

# Active Over 50 Newsletter



South Western Sydney Local Health District  
Health Promotion Service

Issue 6  
Spring 2015

## Welcome to the 2015 Spring Edition

Welcome to the 2015 Spring Edition of the Active Over 50 (AO50) newsletter, an information newsletter from the Health Promotion Service in South Western Sydney Local Health District.



Tai Chi at Narellan

## FREE Professional Development for Exercise Leaders (6 CECs)

We are pleased to announce our next professional development workshop will take place on **Saturday 14th November**. Our workshop "Exercise to Prevent Falls in Older Adults" is being conducted by Neuroscience Research Australia.

This workshop is FREE for all exercise professionals who lead exercise programs for older adults in SWS LHD and successful participants will be awarded 6 CECs. If you have not received a registration form please contact **Deirdre Upton** – 8738 6027 or [deirdre.upton@sswahs.nsw.gov.au](mailto:deirdre.upton@sswahs.nsw.gov.au)

## IN THIS ISSUE

- Professional Development
- Exercise Classes
- Allied Health Services
- Blood Pressure
- New Exercise Clinic
- Caring for Yourself
- Dance-based Exercise
- Word Game

The Active Over 50 Newsletter is produced by:

Health Promotion Service

South Western Sydney Local Health District

More information? Contact Deirdre Upton

Phone: 8738 6027 | Email: [deirdre.upton@sswahs.nsw.gov.au](mailto:deirdre.upton@sswahs.nsw.gov.au)



Health  
South Western Sydney  
Local Health District



# Active Over 50 Newsletter Spring 2015

## Why join an exercise class?

What about fun? Socialising? Meeting new friends? Brenda Broomhead, a participant of the AO50 class at the Picton Pumphouse Gym, said their instructor Ian engages the class with serious aims and objectives but with so much fun along the way. The members of the Picton Pumphouse Gym enjoy their weekly get-togethers, particularly the chats before and after class.

"We take an interest in our fellow class members and are always ready to listen, support and laugh through things together," said Ms Broomhead.



Brenda said the highlight for the group is Christmas. when Ian and his staff arrange a day out to celebrate the end of year and the staff put so much effort into organising this special day - it's not to be missed.

"We all know how important it is to keep fit and healthy on life's journey and this class certainly helps us to achieve this," said Ms Broomhead.

"We really appreciate the extra mile that Ian and his staff go to in providing this well balanced class, excuse the pun!"

### FREE - Get Healthy phone service

Want support with healthy eating; maintaining a healthy weight, being physically active?

**get healthy**<sup>®</sup>  
Information & Coaching Service

**1 300 806 258**

## Allied Health Services under Medicare

You may be eligible to claim Medicare rebates for allied health services if you have a chronic (or terminal) medical condition.

Under Medicare's Chronic Disease Management (CDM), your GP can refer you for up to FIVE allied health services each calendar year. The five services can be provided by a single allied health provider or shared across different providers

For patients with type 2 diabetes, there are EIGHT group allied health services (plus one assessment) available each year, in addition to the five individual allied health services.

Patients must be referred by their GP to an eligible allied health provider, that is, diabetes educator, exercise physiologist or a dietitian.

More information on these services is available at [www.health.gov.au](http://www.health.gov.au) or [www.mbsonline.gov.au](http://www.mbsonline.gov.au). Speak to your GP about your management plan and the referral options suitable for you.

### FREE - Stepping On

FREE falls prevention program for community dwelling adults aged 65 years and over. For more information please contact **8738 5911**. Details of all Stepping On programs and community based exercise classes can be found by visiting [www.activeandhealthy.nsw.gov.au](http://www.activeandhealthy.nsw.gov.au)



**STEPPING ON**  
Stepping On © Clemson & Swann



# Active Over 50 Newsletter

## Spring 2015

### All About Blood Pressure

#### What is Blood Pressure?

Blood pressure is a measurement of the force your blood puts on blood vessel walls as it travels through your body.

