

D E C E M B E R 2 0 1 9

the Bench Press

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



Words from the President

We wrapped up another great year with the Christmas party last month. It was great party at the Mapleton Bowls Club, with first time bowlers hitting the green...I don't think the green has seen that many balls in the ditch! As the year comes to a close, I would like to throw out a big thanks to our amazing trainers Tina and Paul. They are more than just trainers to our members; they put up with lots of things particularly the shenanigans on circuit mornings. Next year will be a big one for the gym with a few renovations on the wish list. A new look entrance and boxing corner! As it gets closer, we will be showing the new plans. Wishing you all a very Merry Christmas and a safe and wonderful New Year. See you all back at the gym in 2020...burning off all those Christmas indulgences!

Important Dates

Light the Lights

6 December

The gym would love your support...lend a hand on the night or come and enjoy the yummy food.

Gym Closed

23 December

The gym will be closed for Xmas Holidays from Monday 23 Dec 2019 to Monday 6 Jan 2020.

Committee

President:

Kel Anderson

Vice President:

Chaffey Backhouse

Secretary:

Andrea Campbell

Treasurer:

Ardyn Morton

Committee Members:

Audrey McHardy

Ray Price

Lyndall Hulme

Paul Moriarty

Angela Blakely

Fiona Kurnadi

Lisa Forest





Annual Gym Membership

Annual Membership fees are due in January 2020. This fee helps to cover insurance for our members. For anyone wishing to pay their training / attendance fees in advance, the gym is offering a discounted rate of \$600 for 12 months of unlimited gym sessions or \$450 for those who only want to attend twice during the week, plus a Saturday morning.



First Aid Training

Denis from Triple O First Aid will be delivering the first of two first aid training days being offered at the gym. The course being held on Sunday, 8 December is now full.

If you would like to undertake this nationally recognized course in February 2020, please contact Andrea via email – mapletongym@gmail.com.

Date: Sunday, 23 February 2020

Time: 8.15am-4.30pm

Cost: \$90 per person (usually \$125.00)

Places are limited to 12 people per course.

Remember to bring a drink bottle to the gym in 2020!

The gym will not be providing plastic cups at the water station in 2020. Water will still be available for you to fill your own water bottle or drinking vessel.



Why not Give the Gift that keeps on Giving this Christmas?



A gift certificate from the Range Gym

\$60.00 for one month

\$110 for two months

\$160 for three months

Your Gift Certificate comes with:

- Free assessment, program and supervision
- Access to circuit classes
- Your goal is our goal...fitness, weight loss, rehabilitation
- No joining fee



See Paul or Tina when you are next at the Gym.

Tai Chi

Thank you to Jude Lang who has kindly offered to instruct two introductory / trial classes of Tai Chi for gym members **FREE OF CHARGE.**

The sessions will be held on:

Thursday, 12th December @ 8.30am

Thursday, 19th December @ 8.30am

Please note: Future classes will depend on how many participate on these two days. If you have shown interest, please try hard to attend.



Christmas Raffle

We are still seeking donations for our Christmas Raffle. If you can help, please place items in the collection box at the front desk.

If you haven't already got tickets for the Christmas Raffle, be **QUICK!**

DRAWN: 9.00am Monday 16th December

3 X Fantastic Hampers To Be WON!

Tickets \$2.00 each or 3 for \$5.00



LIGHT THE LIGHTS @ THE LILYPONDS



**LIGHT
THE
LIGHTS**

MENU

SAUSAGE SIZZLE \$2.50

SATAY TOFU & RAINBOW SLAW BURGER \$7

PULLED PORK & RAINBOW SLAW BURGER \$7

CANS - Coke, Diet Coke, Fanta, Solo \$1.50

WATER \$1

Join us @ The Lilyponds
on Friday, 6 December
from 5:00pm until 9:00pm

range
community
gym

Exercise & Depression – Factsheet

Provided by Black Dog Institute

Research suggests that regular exercise may increase the level of brain serotonin, a neurotransmitter involved in regulating mood, sleep, libido, appetite and other functions.

Problems in the serotonin pathways of the brain have been linked to depression. Exercise can also increase the level of endorphins in the brain, which have ‘mood-lifting’ properties.

Regular exercise may alleviate symptoms of depression by:

- increasing energy levels
- improving sleep
- distracting from worries and rumination
- providing social support and reducing loneliness if exercise is done with other people
- increasing a sense of control and self-esteem, by allowing people to take an active role in their own wellbeing.

Key points about the role of exercise in treating depression

- Regular exercise can be an effective treatment by itself for non-melancholic depressions (particularly for people who were previously sedentary or inactive).
- Exercise does not need to be extremely vigorous to be helpful for depression – a brisk walk each day can be beneficial.
- For more severe melancholic depressions, exercise may be a helpful strategy alongside other treatments (e.g. medication or psychological therapies).
- For those with a melancholic depression and experiencing lack of energy in the morning, immediate exercise on getting out of bed can be beneficial.

Evidence for the benefits of exercise in managing depression

Regular exercise can be an effective way to relieve some forms of depression and is often a neglected strategy in the management of depression.

Numerous studies have shown that people who exercise regularly experience fewer symptoms of depression and anxiety than those who do not exercise regularly. Trials have also shown that regular exercise of moderate intensity can be an effective adjunctive treatment by itself for both melancholic and non-melancholic depression.

In fact, 16 weeks of regular exercise has been found to be equally effective as antidepressant medication in the treatment of mild to moderate depression. A recent study found that an increase of physical activity from inactive to three times a week resulted in a 20% decrease of the risk of depression over a five year period.

Both aerobic exercise (e.g. brisk walking, cycling or jogging) and resistance or strength training (e.g. weight-lifting) have been found to be helpful in treating depression.

Other benefits of exercise

In addition to being helpful for managing depression, regular exercise has numerous physical health benefits. These benefits include prevention of numerous (including life threatening) medical conditions such as heart disease, type 2 diabetes, osteoporosis, strokes and certain types of cancers.

For extra health and fitness, it is recommended that adults (who are able) should also participate in vigorous activity that makes them 'huff and puff' (e.g. jogging, squash, rowing). For best results, vigorous exercise should be done for 30 minutes or more on three to four days per week (on top of moderate exercise).

Ultimately, for people who are very inactive, health benefits can be gained by becoming slightly more active. A little activity is better than none at all and more is better than a little.

Exercise recommendations

The National Physical Activity Guidelines for Adults and Older Australians recommends:

- A minimum of 30 minutes of moderate intensity exercise on most, preferably all, days of the week. An example of 'moderate intensity' exercise is brisk walking where a slight increase in breathing and heart rate is noticeable.
- Exercising for at least 10 minutes at a time – the 30 minutes total does not need to be continuous. Short sessions of different activities can be combined to make up a total of 30 minutes exercise or more each day.
- Being active in as many ways as possible each day (e.g. using the stairs instead of a lift).



OUR GYM POOCHES

Keeping your pooch cool

Coming into summer, here are some ideas on how you can keep your dog or cat cool on extremely hot days:

- Bring your furry friend indoors, keep the air conditioning or fan on and/or provide access to the coolest areas of your home – kitchen, bathroom or laundry with cool tiles are ideal;
- Make icy treats! They're simple. Just place your dog or cat's favourite treats into a plastic bowl, fill it with water and freeze. Once frozen, simply slip out the icy treat that will provide you pet with entertainment that will also cool them down.