

SUPERVISED STRENGTH

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------|--|---------------------------------------|--|---------------------------------------|--|----------------|
| 6.30am | | | | Power 1/2 Hour | | |
| 7:00am | | | | | | |
| 8:00am | Forever Active | | | | | Forever Active |
| 12:00pm | Forever Active <i>Heartgrooves</i> | Forever Active <i>Steady Steps</i> | Forever Active <i>Lift for Life</i> | | Forever Active <i>Lift for Life</i> | |
| 1:00pm | | Forever Active <i>Heartgrooves</i> | | Forever Active <i>Steady Steps</i> | Forever Active <i>Heartgrooves</i> | |
| 2:00pm | Forever Active <i>Lungs in Action</i> | | Forever Active <i>Lungs in Action</i> | | | |
| 6.00pm | | | Forever Active | | | |

SUPERVISED STRENGTH SESSIONS are 30 minutes in duration designed to provide technique coaching and progressive overload to help clients perform the strength exercises in their program effectively. These sessions are for members only and are included in their membership fee.

Forever Active and Stronger

4 Longer are 30-minute supervised group classes using specific strength training equipment. Unlike hydraulic equipment, Forever Active and Stronger 4 Longer machines provide both concentric and eccentric phase muscle work which is essential for people with Type 2 Diabetes, osteoporosis and many other chronic conditions. The supervision provided in these classes ensures correct technique, cues for great posture, full support, motivation and social fun.

Forever Active is also used for progressive resistance training by our Wellness Group clientele (see over for specific definitions). Full members can attend these classes to do the strength exercises in their program under supervision for best outcomes.

Strength training helps:

- **Avoid muscle loss** Adults who do not strength train lose between 2.2 kg and 3.2 kg of muscle every decade.
- **Avoid metabolic rate reduction** Regular strength exercise prevents muscle loss, it also prevents the accompanied decrease in resting metabolic rate.
- **Increase muscle mass** Research shows that standard strength training programs can increase muscle mass by about 1.4 kg over an eight week training period. This is the typical training response for men and women who do 25 minutes of strength training exercises, three days per week.
- **Improve glucose metabolism** Researchers have reported a 23% increase in glucose uptake after four months of strength training.
- **Increase metabolic rate** Adults who replace

muscle through sensible strength exercise use more calories all day long, thereby reducing the likelihood of fat accumulation.

- **Reduce body fat** In a 1994 study basic strength training program resulted in 1.4 kg more muscle, 1.8 kg less fat, and 370 more calories per day food intake.
- **Increase bone mineral density** The same training stimulus that increases muscle strength also increases bone density and mineral content.
- **Reduce lower back pain** Patients with back pain have significantly less pain after 10 weeks of specific (full range) strength exercises for the lumbar spine muscles.

WELLNESS GROUPS

| | Monday | Tuesday | | Wednesday | Thursday | Friday |
|----------------|-----------------------------------|--|--------------------------------|-----------------------------------|--------------------------------|---------------------------------|
| 8.30am | | <i>DVA Group Class</i> 60 mins | | | | <i>DVA Group Class</i> |
| 12.00pm | Heartgrooves 60 mins | HEAL Course 60 mins | Steady Steps 60 mins | Lift for Life 60 mins | | Lift for Life 60 mins |
| 1:00pm | | T2D Course 60 mins | Heartgrooves 60 mins | | Steady Steps 60 mins | Heartgrooves 60 min |
| 2.00pm | Lungs in Action 60 mins | | | Lungs in Action 60 mins | | |
| 6.00pm | | Type 2 Diabetes Education Course 60 mins | | | | |

WELLNESS CLASSES are at least one hour in duration and are designed to provide a stand-alone activity to achieve a certain health outcome. Most participants attending these classes attend twice weekly at specific times to specific classes and pay using a 10 session clip card. However, these classes are also open to full members as part of their prescribed exercise at no extra charge.

Type 2 Diabetes Education Course

Medicare funded if you meet the criteria for MBS item 721 and 725 and have an Allied Health Group Service under Medicare for patients with type 2 diabetes referral form from your doctor. This course empowers you with the knowledge of how to manage your diabetes and introduction to appropriate exercise

HEAL Nutrition Course

The Healthy Eating and Active Lifestyle Course is a motivational course to help you make the changes you want in your life. It will help you analyse your diet and your physical activity to identify areas which can be improved. This course also qualifies as a Type 2 Diabetes Education Course eligible for Medicare (See details about; Type 2 Diabetes Ed. Course)

Heartgrooves

Is a low to moderate intensity exercise program that is based on the Heart Moves program developed by the Heart Foundation to assist people to become more active and live a healthy lifestyle.

Steady Steps

Is a falls prevention program developed in conjunction with Queensland Health to facilitate better balance, co-ordination and strength with an emphasis on fun!

Lungs in Action

Lungs in Action aims to extend the benefits of rehabilitation by providing a safe environment in which those with stable chronic disease can maintain physical and social activities. Primarily intended for people who have completed a pulmonary rehabilitation program and are looking to maintain and improve their health and function. However, we also welcome anyone looking to manage other less severe respiratory conditions.

Lift for Life

Lift for Life is an evidence-based strength training program born out of more than two decades of research by Baker IDI Heart and Diabetes Institute. Clinical trials showed an average reduction in HbA1c of 1.2% over a 6 month period, providing evidence that increasing and maintaining muscle mass assists with controlling blood glucose in people with type 2 diabetes.

The Green Apple Wellness Centre Opening Hours

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------|---------------|---------------|---------------|---------------|----------|------------|
| 5.30am-7.00pm | 5.30am-7.00pm | 5.30am-7.00pm | 5.30am-7.00pm | 5.30am-7.00pm | 7am-12pm | 3.30pm-6pm |