

## Article

### Lift your bone mass: lifting weights to prevent osteoporosis

As we age our bones become weaker and more susceptible to breaking, and the risk of developing osteoporosis increases significantly. Although three times as many women as men suffer from osteoporosis, around a quarter of a million Australian men have the disease, and it is most common among middle-aged men. The researchers discovered that particular types of weight-lifting and jumping exercises, when undertaken for a minimum of six months, considerably improve bone density in active and healthy middle-aged men. The study, published in *Bone*, revealed that the bone mass of the whole body, lumbar spine and hip bones significantly increased after a six-month weight lifting program; offsetting the risks of developing osteoporosis by facilitating bone growth.

The training programs were effective as a result of targeted exercises. Study explained that 'only the bone experiencing the mechanical load is going to get stronger', which is why specific exercises like squats, deadlifts, lunges and the overhead press were chosen, in order to load the hips and spine.

Researchers concluded that these exercises could be prescribed to reverse the bone loss associated with ageing. The exercises undertaken by participants in this study are effective, safe and only require 60-120 minutes of time each week, a feasible goal for most people. Source: *Bone*

## Recipe

### Chicken, rice and quinoa salad

**Serves:** 4 cost per serve \$6.00

**Time to make:** 25 mins

√ diabetes-friendly

√ no dairy



### Ingredients:

2 x 250g packets Sunrise Steamed Rice & Quinoa 400g

Lean chicken breasts, 1 eggplant, cubed 1 avocado, stoned, and diced 4 tablespoons oil-free sun-dried tomatoes

2 cups baby spinach 3 tablespoons walnuts,

Chopped 6 tablespoons balsamic vinaigrette made

With 3 parts balsamic vinegar to 1 part olive oil

### Instructions and steps:

**Step 1** Cook rice following packet instructions; leave for a few minutes in bag then place in a large salad bowl.

**Step 2** Thinly slice chicken. Heat a non-stick frying pan with oil spray and Cook chicken for 3–4 minutes, or until lightly golden. Remove and set aside.

**Step 3** Wipe out pan and Respray with oil. Add eggplant and cook for 3–4 minutes, turning once.

**Step 4** Remove and add to rice mix with chicken, avocado tomatoes, spinach and walnuts. Add dressing and serve.

**Brenda:** I believe 2016 to be a year of great achievements. My clients have already accomplished the greatest start just by being here and working hard to reach their goals.

**Raj:** Aim high, set goals that compliment your lifestyle & work demands, do work on things like Mobility, flexibility, improving posture, co-ordination and functional strength. Don't be afraid to try new things stay motivated and always feel free to ask us for help.

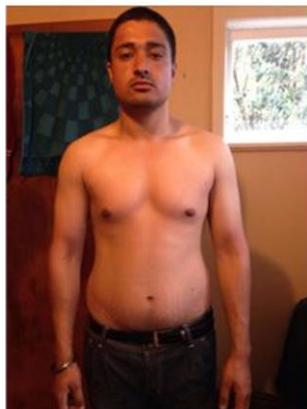
**Liz :** Hey guys 2016 is a chance for a fresh start at working towards any goals you may have, whether its 10kgs or just confidence in your own skin we're here to help you achieve so come see one of the trainers today to get started!!

**Kat:** I would like to thank everyone for the warm welcome, it's great to be part of the team. To those I haven't met yet; I'm Kat, fresh out of Polytech and very eager to help and learn.



## ACHIEVEMENTS

Before



After



## World beaters on water



WINNER: Jen Murray from Maketu with her medals and two of five trophies that New Zealand teams won in the World Rafting Championships.



WOMEN LEAD: The NZ Masters women leading the start of the downriver race of 14km. They came home two minutes ahead of the Czech Republic, which took silver.

### 1. Gagandeep S Dhaliwal

**Lost 13Kg**

### 2. Jen Murray

**Awesome Results with her team in the World Rafting Championships.**

### 3. Brenda Osborne

**Lost 5.5 kg**

### 4. Steve Howard

**Lost 4 Kg**

## GYM RULES



### For Safety Purposes....

- ALWAYS SCAN IN
- NO CHILDREN IN GYM AREA
- WEAR CLOSED IN FOOTWEAR

### For Hygiene Purposes Please....

- PLACE TOWEL ON EQUIPMENT DURING WORKOUT
- WEAR DEODORANT
- WIPE DOWN EQUIPMENT AFTER USE

### Respect....

- GYM EQUIPMENT
- STAFF MEMBERS
- OTHER GYM MEMBERS

## SURVEY



Hey Team,

We are looking at **opening at 5:30 am**  
Please come and sign your name at reception if you are interested in this happening.

Thanks TPHF Staff