SUPERVISED STRENGTH

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 our Wellness Associate members however can be accessed by members and are included in their membership fee.

Forever Active and **Stronger 4 Longer** is the equipment usually used in our 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. Although endurance exercise improves our cardiovascular fitness, it does not prevent the loss of muscle tissue. Only strength exercise maintains our muscle mass and strength throughout our midlife and mature years.

Increase Muscle Strength and Tone

Stronger muscles have better tone and functionality and this promotes better general mobility, increased stability and balance making activities of daily life more manageable and enjoyable.

Avoid Metabolic Rate Reduction

Because muscle is very active tissue, muscle loss is accompanied by a reduction in our resting metabolism. Research indicates that an average adult experiences a 2% to 5% reduction in metabolic rate every decade of life. Because regular strength exercise prevents muscle loss, it also prevents the accompanied decrease in resting metabolic rate.

Increase Metabolic Rate

Research reveals that adding 1.4kg of muscle increases our resting metabolism by 7%, and our daily calorie requirements by 15%. At rest, a kilogram of muscle requires 77 calories per day for tissue maintenance, and during exercise muscle energy utilisation increases dramatically. Adults who replace muscle through sensible strength exercise use more calories all day long, thereby reducing the likelihood of fat accumulation.

Increase Bone Mineral Density

The effects of progressive resistance exercise are similar for muscle tissue and bone tissue. The same training stimulus that increases muscle strength also increases bone density and mineral content.

Reduce Body Fat

A significant research project on strength exercise produced 1.8kg of fat loss after three months of training, even though the subjects were eating 15% more calories per day. That is, a basic strength training program resulted in 1.4 kg more muscle, 1.8 kg less fat, even with 370 more calories per day food intake.

Improve Glucose Metabolism

Researchers have reported a 23% increase in glucose uptake after four months of strength training. Because poor glucose metabolism is associated with adult onset diabetes, improved glucose metabolism is an important benefit of regular strength exercise.

Reduce Lower Back Pain

Years of research of strength training and back pain conducted at the University of Florida Medical School have shown that strong low-back muscles are less likely to be injured than weaker low back muscles. A recent study found that "low back patients" had significantly less pain after 10 weeks of specific (full range) strength exercises for the lumbar spine muscles.

Reduce Resting Blood Pressure

Strength training alone has been shown to reduce resting blood pressure significantly. Research studies revealed that combining strength and aerobic exercise is an even more effective means of improving blood pressure readings. After two months of combined exercise, the study participants dropped their systolic blood pressure by 5 mmHg and their diastolic blood pressure 3 mmHg.

Increase Muscle Mass

Because many adults don't usually do strength exercises, they need to first replace the muscle tissue that has been lost through inactivity. Fortunately, 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

Phone 07 3261 1249 Fax 07 3261 5787
21 Bald Hills Road, Bald Hills QLD 4036
info@greenapplewellness.com.au
www.greenapplewellness.com.au

Green Apple Wellness Centre

WELLNESS STRENGTH CLASSES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7.00am						
9.00am				**The Coaching Class** 60 min *Also for SSL participants*		
10.00am	**The Coaching Class** 60 min *Also for SSL participants*	***VEC Group*** 60 min				
11.00am						**The Coaching Class** 60 min *Also for SSL participants*
12.00pm		**Steady Steps** 60 min	**Lift for Life** 60 min		**Lift for Life** 60 min	
1:00pm		**The Coaching Class** 60 min *Also for SSL participants*		**Steady Steps** 60 min		
2.00pm	**Lungs in Action** 60 min		**Lungs in Action** 60 min			

WELLNESS STRENGTH CLASSES are 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

The Coaching Class (TCC)

The Coaching Class is for Club Members who have had their exercise customised to their needs, and require some supervision and help with their program. The supervised sessions on Wednesday evening and Saturday morning will suit people unable to attend during the daytime Wednesdays. See also ***Stay Stronger Longer*** (SSL).

Steady Steps (SS)

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 (LIA)

The Lungs in Action group class provides a safe environment in which those with stable chronic lung disease or breathing challenges can maintain physical and social activities. Strength equipment and cardiovascular equipment is used to achieve best outcomes.

Lift for Life (L4L)

Lift for Life is an evidence-based strength training program born out of more than three decades of research by Baker IDI Heart and Diabetes Institute. Clinical trials has provided evidence that increasing and maintaining muscle mass assists with controlling blood glucose in people with type 2 diabetes. Our progressive resistance equipment facilitates step-by-step strengthening.

Stay Strong Longer (SSL)

Wellness Associate Members (Stay Strong Longer participants) attend "The Coaching Class" twice weekly to do their program.

Veterans Exercise Group Class (VEC)

The Veteran Exercise Class (VEC) is a group of likeminded veterans who come together in a supervised session. Using Forever Active and Stronger For Longer Equipment for strength training and cardio equipment /circuit training for cardiovascular fitness.

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

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