

Newsletter

October 2011

www.never2old.net.nz

Rugby in heaven? After my visit to Eden Park for the All Blacks France game I am almost persuaded. It was a dream fulfilled by the generosity of my beloved. Generosity can be expressed in many ways e.g. a word of encouragement can put a spring in our step. A proverb says “ those who encourage others will themselves be encouraged.” Thanks to all who encourage us . DG-PB.

Out of the mouth of...

It was great to have Roland Whyte from the NZ Neurological Foundation with us this week discussing some neurological issues that some of us will face either ourselves or with our loved ones.



Current research in neurology is discovering new things all the time and in some cases overturning long held understanding. There are still many conditions that cannot be prevented and for which there are no definitive cures, but there are certainly some proactive steps we can take to give ourselves the best chance of a healthy brain in older age.

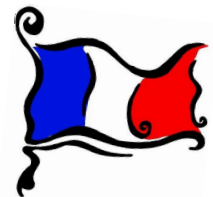
You will not be surprised to hear that one of the most important things we can do is to stay active—30 minutes of brisk aerobic activity on all or most days of the week. Exercise is thought to slow down the loss of “grey matter”, promote the generation of new brain cells,, strengthen neural connections (to assist memory), and there are other beneficial effects.

Coupled with a healthy diet rich in colourful fruit and veges, dietary antioxidants (vitamins A, E and beta carotene), omega 3 fatty acids (from oily fish) and B vitamins; keeping an active mind; and making opportunities to be socially connected; we can continue to lead fulfilled and productive independent lives., dazzling our family and friends with our quick wit and erudite observations!



Rugby World Cup

The programme schedule for the duration of the Rugby World Cup will be posted weekly via email, txt or you can collect a copy at the beginning of the week from reception. If you are in doubt about what is happening, please phone the Sport & Fitness Centre Reception on 9219747 (option 1) to check.



CONTACT US: Phone 921 9999

Dennis Grennell ext.7716, dennis.grennell@aut.ac.nz

Phillipa Batts: ext 7615, phillipa.batts@aut.ac.nz

At a stretch....

Hip Flexion & Balance



- ◇ Stand tall holding onto a table or chair for balance
- ◇ Staying tall, engage your abdominals and

then lift one knee towards chest

- ◇ Hold position for a count of 3
- ◇ Slowly lower leg down and pause
- ◇ Repeat with other leg (1 set).
- ◇ Do 6 – 10 sets.

Additional options:

- ◇ Hold onto support with 1 hand only or do the exercise without hand support.

Enjoy & Don't forget to Smile!

Coming up...

Tues 9.30–10.30 Balance Assessments. Please see Phillipa if interested

Weds Oct 8, 9am—2pm. Village Olympics. There is still an opportunity to be part of this fun day and assist with facilitating the team activities

Weds Oct 12, 7pm–8.30pm. Arthritis Education Seminar. This month's topic is Exercising with Arthritis

Friday Oct 28, Modified Sport Day at the Alan Brewster Centre, Papa toetoe. See notice-board for details.

Q & A

This column will provide an opportunity for you to phone, email, txt or ask us about those burning questions you have regarding your exercise programme and other related topics. If you are interested or confused, there will be others who are also, so let's share!!

Q What is the best way to breath when I am doing my exercises?

A Inhale before a lift, exhale during the lift, and inhale as the weight is lowered to the beginning position. You should avoid performing the Valsalva maneuver (holding your breath during force production). With proper breathing technique, the cardiovascular stress of resistance exercise is minimal.

Q What should my heart rate be when I'm on the bike or treadmill?

A The American College of Sports Medicine recommends that older adults work at between 65 -90% of maximum heart rate. This makes for a complicated calculation! A simpler way of identifying how hard you should work is using a "Rating of Perceived Exertion". This equates to approximately 5-9 using a scale of 1-10. Of course other factors should be considered, e.g. medication, level of fitness, health status.

In Brief...

Diamond Days Training Workshops. Getting the best from your workouts, if you haven't had a chance to attend one of these, look out for the next one. See notice board.

Session times. Please note; if you do not have off-peak membership you are only permitted to be in the weights room during never2old class times, in the morning from 9.20am and in the afternoon from 12.50pm

Keep in touch. If you know of a n y n2o members who are sick, in hospital or needing help, please let us know so we can do what we can to stay in contact and assist where we can.

Exclusive use. Did you know that on Tuesday & Friday mornings the Weight's Room is booked exclusively for never2old use!



PARKING: Please park in designated areas outside the fitness centre or in staff parking area behind the stadium (a staff member will swipe you in). **You must display your parking permit or you WILL be towed away!**