



**YOUNG AT HEART**  
**NEWSLETTER**  
**SPRING 2022**

# UPDATE ON OUR PROGRAM

Welcome to Spring YAHs

It's beautiful to see the sun out, the flowers in bloom and people gathering at parks. We had a significant amount of sporadic rainfall and some flash flooding since our last newsletter. It's nice to see the weather warming up.

Can you believe we are only a few months away from Christmas? The year has really flown by quickly.

It's great to see the return of YAH members and instructors gathering for tea and coffee after class. We know how much this social aspect was missed.

We have had a few busy months within the fitness department.

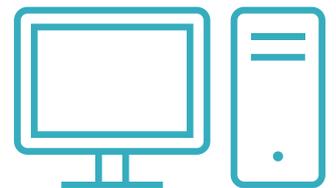
Throughout July and August, gym staff lead various gym challenges. Well done to everyone that took part!

An exceptional effort to everyone who worked hard and took part in the August Group Fitness Challenge. I know how hard everyone was working to get their cards signed off. We saw 77 people participate to be in the running of a \$250 Rebel Voucher. Our member, Dee Matlok, was the winner of this challenge.

I was fortunate enough to see most of you in the month of August, when I taught a YAH class. It was lovely to be able to sit down and chat with you all, after the class. Thankyou 😊

Regards,

Sherin – Team Leader Fitness



# WHAT IS YOUNG AT HEART

Young At Heart is our gentle exercise class designed exclusively for participants aged 50 and over.

The 45-minute class includes low impact strength and balance exercises for fall prevention and to improve your overall fitness. Chairs are made available for our participants in the studio, to take a break at any time.

Our 45-minute Aqua program gives you all the same benefits as our land-based programs, just without the impact on your joints.

Our Young at Heart timetable is as follows....

Monday 1:30pm Land based

Wednesday 1:30pm Aqua

Friday 1:30pm Land based

Join the class and the instructor after the session for a cup of tea and a social chat.

Remember to bring a water bottle to stay hydrated throughout your workout and a towel.

Visit our website or speak to one of our member engagement officers or gym instructors, to book your spot for the next Young At Heart class.

# THE BENEFITS OF STRETCHING

## Stretching

For Older Adults



Muscles and joints weaken and range of motion decreases as we age.

Regular stretching can improve flexibility, increase circulation and blood flow, reduce pain, reduce the risk of injury and promote relaxation.



# HOME EXERCISE – TIPS FROM MICHELLE S

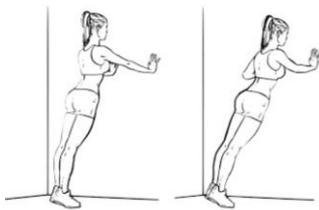
When you can't make it to the gym or your favorite class, there's always the option to exercise at home.

Here are my top tips and exercises for working out at home to improve your strength.

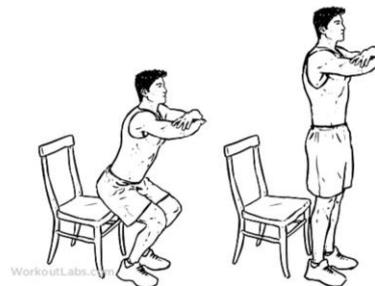
- Make sure your workout area is safe by clearing the room of obstacles, especially trip hazards like rugs.
- Warm up for at least 5 minutes to get your muscles ready. Eg. Marching on the spot, heel digs and arm rotations
- Always stay hydrated. Drink around 8 cups of water a day and keep a drink handy while exercising too.

Falls prevention is very important for older adults. So is strengthening the muscles that help us to get up from the floor if we do happen to fall. Add the following exercises to your daily routine:

## Wall pushup

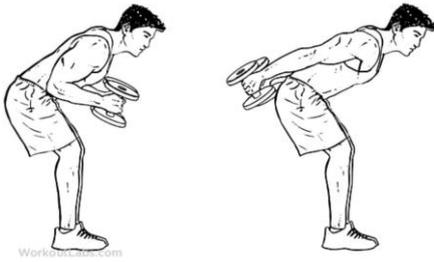


## Chair squat



(continued on the next page)

### Tricep kickbacks



### Lunges



### Wall planks



I like to set these all up in a circuit, one after the other. Try 10 repetitions of each exercise, and 30 seconds for the plank. Aim for 3 rounds of your circuit and remember to rest for about 20-30 seconds in between each exercise. Take a bigger rest of 1 minute before you start the circuit again.

