

J A N U A R Y 2 0 2 0

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Bench Press

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

Weight loss Challenge

Tina will be commencing a Weight Loss Program this month. So if you've put on a few kilos over the festive season, now is the time to shred the fat!

The weekly check-in program is aimed to help people on their weight loss and healthy lifestyle journey.

Starting on **Thursday 16 January at 6pm**, the 12-week program involves weekly goal setting, weigh-ins and measurements, addressing any barriers that may prevent weight loss and the opportunity for an extra session at the gym (aerobic or strength training resistance). Successful long-term weight loss has been linked to maintaining 1 hour a day of moderate exercise.

The cost is \$12 for 12 weeks. For more information contact Tina on 0490024367.



Annual Gym Membership

Don't forget, the Annual Gym Membership fee is due this month. 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.

Important Dates

Australia Day Holiday

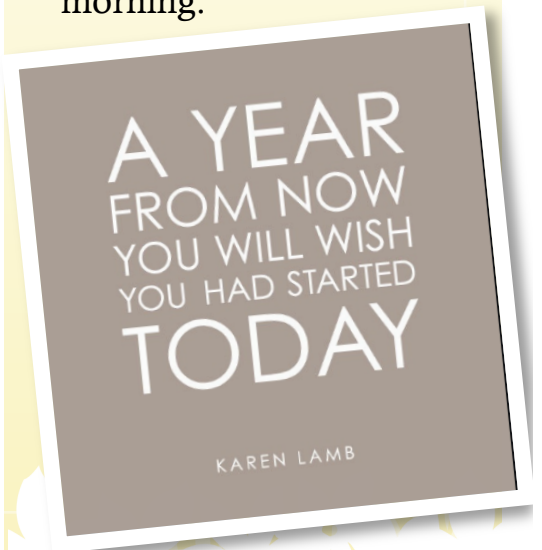
27 January

The gym will be open on the Australia Day Public Holiday from 6.00am-10.00am.

First Aid Training

23 February

If you are interested in doing this course, please contact our Secretary, Andrea.
mapletongym@gmail.com



First Aid Training

Paul Moriarty writes, "The first aid course held on 8 December was enjoyable as well as informative. We learnt lots of new stuff, remembered some old stuff and identified some areas where some more practice was needed. Dennis of Triple O First Aid Training put the small class through an all day program. He imparted technical first aid skills and guided us through many practical exercises that at the end of the day meant we were certified first aiders*. Wounds were bandaged, breakages immobilised and I am pleased to say that the class was able to revive all of the 'resuscitation dummies' who were seen leaving Mapleton in the back of Dennis' car none the worse for the experience.

*Certified to Provide first aid which includes:
Provide cardiopulmonary resuscitation
Provide basic emergency life support".

Denis from Triple O First Aid will be delivering another training day next month.

If you would like to undertake this nationally recognized course, 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 your drink bottle!

Commencing this month, the gym will not be providing plastic cups at the water station. You are encouraged to bring a cup or water bottle and more than welcome to fill it. The Committee would like to thank you for your cooperation.



Secure your pl8s and reduce number plate theft

One of our community-minded gym members has organized for Queensland Police to visit Mapleton in late February / early March as part of the 'Secure Your Pl8s Program'.

If you would like to help reduce the number of plates being stolen from the Sunshine Coast, you can bring your vehicle in and have your number plate screws replaced with anti-theft ones. **Watch this space for further information!**

Lift for Life

Lift for Life is a unique resistance training program designed for adults with (or at risk of developing) type 2 diabetes and other chronic conditions.

The next program will be commencing **Monday, 27 January 2020**.

Lift for Life is offered on Mondays, Tuesdays, Thursday and Fridays. If you would like to participate, please contact Tina or Paul.

Cost for the 8-week program is \$80.00



Tai Chi

The introductory Tai Chi classes held last month attracted huge interest with 18 people attending each session. Thank you Jude – our gym members thoroughly enjoyed learning a few of the movements and are looking forward to continuing in 2020.

