

# The Output Pulse

output  
HEALTH

October 2025

LACE UP FOR THE REMAINDER OF 2025



## 13 Mondays until Christmas...

Wowee we're up to October, where has the time gone!

September saw us participate in September, celebrate Women's Health week and raise awareness on R U OK? Day.

Congratulations to those who completed this months challenges, with the choccies going to...

- 500m Row for time: **Greg C**
- 1000m Bike for time: **Frank M**

We have a new offering hitting the clinic in late Oct/Nov - the GLA:D program. For more info, check out over the page, or grab Ash in clinic.

There's 3 months left of 2025, what can you do between now and then to put yourself in the best position for a happy and healthy holiday season?

See you in the gym!

Output Health

### What's on this Month

**05 Oct** NRL GF: Storm v. Broncos

**06 Oct** King's Birthday - CLINIC CLOSED

**10 Oct** World Mental Health Day

## Research Update: New University of Queensland study finds exercise reduces risk of dying by 30–40%

A major meta-analysis led by UQ, (published in *British Journal of Sports Medicine*), confirms that maintaining regular physical activity throughout adulthood—**150–300 minutes/week plus two strength days**—can reduce all-cause mortality by **30–40%**, especially when talking about heart-related deaths.

This updated research reinforces the Australian Physical Activity Guidelines, and provides solid evidence for living an active lifestyle. But what do these recommendations actually look like day to day? They could be made up a number of ways such as:

- 30 minutes a day, 5 days a week
- Strength work 2 times per week
- Even walking, light cardio, and bodyweight strength training count

The key to it all - **Consistency** - not perfection.

Starting later in life still brings benefits—but sticking to a regular routine, even when life gets busy, is where the magic happens.





GLA:D® (“Good Life with osteoArthritis in Denmark”) is an education and exercise program designed to help people manage hip and knee osteoarthritis symptoms. It was created in Denmark and introduced to Australia in 2016. The program is based on the latest osteoarthritis research and shaped by real-world feedback from patients and trainers.

## THE GLA:D PROGRAM: the best first line treatment for hip and knee OA

Osteoarthritis is the most common lifestyle disease in individuals 65 year of age and older, but can also affect individuals as young as 30 years of age.

**Current national and international clinical guidelines recommend patient education, exercise and weight management as first line treatment for everyone with osteoarthritis.**

In Australia, treatment usually focuses on medications and surgery. The GLA:D® Australia program offers a safe alternative that may reduce your need for medications, avoid the need for surgery, and improve your ability to participate more actively in work and recreational activities.

### The GLA:D® Australia program consists of:

- An initial appointment to explain the program and measure your current functional ability
- Two education sessions which teach you about OA, its risk factors, treatment options, and self-management strategies.
- Group exercise sessions twice a week for six weeks to improve your control of the joint, your confidence in the joint and your strength
- A review at 3 months with your clinician to discuss progress and goals, and re-measure your functional ability
- Completion of a questionnaire on registration with the program, and then again at 3 and 12 months after registration to measure changes in areas such as pain, function, quality of life, and medication use.



### Motion Warrior

Congratulations to those who completed 8+ sessions in August to make it into the Committed Club - Motion Warrior

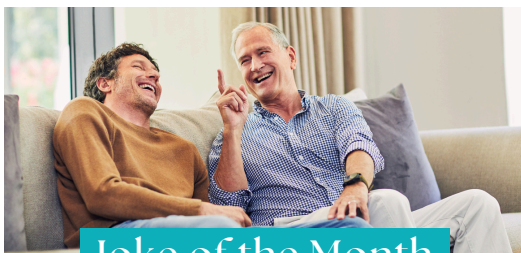
CHECK OUT OUR LATEST  
INSTAGRAM POST FOR  
SEPTEMBER'S MOTION WARRIORS



### NO WALK THIS MONTH

## Riverway Walk

Unfortunately there won't be a Riverway Walk this month - but keep your eyes out for our next one!



### Joke of the Month

Q. What's it called when you refuse to do core workouts?

A. Ab-stinence



### August 2025

## Member of the Month

Barry R