



PONTIFEX
Physiotherapy
& Performance

AUTUMN NEWSLETTER

Thank you!

We hope you've had a wonderful start to the year! While we weren't able to send out a newsletter over the summer due to unforeseen delays, we truly appreciate your patience. The good news? We've been hard at work on an exciting new initiative—one that's been in the making for quite some time, and we can't wait to share it with you!

In this newsletter we'll highlight common diseases that exercise helps prevent, tackle barriers to staying active, and share practical tips to make movement part of your daily life. Stay motivated and enjoy a healthy start to the year!

- ✓ **Blue Zone Senior Screen: A New Assessment to Help You Stay Strong, Active, and Independent – FREE for the First 50 of Our Patients to Sign Up!**
- ✓ **The #1 Habit to Cut Your Risk of Cancer, Heart Attacks, Dementia & Stroke by 20%+**
- ✓ **Did you know that falls are one of the leading causes of injury for older adults, but with the right steps, you can reduce your risk by up to 30%?**
- ✓ **Also please remember to vote for us with the Shire Business Awards!**



Blue Zone Senior Screen: A New Assessment to Help You Stay Strong, Active, and Independent

At our clinic, we are dedicated to helping patients aged 50 and above enjoy many more decades of high-quality living. We see a great opportunity to support our patients in achieving this by measuring key areas of their health and addressing any deficiencies. By combining strong research and current testing methods, we've created a simple screen that helps patients identify areas for improvement and take proactive steps towards better health and vitality.

What Are Blue Zones?

Blue Zones are regions around the world where people live significantly longer, healthier lives—often reaching 100 years or more. Researchers have identified five key Blue Zones: Okinawa (Japan), Sardinia (Italy), Nicoya (Costa Rica), Ikaria (Greece), and Loma Linda (California, USA). These communities share common lifestyle habits that contribute to their longevity, including:

- ▶ **Natural Movement** – Staying active through daily life rather than just structured exercise.
- ▶ **Purpose** – Having a strong sense of purpose or "why" to keep them engaged in life.
- ▶ **Stress Reduction** – Practicing routines to manage and minimize stress.
- ▶ **Healthy Eating** – Eating plenty of plant-based foods, with a focus on whole, natural ingredients.
- ▶ **Moderation** – Eating until about 80% full to avoid overeating.
- ▶ **Community & Connection** – Maintaining strong social ties and a sense of belonging.
- ▶ **Spiritual or Faith-Based Engagement** – Many participate in religious or spiritual activities.

The Blue Zone Senior Screen evaluates key areas that impact daily movement and stress reduction. By identifying strengths and areas for improvement in these two main sections, it helps seniors maintain flexibility, balance, endurance, and overall well-being for a long and active life.

What Does The Blue Zone Screen Include?

It includes several key tests for:

Balance | Strength | Endurance | Flexibility

How Long Does The Screen Take?

It will take about 15-20 minutes on average.

What Will It Tell Me?

The Blue Zone Senior Screen offers valuable insights into your current physical condition, identifying areas for improvement and providing a clear roadmap to enhance your health, maintain independence, and reduce fall risk.

How Much Does It Cost?

It will be FREE for the first 50 patients that are or previously were patients at the clinic. Going forward it will be \$59.

What Will You Receive?

You will receive a report that highlights the areas where you are doing well and identifies areas that could benefit from improvement.

How Do I Sign Up For The Screen?

Just simply call our clinic on **8515-0326** or email us at **info@pontifexphysiotherapy.com** to contact our reception team





The #1 Habit to Lower Your Risk of Cancer, Heart Attacks, Dementia & Stroke by 20%+ – The Power of Resistance Training

Resistance training isn't just for building muscle—it also provides significant health benefits, such as:

- ▶ **Weight management**
- ▶ **Greater stamina**
- ▶ **Prevention or control of chronic conditions such as diabetes, heart disease, arthritis, back pain, depression, and obesity**
- ▶ **Pain management**
- ▶ **Improved sleep and avoidance of insomnia**

Physical Exercise to Reduce Dementia Risk

Regular exercise can reduce your chances of developing dementia by up to **20%**.

Physical Exercise to Reduce Cancer Risk

Moderate to high levels of physical activity can reduce the risk of most cancers by **10-20%** (National Cancer Institute, USA).