Remember to always listen to your body and exercise safely. Until I see you again, take care,

Michelle Selmes

## MEET OUR TEAM: HASHAN

Hello YAH Members,

My name is Hashan. I'm the newest member of the Fitness team here at Ripples St Mary's.

I've been working in the gym for about 3 months now and I absolutely love meeting all of the members of our gym. To introduce myself, here's a little snapshot about me and what I enjoy.

Ever since I was young, I've always loved playing sport, especially cricket. Unfortunately, my love for food was even greater! So I was always bit of a chubby boy and when I hit high school, I decided I wanted to lose weight and improve my fitness.

This moment in my life sparked a passion for fitness and drove me to pursue a career in health and exercise. Fast forward to today, I have a degree in Sports and Exercise Science and I'm currently studying a Masters degree in Clinical Exercise Physiology.

My ever-growing passion for health and fitness, particularly strength and conditioning has led me to here, to Ripples.

If you ever have any questions about exercise or you're just looking for someone to talk to, I'm always up for a chat! If you find me in the gym, come say hi!

Take care,

Hashan

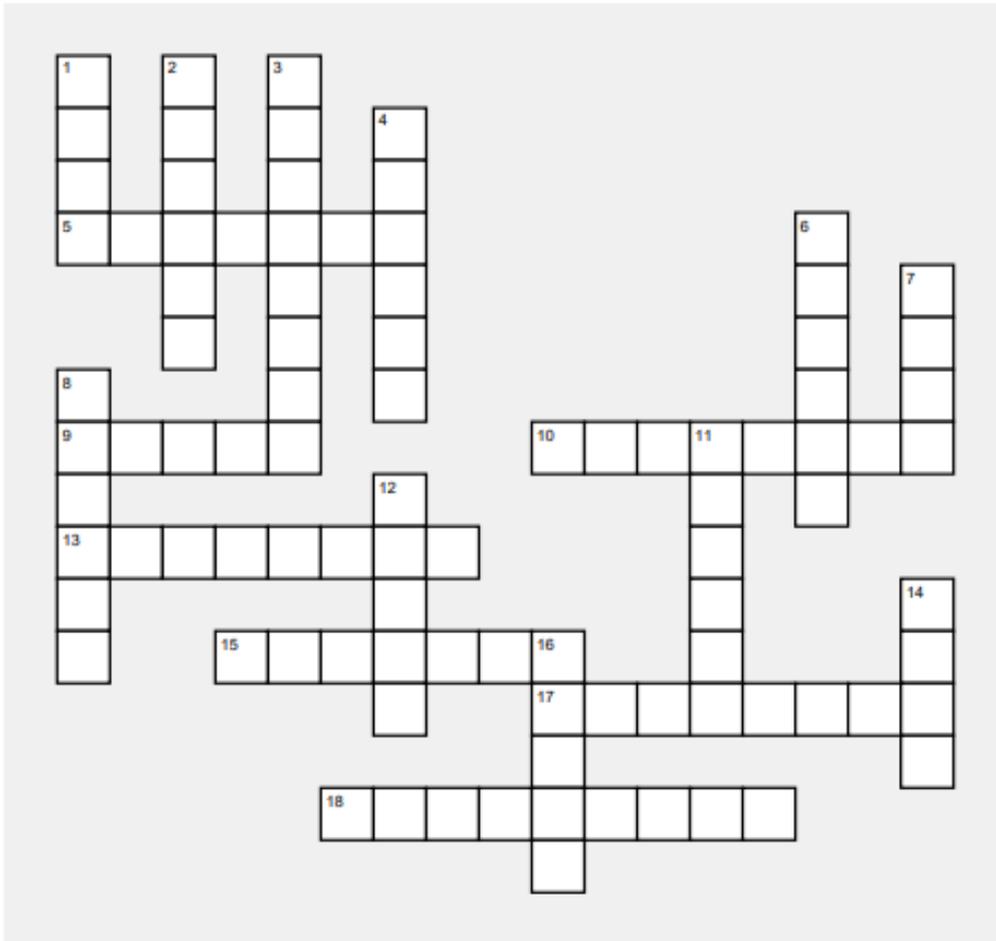


# BRAINTEASERS

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# BRAINTEASERS



## ACROSS

- 5) They're usually found in beds
- 9) Time for showers
- 10) Gloom's opposite
- 13) Yellow spring flower
- 15) Day for diamonds and dreams
- 17) Shower apparel?
- 18) Monarch, e.g.

