

50Plus



Fitter



ABBY & KATIE

It brings us so much joy each month to deliver different health topics to help educate our classes and the wider community, and #StayDryJuly was certainly no exception. What we didn't realize, was just how much of an impact this topic would make and just how fantastic everyone would be with opening up and being willing to talk about the (previously) taboo subject of bladder and bowel health. We want to thank everyone who got involved by having the conversation, taking some brochures, commenting on our facebook page or passing on some new information to another person.

We can do anything with a bit of knowledge and a whole lot of will, and July once again proved that exercise can have fantastic effects on the body.

Thank you to the Continence Foundation of Australia for providing so much information and plenty of options for help.

-From The Girls



Well done to Katie who received a customer nominated Wow! Award from her classes, with input from Ged who was unfortunately away on the day that the certificate was presented. Everyone in class had a giggle, knowing that the award was coming and knowing that Katie would be completely red with embarrassment. She's such a humble young woman, but such a huge influence on those around her. Well deserved acknowledgement for all the hard work Katie does to deliver the very best level of support to everyone in her classes.



STAY DRY THIS JULY

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HERE'S WHAT YOU MIGHT HAVE MISSED IN JULY

1. 1 in 4 people over 15 are incontinent, 80% of those who reported an issue were women and half of those women were under 30
2. www.toiletmap.gov.au - locations, opening hours and wheelchair accessibility details for more than 14,000 public toilets across Australia
3. Only urinate when your bladder is full, empty bowels when you feel the urge to avoid constipation, sit with elbows on knees, toes raised and back straight to allow bowels to fully open
4. A change in bladder, bowel or sexual health in men could indicate broader issues, consult a GP
5. Pelvic Floor Muscles (PFM) are "trampoline" like, stretch from the coccyx to the front of the pelvic bone and hold vital organs in
6. PFM exercises (refer to brochure for details)
7. Caffeine, alcohol and fizzy drinks irritate the bladder
8. Regular heavy lifting, pregnancy or difficult birth, obesity, chronic cough and straining on the toilet all weaken the PFM
9. Continence Helpline 1800 33 00 66 free service available with continence nurses available to provide confidential information
10. Anxiety, depression, social isolation, poor self esteem, anger and frustration are all psychological effects of incontinence
11. Menopause can cause symptoms such as leaks when coughing or sneezing, increased frequency in night time toilet breaks, increased urgency and frequency to urinate and constipation
12. 1 in 3 women who have had a baby, experience incontinence
13. Drink decaffeinated beverages, herbal tea, diluted fruit juices and water to promote a healthy bladder

14. Severely reducing liquid intake to avoid going to the toilet is worse for your bladder
15. 8 glasses of water a day for healthy bladder
16. Cranberry juice is said to help with bladder infections
17. Avoid high impact exercises (jumping, running)
18. Brochures are still available
19. Walking, swimming, seated cycling are great exercises with minimal impact on those experiencing incontinence
20. Nocturia - the need to wake up repeatedly to urinate during the night. Disrupts sleep cycles and has the potential to cause falls!
21. Incontinence products available to help such as disposable or reusable discreet pads and pants ranging from light to very heavy leakage
22. The prostate can get larger as a man ages. It can grow to the point that it becomes difficult to pass urine as it presses against the urethra
23. Organs bulge out of the vagina during a PFM prolapse, often due to extreme weakness in PFM
24. "Normal" amount is 4-6 times to use the toilet during the day, 1 or 2 during the night
25. Including fibre in your diet through legumes, vegetables, fruits, grains and beans helps promote healthy bowels and a healthy digestive system
26. There is always help available.
27. Speak to your GP if you experience: leakage when you cough or sneeze, play sports or exercise, have a heightened frequency to pass urine, don't always make it to the toilet in time
28. Arthritis and incontinence: loss of mobility, joint stiffness, over-active bladder, constipation
29. "After dribble" in men occurs when the muscles around the urethra do not contract properly

BRAINING GYMNASTICS

	7	4	2		8	5	6	1
		2			5	3		8
1				7		4		
		1		6	2			
	4		3		1		5	7
			4					
	9		5		7	8		
2	1	8		3		7		5
		3	8	2		1		6

HOW TO PLAY:

The objective is to fill a 9x9 grid so that each column, each row, and each of the 3x3 boxes contains the digits 1 to 9.

A cell is the smallest block in the game. A row, column and region consists on 9 cells and the whole game consists of 81 cells. A region (3x3) is outlined to make it easier to play the game.