

The Output Pulse

output
HEALTH

July 2025



OVER 50'S GROUP CLASS

Oh hey there, welcome to our first edition!

We're excited to launch the very first edition of the Output Pulse - your monthly dose of movement science, practical advice, and community highlights, straight from the team at Output Health.

Each month, we'll bring you a well-rounded mix of expert knowledge, engaging features, and inspiration to keep you informed, empowered, and moving forward.

We're glad you're here. Let's make this journey of movement, health, and performance a shared one — full of energy, support, and progress.

Output Health

What's on this Month

11 Jul Output Walking Group - Riverway

13-19 Jul National Diabetes Week

21-27 Jul National Pain Week



Exercise of the Month with Dimi

The **Farmer's Carry** are beneficial for people because they strengthen the grip, shoulders, core and legs while promoting upright posture and stability.

This full body engagement mimics daily tasks like carrying shopping bags or laundry baskets. The exercise enhances balance, coordination and endurance by challenging multiple muscle groups and reinforcing proper movement patterns.

These functional benefits help older adults maintain independence prevent falls and perform everyday activities with greater ease and confidence.

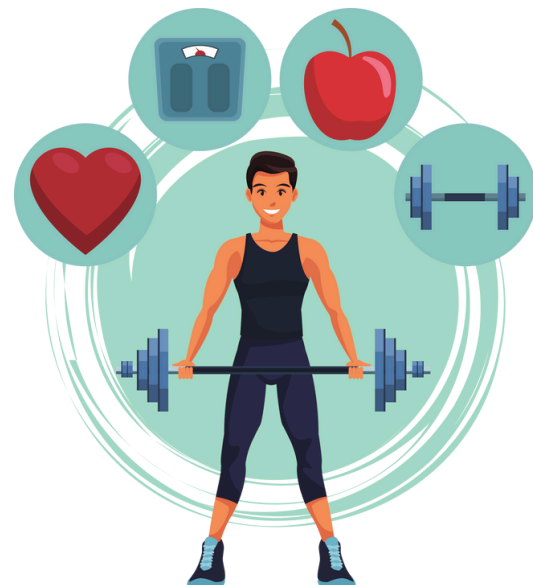
Movement:

- Squat down and grab a weight in each hand.
- Engage your core and pull your shoulder blades down and back while standing back up, returning to an upright posture.
- Step forward and begin walking. Keep your head up, shoulders back, and core engaged.
- Continue walking for prescribed distance

The Fact Corner: Cardiovascular Health and Exercise

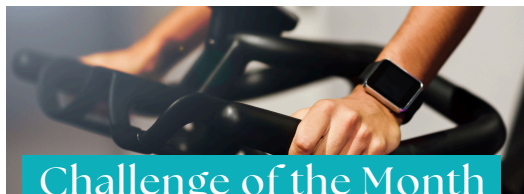
Regular exercise is one of the most powerful tools for protecting your heart! Engaging in consistent structured exercise helps to:

- **Lower blood pressure** – Just 30 minutes of moderate activity most days can significantly reduce resting blood pressure.
- **Improve cholesterol levels** – Exercise raises HDL (good cholesterol) while lowering LDL and triglycerides.
- **Strengthen the heart muscle** – Like any muscle, your heart becomes more efficient and resilient with regular use.
- **Enhance circulation and oxygen delivery** – Leading to better endurance and quicker recovery.
- **Reduce inflammation and insulin resistance** – Key risk factors for cardiovascular disease.



Pro Tip: The Australian Physical Activity Guidelines recommend at least 150–300 minutes of moderate-intensity aerobic activity per week (like brisk walking, cycling, or swimming), plus muscle-strengthening activities on two days.

Exercise is medicine — and your heart is listening! So when we say 5 min on the bike - your 5 min closer to your daily goal!



Challenge of the Month Hit those Calories

This month, complete the daily target to challenge yourself and keep accountable in our sessions. This month - its total calories! Bike, Row, Ski or Walk - the choice is yours!



11 Jul 2025

Riverway Walk - 6am

Join us Friday Jul 11th for our first monthly Riverway walk!

Join us for a walk and talk for 30-45min before heading for coffee at De Lokal Cafe.

Get involved by letting Rob or Ash know at your next session.



Joke of the Month

Q. Why did the treadmill file a complaint?

A. Because it was tired of getting walked all over!



June 2025

Member of the Month

Greg Christopher