

# Waiwhetu Fitness Centre

## JULY 2005 Newsletter

### **A BIG SHOUT OUT TO NAN and GRANDPA!!!**

As the saying goes, it's never too late to teach old dog new tricks. And, according to a US study, humans are never too old to **START EXERCISING**. Exercise not only improves the way the body uses oxygen, but also apparently lowers "systolic blood pressure" a dangerous condition common in elderly people. To cut a long story short.....all participants involved in the study had **POSITIVE RESULTS** and showed a marked improvement in "systolic blood pressure levels". And you know what...These improvements were directly linked to the time spent on the **EXERCISE EQUIPMENT**, although the **BICYCLE** exercises delivered better results than the treadmill exercises- This could be due to the fact that some participants had trouble balancing on the treadmills....What are you waiting for? Did you know it is only \$10.00 per month for our pensioner clients – If you want to help mum, dad, grandma or grandpa out shout them a membership today.

- All information used in this article is no substitute for proper diagnosis and treatment. If you have any medical condition, you should seek advice from a suitably qualified provider.

**Here is tip number 1 to get some exercise done during your busy day....**

#### **1. No Parking?**

Are you one of those people who slowly drive up and down in the shopping centre's parking area to try to get to the closest spot at the entrance, ignoring the open spaces further away? In the process, your blood pressure rises violently because the family of six is taking sooo much time to load their shopping bags into the car - and you want their parking space. In addition, you've added to the air pollution problem.

**Tip:** There is a better and healthier way! Park your car further away from your destination and brisk walk the rest of the way.

### **FITNESS SESSIONS**

**Fitness sessions are still being offered for only \$25 you will gain 3 x 30 min sessions with a qualified fitness trainer. See staff now for more details and times when sessions are available.**