## DOWN

- 1) Sport with tees
- 2) Fledgling plant
- 3) America's pastime
- 4) \_\_\_ egg
- 6) Eating outing
- 7) When spring ends
- 8) Vegetable plot
- 11) One of four in a year
- 12) Breezy
- 14) Flying toy with a tail
- 16) Verdant

# SPRING SNACKS FROM OUR DIETICIAN

## BLUEBERRY OATMEAL MUFFINS



**Makes 10**

### Ingredients

- 1 Cup Oat Flour
- 1 Cup Almond Flour
- 1/4 Tsp Salt
- 3/4 Tsp Baking Soda
- 2 Eggs (Lightly Beaten)
- 1/3 Cup Maple Syrup
- 1 Tsp Vanilla Extract
- 1/2 Cup Unsweetened Almond Milk
- 1 Tbs Olive Oil
- 1 Tsp Apple Cider Vinegar
- 1 Cup Blueberries (Fresh or Frozen)
- 1/2 Cup Traditional Rolled Oats

### Method

1. Preheat oven to 180 degrees, & line a muffin tray + spray with oil.
2. In a large bowl, whisk together oat flour, almond flour, salt & baking soda.
3. In a separate large bowl, mix together eggs, maple syrup, vanilla, almond milk, olive oil & apple cider vinegar until smooth. Add dry ingredients into wet ingredients & stir until just combined.
4. Gently fold blueberries & rolled oats into batter.
5. Divide batter evenly between 10-12 muffin cups, filling 3/4 of the way full.
6. Bake for approximately 20mins or until toothpick inserted comes out clean.
7. Cool on a wire rack. Enjoy.

Blueberries are a superfood! They are low calorie, but incredibly good for you, packed full of antioxidants, anthocyanins & vitamins & minerals. These properties of blueberries, help improve blood pressure, high cholesterol, blood sugar levels, strengthen your immune system & also protect against cancer!

**Jamie-Lee Fell**  
Ripples Accredited Practising Dietitian  
Penrith City Council

## HELLO FROM MICHELLE C

I absolutely love Spring and the freshness it brings to our minds and body. It's such a natural time for us to feel re-energized to work around the house, garden and on our own habits. I love that we have this connection to nature, where everything is bursting with renewed energy and growth around us.



I'm very excited to be planning my front garden bed. Since the passing of my dear Father in Law in Ireland, I've been 'asking' him to help my flowers and newly planted trees grow. I'm so happy to see my daffodils flowering!

Our family are all healthy and happy, and my youngest Ronan, is now officially enrolled into High School! I can hardly believe I will have them all in High School next year! He recently got through a second round of public speaking at school and wrote an excellent speech on laughter and why it makes us feel so good.

We said fare well to some much-loved friends recently, who have re-located to sunnier climates. I know I'm not alone in saying we will miss our dear friends Vicky Coombes and Sue Herring very much and hope they're settling in nicely. I was happy that 2 teenagers managed to come along to Vicky's farewell lunch and have told many of you their comments of "everyone is SO nice!"

Well of course they are!

Stay well everyone and hope to see you all in class as the weather warms up. We can now enjoy a cuppa together again!



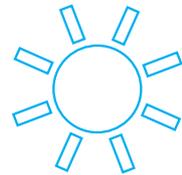
## UPDATES FROM NOLA

Welcome to Spring, a lovely time of the year. The days start to get longer, the weather warmer and the gardens start to flower again which is always nice.

Since our last newsletter we have lost 2 of our members to QLD to start their new lives. Wishing Vicki and Susan all the very best.

Graham and I went to Cowra for a few days to catch up with friends. It was lovely to see all the yellow canola fields in full bloom. They had some sheep on their property and we saw some baby lambs that were just days old! They were so very cute frolicking around their mums.

We have just booked another holiday for June. We will be heading to Fiji for a wedding and decided to stay longer to make a holiday out of it. It should be an exciting trip and something to look forward to.



The weather warming up can only mean one thing; we will be spending more time down the coast in our van, something we have not done for a few months now.

