



THE PARKERS

www.albertparkbowlsclub.com.au
Newsletter of the Albert Park Bowls Club

SPONSORED BY KIESER — BE STRONG, STAY STRONG

AROUND THE CLUB

NEXT BOARD MEETING

The next Board Meeting is on Tuesday 14 January at 5pm. Please give the Secretary reasonable notice if you have an item for discussion and would like to attend the beginning of the meeting.

SUNDAY BOWLS

Last Sunday 15 players turned up for a casual roll, organised by our reliable selector Kel, and a great time was had by all. This will continue each Sunday until pennant resumes (the last Sunday being 19 Jan). Register at 12:45 for team selection. Please come along and join in the fun – suitable for all members.

WEDNESDAY TWILIGHTS 6PM

Twilight Casual Bowls offers a helpful and friendly introduction for newer bowlers and less intensive competition for developing bowlers.

TWILIGHT LEAGUE

Congratulations to Tim, who won our second quarter prize by securing an impressive 23 points over the last five rounds. Twilight League now enters the second half of the season with two more quarterly prizes, plus lucrative season end prizes, yet to be won. Our friendly but competitive matches start at 6pm on Wednesdays and are open to players with some bowling experience. Join us for the next round on Jan 8 (just show up by 5.50pm) - there's still time to make your mark!

LINE MARKING IN PROGRESS

For the next couple of weeks drawing pins have been placed on the 'T' . . . please do not remove. If they do dislodge, do not replace but let the Green Team (Kel, Don, Macca, Roger B, Tim or Simon) know.

Congratulations: Club Championship winners

Ben defeated Athi in the Club Singles and
Kylie defeated Megan in the Ladies Singles.



Club Calendar

January 2020

- 16 Thursday Training resumes
- 21 Tuesday Pennant resumes
- 25 Saturday Pennant resumes
- 27 Angove Australia Day Triples

March

- 9 Albert Park Travel Members Day
- tba Presentation Night

April

- 5 Rob Fairweather Invitational Fours
- tba Annual General Meeting

Angove Triples

Australia Day Holiday Monday

27 January 12-45 to 4pm

- Members only 2-Bowl triples
- 3 games of 8 ends

- Nominated skips: lead and second drawn (Ideal for new members)
- \$5 entry fee includes 3 tickets in raffle for a superb Angove hamper.
- Winning team: \$225...Runner Up: \$120 – Best second game: \$75 – Best last game \$75 (only one prize per team)
- Sign-up sheet on the noticeboard



Did anyone think to check if Rudolph's nose was just infected?

PHYSIOTHERAPY, REHABILITATION STRENGTH & CONDITIONING



Terms and conditions: Only available to new Kieser clients at our South Melbourne location. Must be an Albert Park Bowls Club member to redeem offer.

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KIESER – EXERCISE FOR OLDER ADULTS

Getting older does not mean it's time to slow down. In fact, after the age of 60 it's more important than ever to maintain or increase your exercise frequency.

What areas of the body should over 55s focus on during exercise and why?

Unfortunately, the natural physiological processes in the human body often result in a physical decline with age, and this affects all muscles equally. We lose bone mineral density, muscle mass, and strength and we have an increase in fat mass, ultimately resulting in reduced physical performance. In fact, reduced strength has been shown to be a strong risk factor for early mortality.

However, there is a huge body of research that has shown that strength training can not only slow this decline, but for many individuals suffering from loss of strength the effects can be reversed. This means you can improve your muscular strength, muscle size, cardiovascular fitness, metabolic health, and bone mineral density. As a result, with the right exercise people can reduce the risk of acute and chronic conditions such as osteoporosis, obesity, diabetes, heart disease, and cancers; and decrease the potential for injuries, including back pain, through strengthening their joints, tendons, and ligaments. The evidence supports that resistance exercise actually reduces the risk of early mortality and increases lifespan. Additionally, there are significant psychological benefits of strength exercise – it can decrease feelings of depression and anxiety, help us to sleep better and allow us to enjoy more active lives!

How much time should be dedicated to exercising and why?

The answer to this question largely depends on the individual, as their current physical condition, and presence of injuries, will dictate the amount prescribed for each person. Certain individuals may

need to gradually increase the amount or volume of certain activities. The Australian Physical Activity guidelines recommends that adults should aim to achieve 2.5+ hours of moderate intensity physical activity OR 75+ minutes of vigorous intensity physical activity each week along with strength training 2 days per week. For older Australians (65+), it is recommended to be physically active for 30 minutes each day.

These guidelines are supported by a rigorous evidence review process in order to improve health/wellbeing and reduce the risk of chronic health conditions.

Why is something like Kieser suited for the over 55s?

At Kieser we recognise that many people over 55 find a fitness environment intimidating. The feedback we get is that they aren't sure what to do, and so they end up not going! We aim to shift the paradigm of traditional fitness training by minimising barriers for our clients: no music, no mirrors, no singlets – just highly qualified staff, high levels of supervision and a clean, simple and focussed training environment. All clients begin with a detailed physiotherapy assessment and we at Kieser then set a program that takes into account the person's injury and medical history. We ensure our clients are training at an appropriate level, on our specialised equipment that can be adjusted to the individuals size and strength. Our training facility is designed to support our clients, with a quiet, non-intimidating environment that has a focus on physical performance, rather than physical aesthetics.

For the reasons above people come to us not only to treat pain, but often so that they can keep doing the activity they love: whether that be golf, surfing, gardening, walking or simply playing with the grandkids!

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It was a very merry Christmas party . . .

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*Where does Santa work out?
- Down the gymney!*

and now on to a happy new year!