

SA-first gym equipment trains mind and body

Cutting-edge fitness technology is allowing older people the chance to improve their physical strength – while boosting their brain power at the same time.

The HUR Senso training machine is a key feature of ACH Group's new Health Studio 50+ at Christie Downs, one of three health and wellness centres the aged care provider operates in Adelaide.

In place since December, the state-of-the-art Senso – the only one of its kind in South Australia – uses a computer screen and pressure plate sensors to create interactive, dual-task training sessions, challenging the body and the brain simultaneously.

The new machine, valued at more than \$20,000, is proven to reduce the risk of falls and improve cognitive function – and it's very easy to use.

"Customers who have trialed it have really enjoyed it," ACH Group head of health Kate Dobie says. "It makes training fun – but they have also found it challenging."

"The training is delivered via games that aim to work different parts of the brain such as memory, at the same time as getting the user to move their feet and react to the images on the screen."

Studies have shown that performing cognitive and motor tasks simultaneously – known as dual-tasking – improves cognition greater than just physical activity alone.

People who are worried about falls or know their balance isn't as good as it could be, or those with neurological conditions such as dementia, could benefit from training with the Senso.

Home Care Package, Commonwealth Home Support Program and NDIS recipients are eligible to use their funding to access the Senso – while customer-funded options are also available.

Following an assessment to understand goals and measure baseline data, a personalised program is created on the Senso. Each training session consists of a one-on-one session with an ACH Group Allied Health pro-



fessional. Two or three 30-minute sessions a week are recommended for best results.

"It is an exciting piece of technology," Dobie says. "Technology and research are pushing the boundaries of rehabilitation and challenging the stereotype of ageing."

"There is a lot that can be done today – there are ways through devices and technology that you can improve your strength and mobility and help to reduce falls."

Working on the philosophy that good health is one of the foundations of a good life, ACH



Group is committed to supporting older people reach their best health.

"ACH Group has a highly trained, multidisciplinary workforce and our health professionals are passionate about supporting older people to live good lives," Dobie says. "It's about having your best health to enable you to do the things you want to do."

ACH Group's Health Studio 50+ locations – at Christie Downs and Glenelg – boast a range of specialised health and wellness classes, and private consultations including physiotherapy, massage therapy, occupational therapy and podiatry.

The studios offer a range of fully automatic HUR resistance machines that feature world-leading technology, using air pressure to allow older people to exercise safely, efficiently and help reduce the stress on their joints.

ACH Group's third health and fitness centre is located in Newton.

For more details visit
achgroup.org.au/senso



**Health
Studio
50+**

Your best self starts with your best health



ACH Group Health Studio 50+ offers a one stop shop to access allied health services, exercise and wellness groups, plus specialised exercise equipment, designed especially for ageing bodies.

Located at **Christie Downs** and **Glenelg East** or visit our Exercise Hub at **Newton**.

Rebates and Government subsidies including NDIS may apply.

Let's get active **1300 22 44 77**
Visit **achgroup.org.au/health-studio**