#### What do your blood pressure numbers mean?

Your blood pressure reading is expressed with two numbers; for example, 120/80.

**120** When the heart is squeezing blood into the arteries, the pressure is high (systolic pressure)

**80** When the heart is relaxed, the pressure is lower (diastolic pressure)

**Normal** - Normal blood pressure is around 120/80 or lower. High-normal blood pressure is between 120/80 and 140/90

**High** - High blood pressure is consistently over 140/90. This is known as 'hypertension'.

The levels for normal and high blood pressure are a guide only.

#### What causes high blood pressure?

For most people, the cause of high blood pressure is not known. But there are various risk factors that make high blood pressure more likely. These include;

- lack of exercise
- being overweight
- smoking
- excessive alcohol consumption
- a diet high in salt
- diabetes
- a family history of high blood pressure

High blood pressure increases your chances of developing heart disease, stroke, kidney failure, diabetes, erectile dysfunction and other conditions.

#### What is the treatment for high blood pressure?

For most people, the first step is to make changes to their lifestyle. These include:

- Quit smoking – call the **Quitline 13 17 48**
- Improving your diet to reduce salt, reduce fat and eat plenty of fruit and vegetables

- Be active - find an activity to suit you at [www.activeandhealthy.nsw.gov.au](http://www.activeandhealthy.nsw.gov.au)
- Keep your weight within a healthy range for your age and gender - get support from the **Get Healthy Service 1300 806 258**
- Limiting your alcohol intake

### New Exercise Clinic at City of Bankstown YMCA

Michael Kline, Accredited Exercise Physiologist (AEP) and owner of Activempowerment, has established a new exercise clinic at City of Bankstown YMCA.

Activempowerment is a mobile Exercise Physiology company that provides exercise services to clinical, sporting, healthy and corporate clients. Programs include Stepping On, Lift for Life, gentle exercise and Heartmoves.

For more information email [Michael@activempowerment.com](mailto:Michael@activempowerment.com) or call **0438 823 882**.

Details of all Stepping On programs and community based exercise classes can be found by visiting [www.activeandhealthy.nsw.gov.au](http://www.activeandhealthy.nsw.gov.au)



Stepping On at City of Bankstown YMCA

# Active Over 50 Newsletter

## Spring 2015



### Caring for Yourself as You Care for Others

SWS LHD's carer officer, Emma Dart, said many carers report that caring is a wonderful experience whereby they are able to give assistance in meaningful and special ways.

"However, it is vitally important that carers recognise the challenges and the impact that caring can have on their physical and mental health, and take measures to care for themselves", Ms Dart said.

The SWS LHD Carers Program can guide you in the right direction to find services that will assist you,

call **4654 6481**. Or the Carer Line can assist Carers to find out more about **Carers NSW** and services available, call **1800 242 636**.

### Loosen Up! Prancing for Parkinson's

This NEW weekly program uses a variety of dance-based exercise movements to address the symptoms of Parkinson's disease. The exercise group is led by Margaret Connor, a professionally trained teacher, occupational therapist and gentle exercise leader.

This is an ongoing program – Wednesdays 9:30 – 11:00am at Moss Vale Community Centre. Contact **Margaret** on **4861 2294**.

## AO50 Word Find

Find and circle all of the words that are hidden in the grid.

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

Carers	Overweight
Clinic	Physiologist
Diabetes	Prancing
Diastolic	Pressure
Grandparent	Salt
Heartmoves	Smoking
Interest	Socialising
Loosen	Stepping On
Management	Support
Medicare	Systolic

There is one word from the list above that is not in the word search

### Congratulations!

To our summer newsletter competition winners:

**Ailsa Simpson, Bhanamati Naresh, Joyce Dodds and Allan Burton**



Name: \_\_\_\_\_

AO50 Class you attend: \_\_\_\_\_

Contact Number: \_\_\_\_\_

Remaining Word: \_\_\_\_\_

Send completed slips to Deirdre Upton, Health Promotion, Locked Mail Bag 7279, Liverpool BC NSW 1871