

Participant Profile

Terry Page



Date of Birth: 2/1/1939

Favorite exercise: Incline Leg Press

Least favorite exercise: Leg Adduction/Abduction

Favorite Instructor: Refused to comment (It's Roberta!)

Favorite thing about LLLS: Having Fun

Least favorite thing: Me (I wonder why...)

Terry's Story

After having a bleed or hemorrhage within the brain in July 1999, Terry Page was given a slim hope of surviving and making it out of hospital. A credit to Terry, he was very determined to make it out of hospital and return home once again.

The stroke occurred in the left side of his brain and therefore affected the right side of his body and left Terry in a wheelchair without speech, movement in the right side of his body and severe memory loss. Seven weeks after the stroke, Terry started to make some small improvements in his condition through stroke rehabilitation programs within the hospital, regaining some movement to his right side and improvements in his speech.

Terry continued to improve as weeks went by and was finally able to stand and walk and to his delight, able to leave hospital after 14 weeks.

Terry continued to receive rehabilitation on and off for speech his physical condition for six years after the stroke, with his condition improving slowly.

In November 2006, Terry and his supporting wife Marion joined the Living Longer Living Stronger group here at Edith Cowan University and they haven't looked back since.

Since starting in his group, Terry has continued his improvement in his right side and speech. Noticeably to Terry, he has gained much in terms of strength, stamina and self esteem due to the program. In Terry's words, 'I Enjoy It!' Terry also said that the program gives him a great social outlet and the confidence to have fun and do something for himself.

Last year Terry was nominated and won the Living Longer, Living Stronger participant of the year out of thousands of participants across the state. As his instructor for the past few years, Terry has given me, the other instructors and the rest of the Tuesday and Friday 12:30 group much enjoyment and the feeling that we can make a difference.

Well done Terry!

Brain Teaser

G R U O Z U L V B S O A C B R
 S I U B Z Y L A I T N Q S S X
 X M U N V C L R H H S K I P J
 Q Q S G N A P D L G U C O U I
 F M N H N I V A M I N V Y C X
 P I A C C X N K T E S J X E H
 U B E B F T E G Y W R U T A K
 O D R S T R E N G T H A D E H
 L P V B R I Q R V B R Q N R I
 V H C C G E E F T T T R X O I
 W I H F L C X X R S Q M H B Q
 B N N C V W A A G I X S Y I Y
 X L S A H L E H T A E R B C K
 O U O E W H S X B V R E E B K
 M N D R L B P A K J E E A C F

AEROBIC, BALANCE, BREATHE
 HEARTRATE, MUSCLE, RUNNING
 SKIP, STRENGTH, STRETCH,
 WEIGHTS

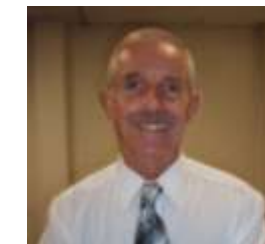
"Nominate a participant for us to profile in our next issue".

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A Message from the Clinic Director

Thank you to all those who attended the Vario Wellness Clinic official opening by the Health Minister. Although the Vario Clinic superseded the old entity last November, it has taken time to adjust to the rigorous demands of a larger organization and associated intricacies in order that we provide a risk free, safe and enterprising new clinic that will service the community health and well being needs into the future.



Dr Darryl Turner

The fantastic facility together with an enthusiastic Vario team will be at the forefront of a changing approach to combat the many lifestyle conditions that burden modern society. Hopefully, we can be a leading provider of allied health services in the Northern Suburbs with a very unique holistic and preventative approach. We envisage, with appropriate direction by accredited professionals, that you as participants can take some control over your health conditions in a positive and productive way.

We hope that the politicians and people in power facilitate this progression towards preventative health modalities in order to maintain functional independence. They can assist these populations with financial support, dissemination of information and education of the health sector issues. These steps will surely alleviate part of the burden on staff, facilities and costs of the hospital and G.P. system that are being overwhelmed.

Now with the new facility officially opened, we would like to welcome our many clients in all the participating groups into a new and exciting era for preventative and holistic health at the Vario Wellness Clinic. We will endeavor to maintain our successful existing programs (from the previous Joondalup Rehabilitation Clinic), whilst embarking on a wider more holistic service, introducing many new and essential allied health disciplines. In the near future, these services will include dietitians, psychologists, physiotherapists and masseurs. We encourage your feedback and interest in these offerings as they come on line, so please have a chat with any of the staff about your relative needs and how we can service them.

