **Sunday 24 May at 10:00am**, held right here at the gym.

This refresher will cover the basics of CPR and how to confidently use a defibrillator in an emergency. Having the knowledge and confidence to act quickly can make a life-saving difference – sudden cardiac arrest can happen to anyone, anywhere, and early intervention with CPR and a defibrillator greatly increases survival chances.

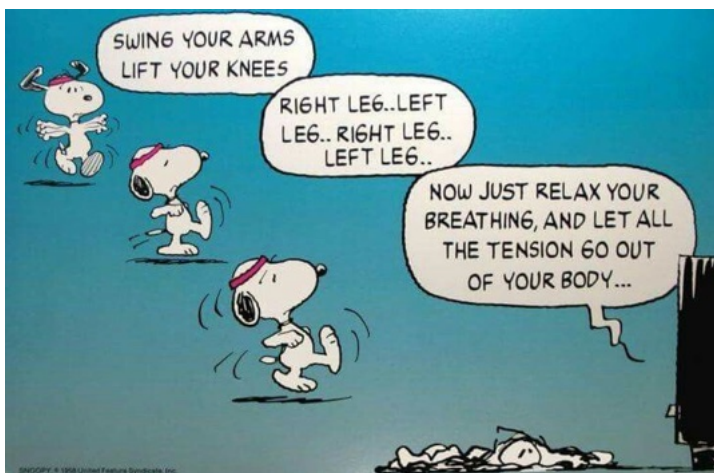
A reminder that a defibrillator is located at the gym and is available for use if needed.

Everyone is welcome, and we encourage you to invite friends, family, and members of the wider community to attend.

This session is **free of charge**; however, **registration is required**. Please add your name to the list at the gym to secure your spot.

Registration closes:
Monday, 18 May 2026.

We hope to see you there!



Carpet Cleaning – May Long Weekend

Our gym carpets will be professionally cleaned on Saturday 2nd May.

If you're training that day, please make sure all equipment is returned to its usual place after use. This will help the team prepare the space and ensure everything can be lifted off the floor for cleaning.

If you're around that morning, even better, we'd really appreciate an extra few minutes of your time to help the committee lift equipment. Many hands make light work!

Thank you for your support.

Bunnings Sausage Sizzle – Volunteers Needed! 🌭

We're excited to be hosting a Bunnings Sausage Sizzle on **Wednesday 27 May 2026**, and we'd love your help to make it a success!

We're looking for volunteers to assist with:

- Cooking on the BBQ
- Serving customers
- Handling cash

If you're available for either a **morning or afternoon shift**, please add your name to the roster when it's released.

These events are always a great way to support our community, raise funds, and have a bit of fun along the way. Your help makes a real difference!

Thank you in advance for your support.

National Volunteer Week 2026 – “Your Year to Volunteer”

National Volunteer Week will be celebrated across Australia from **18–24 May 2026**, with the theme “*Your Year to Volunteer.*” This year’s campaign recognises the enormous contribution volunteers make to communities like ours, while encouraging more people to get involved.

The 2026 celebration also aligns with the United Nations International Year of Volunteers for Sustainable Development (IVY 2026), highlighting the important role volunteers play in building stronger, more sustainable communities.

Here at our gym, we are proud to be powered by volunteers. From committee members managing operations, to those organising fundraisers, helping out at working bees, and bringing people together through social events – your contribution is what keeps our gym thriving.

Volunteering not only strengthens our club, it builds connection, supports wellbeing, and creates a sense of belonging for everyone involved.

During this National Volunteer Week, we extend a sincere thank you to all our volunteers. Your time, energy, and commitment truly keep the gym rolling.

If you’ve been thinking about getting involved, there’s no better time – 2026 really is *your year to volunteer.*



Mini Guide: Quick Stretch Routine

Keep your body moving and feeling great with these simple stretches:

- **Quads:** Stand tall, pull one foot toward your glutes, keep knees together.
- **Glutes:** Sit or lie down, cross one ankle over the opposite knee and gently press.
- **Hamstrings:** Reach toward your toes with straight (not locked) legs.
- **Back:** Sit or stand tall, gently twist side to side or reach arms forward.
- **Shoulders:** Bring one arm across your body and hold with the other.
- **Chest:** Clasp hands behind your back and lift slightly to open the chest.



Hold each stretch for 15–30 seconds, breathe steadily, and never push into pain.

Fitness Over 50: Smarter, Stronger, Longer

If you're over 50 and looking to refresh your fitness routine, today's gym approaches focus on strength, mobility, and longevity – far beyond the treadmill.

1. Strength That Supports Everyday Life

- Try lifting moderate weights with more speed on the way up to build functional strength.
- Exercises like goblet squats, elevated glute bridges, and farmer's carries improve posture, core strength, and everyday movement. (Source: Australian Fitness Academy)

2. Move Better, Feel Better

- Swap static stretching for dynamic mobility (e.g. hip circles, cat-cow, upper back rotations).
- Activities like Tai Chi, Qigong, and TRX training can boost balance, coordination, and joint health. (Sources: Mayo Clinic, Everyday Health)

3. Rethink Cardio

- Modern water aerobics offers a high-intensity, low-impact option.
- Try something new like aerial yoga or take your walk outdoors for a “wonder walk” to benefit both body and mind.

4. Train Smarter

- Wearable tech can now track balance and movement, not just steps.
- Don't skip upper body work – strong arms and shoulders support daily tasks.

Key Tips

- Consistency matters more than intensity
- Focus on controlled “lowering” movements for strength
- Always include a proper warm-up

Need a Refresh?

