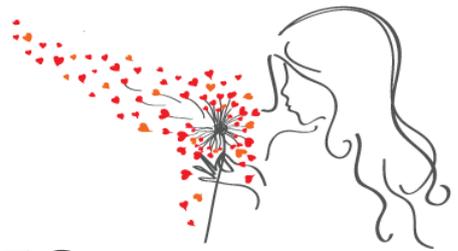


# Sum of One

Holistic Wellness Coaching  
for Fitness & Health



## HEALTH BITES

VOLUME 1, ISSUE 1      SEPTEMBER 2016

### STRENGTH2STRENGTH (S2S)

Welcome to Sum of One's first newsletter!

Well, what a year we've had so far...

Forty eight people started with the Strength2Strength program at the beginning of this year, funded by Primary Health Tasmania. As a little recap, this program was for people either over sixty or with chronic health issues. It ran for 12 weeks, and focused on strength, balance and cardio training as well as educational health sessions.

I have seen amazing results with this program. Each participant had a

comprehensive test at the start and again one at the end to see what changes had occurred. Invariably people were stronger in their legs, had more energy, lost weight and were able to walk further than at the start of the program. People reported feeling better and more energetic, but also more confident and happier in themselves. Others had their own tests pre- and post-program with their doctors, and came back with glowing reports too.

Not only that, each group (and there were four of you!) had great interaction with each other - it was fun to catch up and work out

together, and no one could have wished for a better result.

On page 3 is an article that was in the Mercury Newspaper in July. It sums up the results that I saw here in the Huon Valley as well.

Congratulations to all of you who participated and for all the good results!



*That's right... You're awesome!*

### STUDIO PILATES IN HUONVILLE

Studio Pilates is starting again at the PCYC in Huonville in September.

In these classes, we strengthen our whole body through Pilates matwork and by using Magic Circles and bands.

It's a great all body workout which helps to strengthen and tone your body. Group sizes are small (no more than 8 people) as this means I can give you personal attention as we're going through the hour.

Not sure if it is for you?

Why not try it out:

Thursday nights  
6.30-7.30pm  
Huonville PCYC  
Cost: \$18 casual

Special block discounts are available. If you want to know more, call me! 0481 585 070.

### DID YOU KNOW...

- *Patience is for people who live forever*
- *You can't talk while inhaling through your nose (try it!)*
- *Snails breathe through their feet*
- *Your right ear is better at hearing speech—your left ear is better at hearing music*
- *If you try to say the alphabet without moving your lips or tongue, every letter will sound the same (try it!)*

### INSIDE THIS ISSUE:

S2S	1
STUDIO PILATES	1
BLOSSOMS...	2
MEDITATION	2
WEBSITE	2
S2S IN THE NEWS	3
TASTY BITES	3
ACTIVE PROGRAMS	4

## BLOSSOMS IN THE VALLEY - SPRING IN YOUR STEP



Did you know that October will see the Blossoms in the Valley Festival? Our own S2S participant, Ruth Rutherford, is one of the organisers and asked if I could do something. An exercise class I feared would be too boring, so I have been busy trying to organise a Flash Mob to turn up on three different locations in the Huon Valley in October.

The Huon Valley Theatre

and Rhythmic Dance Centre will also be involved in this event, aptly called Spring in Your Step, so we should have a fantastic mob together.

Rehearsals are in Huonville Town Hall in September, and of course I'm looking for volunteers to participate - so we can show what we can do with our increased health and fitness.

The song is "Shake your

Tail Feather" and the choreography, done by Danica Fuller of RDC, will be based on the Blues Brothers movie. She will be catering for all different levels and abilities, so don't fear!

I already have a great list of people who want to participate. If I missed you and you want to take part, please let me know! If jumping up and down in public is just not your thing, I hope you would come to cheer us on.

## GUIDED MEDITATION

"MEDITATION  
CAN HELP  
MENTAL WELL  
BEING AND MAY  
HELP REDUCE  
DEPRESSION AND  
ANXIETY"

Who hasn't heard or thought about meditation? Probably a number of us have either tried, or wanted to try meditation, but not got around to it. Or we got too busy and gave up on it, despite it feeling really good.

Meditation can help your overall cognitive abilities, which in turn can help you focus, and have more

concentration. It can help reduce the amount of rumination or chatter that goes on in your head. It can help increase mental well-being and reduce depression and anxiety. It can help lower blood pressure and reduce stress.

Your physical health is also helped by your heart slowing down. We never

give ourselves the time anymore to step back and relax, so perhaps now is a good time to introduce this into our lives.

In some of my classes, I have tried meditation, with very positive feedback. Some of you asked if we could have a class like that, so I'd like to get your feedback or an indication of interest!

## SUM OF ONE WEBSITE



I am updating my website and am working on getting it more relevant and interesting with small interviews with the people who matter most—which is of course you!

I would like prospective fitness buddies to be able to read or hear what others have to say. It may

help them make their own move towards a healthier and more active life, especially if they are worried about their current physical ability.