Unfortunately, my dad who is now 88 had a fall at his home and broke his hip. After an operation and some time in rehab he is still not able to walk unaided so he has now gone into respite care close to mum and dad's home in Auburn. He is hoping to eventually get back home soon.

I hope all the Dads had a lovely Father Day on 4th September!

Please come join me in an Aqua class on Wednesdays 1.30pm and stay for a cuppa and a chat!

Till next time, stay safe and healthy



Nola

## WHAT'S NEW WITH TAREN

Hello YAH members!

It has been another busy time of my life since we last caught up. I spent just over three weeks in the USA for our honeymoon. We had the most amazing time, we were extremely busy and had activities on every day.

We started our trip in Hollywood. We spent a day at Universal studios which consisted of rides, lots of food and a movie set tour. We went to Griffith observatory to watch the sunset behind the Hollywood sign, it was so pretty.

We flew to Las Vegas next. I loved everything about Las Vegas, the atmosphere was incredible, everyone was super friendly, and the food was great, especially our meal at Gordon Ramsay's Hell's Kitchen. We did a helicopter tour of the Grand Canyon where we landed in the canyon and had a champagne picnic. The views were breathtaking. It was an experience I will keep with me for a long time.



We then spent some time in New York, it was a lot of fun. There was always something happening everywhere we went. We did a horse and carriage ride through central park which was a great way to see the park. We went to the top of the Rockefeller building for sunset which was incredible.

I was lucky enough to do a personal training session at Gleeson's boxing gym which is the oldest boxing gym in America. The gym has been the training ground for some amazing boxers including Muhammad Ali and Mike Tyson.

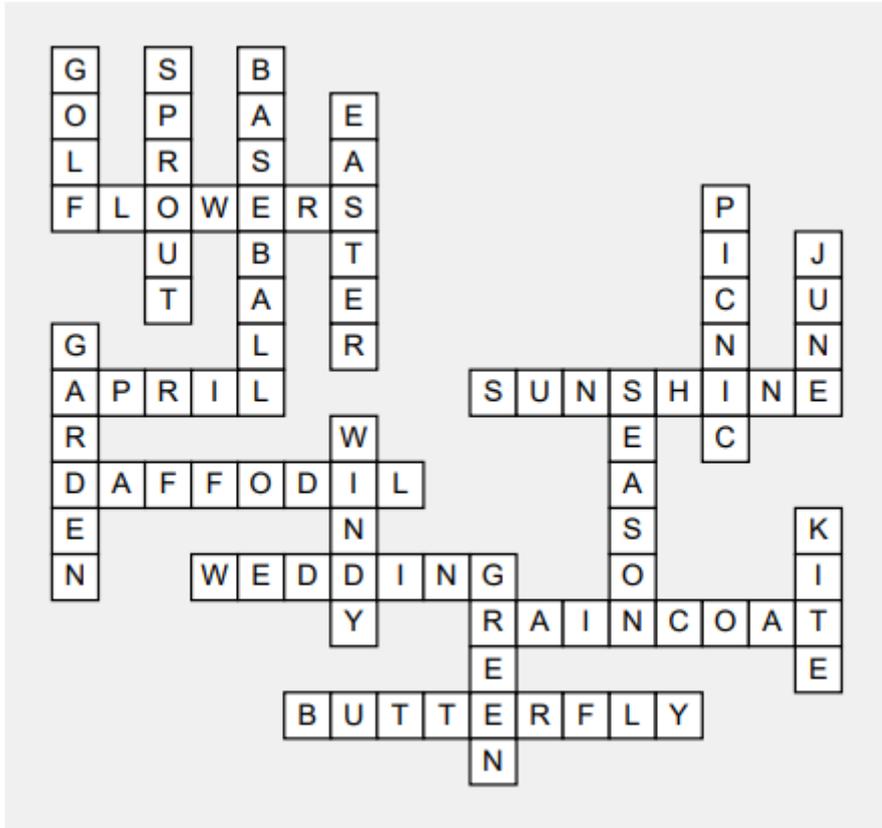
We finished our trip back in LA where we stayed at Santa Monica. The walk from Venice to Santa Monica was such a fun experience. On our last day I roller skated down Venice boardwalk which has been a dream of mine since I was a child!

Looking forward to catching up with you all soon!

Taren



# BRAINTEASER SOLUTIONS



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