If you're feeling like it's time to mix things up, have a chat with Tina or Paul – they're here to help tailor your routine and keep things interesting.



Middle-aged women who exercise regularly halve their risk of dying early, study suggests

Article written by ABC Health Reporter Lauren Roberts

Reference: https://www.abc.net.au/news/health/2026-03-27/middle-aged-women-who-exercise-halve-premature-death-risk/106487732?utm_source=abc_news_app&utm_medium=content_shared&utm_campaign=abc_news_app&utm_content=other

In Short

A new Australian study found middle-aged women who exercised regularly halved their risk of premature death.

But 37% of Australians aged 18–64 and 57% of those 65 and older are not meeting physical activity guidelines.

What's next?

Experts say there are substantial benefits for regular exercise and are urging people — of all ages and stages — to make sure they're moving their bodies.

We all know exercise is good for us.

Moving our bodies improves our mental and physical health, with even a small increase in physical activity leading to significant benefits.

New Australian research, published today in PLOS Medicine, has highlighted the importance of staying physically active for women in their 40s, 50s, 60s and 70s.

Researchers found that middle-aged women who exercised regularly halved their risk of premature death.

But lead researcher Binh Nguyen from the University of Sydney said nearly half of Australian women aged between 45 and 64 were simply not doing enough exercise.

"It's so important to remain physically active during this life stage because it can provide long-term health benefits," she said.

"It cuts the risk of dying [early] by half, especially if they are regularly active over many years."

So, what does the study tell us?

And what's the takeaway for women — and Australians more broadly — as we approach middle age?

What are the study findings and limitations?

Researchers used data from 11,169 women born between 1946 and 1951 enrolled in the Australian Longitudinal Study on Women's Health (ALSWH).

Globally, the ALSWH — which began in 1996 — is one of the biggest studies of its kind, following the health and wellbeing of more than 58,000 Australian women.

Most studies on physical activity use data from a single point in time, but Dr Nguyen's team examined data on women aged about 45 to 70 over 15 years.

This enabled them to compare the health of women who did and didn't report exercising regularly, in a way similar to a randomised controlled trial (RCT), but over a longer period.

They found the incidence of death was 5.3% in women who consistently met exercise guidelines compared to 10.4% in those who consistently did not.

Small boosts to sleep, exercise and veggie intake may help you live longer

Two new studies have found that small improvements in day-to-day life can have substantial impacts on life expectancy.

Joanne McVeigh, a movement behaviour scientist at Perth's Curtin University who did not contribute to the study, said true randomised control trials provided a high level of evidence, but they were often "short, costly, and prone to participant retention issues".

She said the methodology Dr Nguyen's team used "would be almost impossible to do as a real RCT".

"I think this is one of the first times this method has been applied to a longitudinal physical activity data set," Dr McVeigh said.

Although the study provided "reliable evidence", Dr McVeigh said moving forward, its methodology should complement - not replace - randomised control trials.

The study also had several limitations, including reliance on participants' self-reports and the inclusion of mostly healthy women.

And researchers remained uncertain about the exact benefits for women who started to meet physical activity guidelines part-way through midlife.

What are the physical activity guidelines?

Dr Nguyen's study measured against guidelines from the World Health Organization, which recommends people 18 and older do at least 150 minutes of moderate intensity exercise a week.

These recommendations vary slightly from Australia's newly released 24-hour movement guidelines, which suggest people do moderate-to vigorous-intensity exercise for 30 minutes or more most days and limit sedentary time.

But no matter what you measure against, Australians are simply not moving enough, according to Stuart Biddle, a professor of physical activity and health at the University of Southern Queensland.

"Our environments are pushing us away from being physically active," Professor Biddle said.

"We have too many cars, too much automation, too much sitting, so although the opportunities are there to choose to be physically active, a lot of people aren't doing it."

Just 7,000 steps a day linked to big health gains, research finds

While many people aim for 10,000 steps a day, new research has found 7,000 daily steps can provide meaningful health improvements and may be a more "realistic" goal.

According to the Australian Institute of Health and Welfare, 37% of people aged 18–64 and 57% of people aged 65 and older are not meeting the physical activity guidelines.

Professor Biddle said that typically, younger people were more physically active than older Australians.

"Physical activity is extremely important for the body and the mind, and we shouldn't underestimate how important it is," he said.

"You can't say: 'I was physically active 10 years ago, I'm not physically active now, but it doesn't matter'.

"You are either physically active now and getting the benefits, or you're not."

Start an exercise routine at any age

All three experts said there were substantial benefits to starting exercise at any age and continuing physical activity throughout their lifetimes.

Looking at the findings in her own study, Dr Nguyen said specifically for middle-aged women, being active could help protect against early death.

But she conceded it wasn't always easy for this cohort to schedule in a new exercise routine.

"There's lots going on, they might be caring for kids, they might be caring for parents, they're also working, they're juggling a lot, physical activity could be neglected," she said.

Professor Biddle added that exercising regularly helped people achieve a "better quality of life, not just quantity of life".

"Physical activity is extremely important for the body and the mind, and we shouldn't underestimate how important it is," he said.

Dr McVeigh said the best type of exercise was one people would actually do.

"Find something you enjoy, fit it into your day, and build from there," she said.

"Aim for 30 minutes of brisk walking five days a week, lift weights or do body weight exercises twice a week and include some balance or yoga."

And it's never too late to start exercising, even if you're already in your 40s or 50s, Dr McVeigh added.

"The kids may be older, you know yourself better," she said.

"The investments you make in your body now will directly shape how vital, independent, and healthy you feel for the next 30 – 40 years."