Physical Exercise to Reduce Stroke Risk

Regular exercise can reduce your chances of having a stroke by up to **25%**.

Physical Exercise to Reduce Heart Attacks

Regular moderate exercise can reduce your chances of having a heart attack by up to **21%**, but adults who exercise two to four times might lower their mortality risk by as much as **31%**.



Beating The Barriers to Exercise

If you're struggling with any barriers to exercise, such as lack of time, motivation and/or energy, resources or equipment, or feeling uncertain or uncomfortable, please don't hesitate to email us or set up an appointment. We're here to help you overcome these challenges and get you on the path to a more active, healthy lifestyle!

Our **Senior Lifting Program** ensures that we maximize the health benefits of resistance training while also helping you maintain physical independence for as long as possible. We customise the program for all patients as well as teach essential strategies for rolling in bed, sit-to-stand techniques, and getting off the floor independently.

Stay Strong, Stay Steady: The Importance of Fall Prevention After 50

As we age, the risk of falls increases, often leading to serious injuries, loss of independence, and a decline in overall health. Preventing falls is essential for adults 50 and older to maintain mobility, confidence, and a high quality of life.



The Hidden Danger of Falls in Australia

Falls are a leading cause of injury-related deaths in Australia, posing a serious risk, particularly for older adults. According to the Australian Institute of Health and Welfare (AIHW):

- ▶ In **2021–22**, approximately **6,400** deaths were attributed to falls, a rate of **17 per 100,000 people**.
- ▶ Among Australians aged **65 and over**, falls led to nearly **5,000 deaths in 2019–20**, with a rate of **122 per 100,000**.

The highest risk factors for falls, especially among older adults, include:

1. Physical Risk Factors

- ▶ **Muscle Weakness & Poor Balance** – Reduced strength and stability increase fall risk.
- ▶ **Reduced Vision** – Poor eyesight or conditions like cataracts make obstacles harder to see.
- ▶ **Chronic Health Conditions** – Conditions such as arthritis, Parkinson's disease, stroke, or diabetes can affect movement and coordination.
- ▶ **Medications** – Certain medications (e.g., sedatives, blood pressure drugs, antidepressants) can cause dizziness or drowsiness.

2. Environmental Hazards

- ▶ **Clutter & Poor Lighting** – Obstacles, rugs, and dim lighting increase trip hazards.
- ▶ **Slippery or Uneven Surfaces** – Wet floors, loose carpets, and uneven sidewalks are major risks.
- ▶ **Lack of Safety Equipment** – Missing handrails, grab bars, or non-slip mats in bathrooms and stairs contribute to falls.

3. Behavioral & Lifestyle Factors

- ▶ **Inactivity & Lack of Strength Training** – Weak muscles and poor flexibility increase risk.
- ▶ **Footwear Choices** – Ill-fitting shoes, high heels, or slippery soles can lead to missteps.
- ▶ **Rushing & Multi-tasking** – Moving too quickly or carrying too many items can throw off balance.



Protein Needs for Older Adults

Are You Getting Enough Protein After 50?

As we age, our protein needs increase to support muscle strength, bone health, and overall vitality. Adults over 50 should aim for **1.0 to 1.2 grams of protein per kilogram of body weight** daily to help prevent muscle loss and maintain independence. High-quality protein sources like lean meats, fish, eggs, dairy, legumes, and plant-based proteins can fuel your body and keep you strong. Prioritizing protein at every meal can enhance metabolism, support recovery, and reduce the risk of frailty. **Start today—your future strength depends on it!**

To encourage our seniors to get more active, we're offering an exclusive **exclusive 20% April Discount** for all our newsletter subscribers on our "True" products, including **protein** and **collagen** supplements. Just mention the newsletter to our reception team!

DON'T FORGET! VOTE FOR US IN THE SHIRE BUSINESS AWARDS!

We are incredibly grateful for your continued support, and we'd love your vote in the **Shire Business Awards!**

Your vote helps us continue to provide the best services to you and our community.

VOTE FOR US



**Pontifex Physiotherapy
& Performance**

Scan the QR Code to cast your vote!

www.thebusinessawards.com.au

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