We look forward to your communications on any of these issues that affect your health and well being at the Vario Wellness Clinic. Remember our senior icon, Group Captain Phillip Renkin, who when asked what characteristic has kept him going in the face of adversity, said "pure stubbornness and never give in".

Best Wishes to all

Darryl

Clinic Update

The Vario Wellness Clinic now 8 months into operation is in full flight with 200 Living Longer Living Stronger participants, 50 veteran participants and 20 cancer patients now exercising in groups with the number of diabetes and individual clients also increasing.

Living Longer Living Stronger

The last couple of months have seen a lot of participants head north for a holiday in the warmer climate, and now with the holiday season coming to an end, the groups are starting to fill back up again. Special mention and thanks to all participants who have been consistent over the winter months, Well Done!!

Fighting Fit Veterans

The veterans groups over the last 3 months have grown substantially, with the number of participants doubling in number. We currently have four groups exercising with another group starting in July.



Brian Richards, Ray Opie and Peter Caust
Fighting fit Veterans Participants

New Services coming to Vario

Our objective at Vario is to provide a holistic approach to your health. To achieve this Vario are gearing up to provide extended services including dietetics, psychology, physiotherapy and massage therapy.

We currently have Dr Delia Quinn an extremely well credentialed dietitian, who lectures upcoming dietitians at ECU, available for consultations for interested participants.

Re-assessments

We are improving our assessment criteria and functional testing battery. Currently we are reviewing the demand and need for reassessments for those who have participated for 6 months or longer.

We would like to provide this re-evaluation and assessment in order to give you feedback and encouragement to continue improving your physical capacities and well being. Thus, reassessment may be a useful tool to improve our service provision as well as your motivation.

There would likely be a nominal fee of approx. \$55.00 to cover staff and facility costs and the assessment would take about 30 minutes. We are exploring the demand for this service, so please indicate to the staff should you be interested and we will endeavor to ensure that all eligible participants have the opportunity to be reassessed in the next 6 months.



Above: Eve Wilkinson and Leah

Below: George, Dianne and Kyracious.



"Dietitian services now available at Vario".

Research Update

Does gender affect muscle strength?

Loss in muscle mass/strength also known as Sarcopenia is associated with declining physical function and therefore quality of life as one ages. It is well known and agreed upon by research that resistance training (weight lifting) is an effective intervention to counteract this loss in muscle mass and strength. Less clear is the affect of gender on strength improvement through resistance training.

Studies indicate that in younger age groups (20-30 years of age) greater responses are found in men. However several studies also agreed that males had greater responses, but also indicated that men and women experience somewhat similar muscle mass/strength improvements, therefore males do not have a huge advantage over their female counterparts.

In older adults (60 years and over), studies indicate similar responses to younger adults with similar relative muscle strength changes.

In one particular study, muscle strength similarly increased for upper-body strength (32% and 38%) and lower-body strength (30% and 29%) for men and women respectively. These results provide further evidence that there are little to no difference between sexes as a result of strength resistance training.

In summary, older men and women can achieve similar muscle strength gains from resistance training (weight training).

Written by Kyle Smith

References:
(Fiatarone, et al., 2002; Frontera, Meredith, O'Reilly, Knuttgen, & Evans, 1988; Galvao, Newton & Taaffe, 2006).

"Let us know if there is any specific advice or facts that we can cover for you in our next issue".

Staff Profile

Shane Johnstone



Age: 21

Birth Place: Newman, Western Australia

Career Status: I recently completed a Bachelor of Science (Sport Science) and Bachelor of Sport Management here at Edith Cowan University hopefully passing all of my exams. Through working at Vario, I'm further developing my skills as an exercise physiologist gaining as much practical experience as possible, and hopefully becoming a fully accredited exercise physiologist in the coming months.

Career Ambition: To be a clinic director of a holistic wellness centre.

Favorite Holiday Location: Lorne, Victoria because it offers a great lifestyle.

Best time to exercise: Any time is a good time!

Favorite exercise and sport: Love a run along the coast or in a national park. AFL is the only sport and the Kangaroos are the only team worth supporting.

Favorite Food: Mums home-made spaghtti bolognaise.