



Solutions Anti-aging exercise programs

Solutions anti-aging programs develop body comfort, mobility, strength, bone density and function to assist you maintain independence, enjoy better health and avoid falls.

Our anti-aging programs are designed according to recommendations for healthy exercise in the over 65's published by the Australian Government and the American College of Sports Physicians. These guidelines recommend your exercise should include:

- **30 minutes on most days of moderately intense endurance/fitness activities**, which increase the demand on the heart and lungs such as brisk walking, bicycle riding, swimming and jogging; plus
- **strength training activities** such as resistance exercise, weights and climbing stairs, and;
- **balance, mobility and flexibility (stretching) activities**

By contrast unless the person has problems with weight bearing, water based exercise classes are not recommended for fall prevention because water exercise is not as effective as weight bearing exercise in improving balance or bone density.

At Solutions we'll help you make healthy choices about endurance activities and tailor an **individual exercise program** using **Pilates and WBV** which suits your body and any problems such as arthritis or back problems. We'll help you ease in to exercise so you feel the benefits without causing injury.

At Solutions we use **Whole Body Vibration Technology** because it's been shown to increase bone density of the hip of post-menopausal women and provide faster strength gains in muscle power when compared with gym exercises. Whole Body Vibration also helps balance and reduces the risk of falling.

Research supports Whole Body Vibration for bone density and fall prevention

Whole Body Vibration training significantly increased bone density of the hip of post menopausal women in a 6 month trial of exercises performed on the Whole Body Vibration platform. There was no change in the bone density of women performing twice as much exercise using gym equipment.

Whole Body Vibration training improved muscle power gains in athletes and in post-menopausal women as compared to the same exercises performed on gym equipment. The effect is attributed to WBV causing reflex responses and improved nerve control to make muscles work more efficiently.

A study of elderly patients at risk of falling found that standing on the Whole Body Vibration Platform six minutes a week for six months improved balance and functional fitness compared with controls.

References:

Recommendations on physical activity for older Australians <http://www.health.gov.au/internet/main/publishing.nsf/content/phd-physical-rec-older-guidelines>

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Verschueren S et al 2004 Effect of 6-Month Whole Body Vibration Training on Hip Density, Muscle Strength, and Postural Control in Postmenopausal Women: A Randomized Controlled Pilot Study *J Bone Miner Res*;19:352-359.

Bosco et al 2004 New Trends in Training Science: the use of vibrations for enhancing performance *New Studies in Athletics*, 14:4: 55-62.

Miyamoto et al 2003 Whole body Vibration Exercise in Elderly people <http://www.salixhost2.co.uk/osaka/abstracts/P506.htm>