Christmas Raffle

The three lucky winners of the Official Christmas Raffle were:

- 🎁 Carina
- 🎁 Rosemary Mitchell
- 🎁 Elizabeth Bailey

Thank you to all members for your support in purchasing tickets and donating items!

Note: There were too many winners to list from Paul's UNOFFICIAL 'mind-blowing' raffle. Congratulations to those who won something.



10 Tips For Safe Stretching

Article sourced from The Better Health Channel

Stretching is a good way to improve flexibility and avoid muscle soreness.

Here are some tips for how to do it properly.

1. **Stretch for 10 minutes every day.** Regular stretching improves your balance, strength and flexibility.
2. **Get advice to avoid injury.** Check with your doctor or health professional before stretching if you have an injury, are unsure of how to stretch properly or have had a previous injury.
3. **Warm up your muscles before stretching.** Try 10 minutes of gentle exercise like walking. Stretching cold muscles may result in injury.
4. **Hold a sustained stretch for 10 to 30 seconds.** Don't bounce when stretching. Overstretching causes muscle to contract and can cause small tears in fibres.
5. **Only stretch to the point of mild discomfort.** Once your muscle feels comfortable, increase the stretch then hold it again. If it hurts, you're pushing too hard.
6. **Breathe normally when stretching.** Don't try to hold your breath or perform special breathing exercises.
7. **Balance your routine.** Work opposing muscle groups each time you stretch. If you start by stretching the muscles in the back of your thigh, then follow by stretching the muscles at the front.
8. **Prevent boredom.** Add variety to your routine by increasing your stretching repertoire. For example, you could join a yoga class or visit your local physiotherapist for new stretches.
9. **Include stretching in your daily routine.** Gentle stretching can improve your circulation and a steady blood flow helps reduce muscle tension and soreness.
10. **Make stretching part of your other warm-up and cool-down activities.** It will help put you in the right frame of mind before exercise and help you relax afterwards.

Pilates with Ang Mills

PILATES
Commencing
Wednesday
15 January @
4.00pm
Cost: \$20/class

Ang has been working in the fitness industry for 14 years and prior to that was an active member of the gym for 10 years.

Her passion is to help motivate people to move and feel good about themselves.

She is a dedicated trainer & is committed to help anyone reach their health and fitness goals.



If you are interested in doing Pilates, contact Ang on 0412 237 356

OUR GYM POOCHES

The health benefits of dog walking to you and your dog



Dog owners enjoy numerous health and social benefits by walking their dog a few times a week. Benefits include improved cardiovascular fitness, lower blood pressure, stronger muscles and bones (built up by walking regularly), and decreased stress.

A regular walk is vitally important for your pet's health too. Obesity in pets is associated with a number of medical complaints including osteoarthritis, cardiovascular disease, liver disease and insulin resistance.

Most dogs need to be walked at least once each day, though some dogs, particularly very active dogs, may require more. The breed of dog you have, as well as its level of fitness and age, will also determine how long and how vigorous your walk should be.

A walk can make a dog very happy. They love to check out the sights and smells and will really look forward to spending time with you. A dog that doesn't receive sufficient exercise can easily become bored or destructive.

COMMUNITY HEALTH SHOWCASE

Mark this date—many stalls are currently booked and evidence based presentations are currently being finalised.

The committee that represents many community organisations has begun to implement suggestions seeking speakers and stalls.

Expect more information in January.

Book mark **29th March 10am to 3pm.**

Mapleton Bowls Club and grounds

Community Health Showcase

A number of community groups in Mapleton (including the gym) have come together to organise a Community Health Showcase. The showcase will be a weeklong event culminating in a Healthy Living Expo program on Sunday 29 March from 10.00am-3.00pm at the Bowls Club, Gym and surrounding parklands.

Activities will include speakers and stalls focusing on various health areas including food and activities for kids, an Art Competition on what healthy means to people, involvement on healthy eating by local restaurants/ café's and other activities with local schools and local walking groups.

The gym has been investigating what it could do for the program and after contacting the Guinness World Records in London, one possibility is that the gym could attempt to beat a World Record for the largest number of people in a dumbbell exercise program – we need 250!!!

SAVE THE DATE - Watch this space for further information.