If you would like to tell your story and are happy to be either on camera or have a photo taken, please let me know and we can arrange a time and

date.

Over time I hope that people can listen to your stories and find themselves in them too—so we can build an online community of strong, active and mobile people.

[www.sumofone.com.au](http://www.sumofone.com.au)

MERCURY ARTICLE ABOUT STRENGTH2STRENGTH

10 NEWS

SUNDAY JULY 10 2016 THEMERCURY.COM.AU

# Tall tale true as over-60s stretch to new heights

ANNE MATHER

AGE has proved no barrier to getting taller.  
Tasmanians who have just graduated from a federally-funded fitness regime have not only improved their health but increased their height.

Older Tasmanians who participated in the weekly gym sessions say they are walking taller, more easily and a little faster.

Participant Bronwyn Batchelor, 69, said she had joined the Strength2Strength program to improve her upper body strength, but the positives had gone further.

"I feel a lot stronger all over and I'm half a centimetre taller," she said.

Personal Best Fitness, one of the organisations selected to deliver the program in Hobart, found that many participants had increased their height.

Director Amanda Coombe said the weekly gym sessions had improved people's posture, which in turn had increased their height.

She said people over 60 tended to become more round-shouldered if they allowed themselves to become sedentary.

"The program was only once a week for 12 weeks, but we saw some big benefits," she said.

As well as getting taller, the participants improved their strength, cardiovascular fitness, balance and ability to go from a sitting to standing position.

Participant Graeme Dineen, 74,



PUMPED: Greg Howard, 66, of Kingston, left, Personal Best Fitness trainer Colin Millington, 67, Bronwyn Batchelor, 69, of West Hobart, and Rhonda Bradley, 66, of West Hobart. Picture: SAM ROSEWARNE

said he entered the program to improve his mobility after several stints in hospital.

"I was getting pretty stiff — but now I can move better and have built up my muscles," he said.

John Daun, 66, entered the program after an operation to remove a brain tumour.

"I came into this with a bit of trepidation, but I feel so much better for it," he said.

Ms Coombe said they wanted to encourage their older clients to stay at the gym, despite the completion of the government-funded program, and were offering discounts and incentives.

Personal Best Fitness trainer Colin Millington, 67, said the participants had enjoyed physical and mental benefits.

"They have a lot more get up and go," he said.

Personal Best Fitness had 24 places for the Strength2Strength program, and was one of 34

providers across the state offering it. Federal funding for the program finished at the end of June.

A Health Department spokeswoman said the program was designed only to be rolled out from 2013 to 2016 "to ease pressures and equip Tasmania's health system to meet future challenges".

## TASTY BITES: CHOC, FRUIT & NUT SNACK

Tasty, delicious and, believe it or not, good for you!

For the chocolate, melt a few chunks of cacao butter (available in health stores) in a double steamer. Add cacao, and a sweetener. I use birch Xylitol, but you can also use honey, agave or whatever refined sugar alternative you prefer.

Mix this all together, and while it is still runny, place a sheet of baking paper on a tray. I used egg rings, but you can use whatever shape you like.

Pour in some chocolate and then sprinkle with cacao nibs, pumpkin seeds, dried goji berries, and coconut. Pop in the freezer for 10-15 minutes, and you have a lovely,

healthy and tasty snack.

You can substitute the toppings with whatever you prefer. Cashew nuts, pistachios, dried cranberries....

So have some fun and enjoy the process of making wonderful tasty and healthy food! Even your kids will love you for it.



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Health & Wellness Coaching  
Personal Training  
Studio Pilates  
Nutrition

*Move Out of Pain  
and into Life*

Close your eyes and imagine this: Imagine you have more energy. Imagine that you can feel light, and that you can do whatever you would like to do. You have full mobility, zest and vitality. You can run to catch that taxi. You can walk your dog without problem, and play with your kids or grandkids without getting puffed. You can park the car a bit further away or feel good walking an extra flight of stairs. You can move with total freedom. How does that feel? I would hope this feels good.

Now what do you think it would take to get there from where you are right now?

Imagine that you could be strong, active and mobile again, without pain, and with more freedom than you've had for a long time? Would this make a difference to your life?

My name is Miranda and I help people move out of pain and into life. I help people be strong, active and mobile through gaining control of lifestyle habits and carrying through with goals.

Why Sum of One? Because we are the sum of so many different facets, and altogether they make us who we are. Let's be proud of this!

I am a Fitness Instructor, a Pilates Instructor and Health & Wellness Coach.

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## CURRENT ACTIVITY PROGRAMS

The following group programs are currently running in the Huon Valley...

Mondays 3.15-4.15pm  
Geeveston GeCo  
S2S Geeveston Follow Up Program

Wednesdays 8-9am  
Geeveston GeCo  
Older Adults Fitness & Strength Program

Thursdays 6.30-7.30pm  
Huonville PCYC  
Studio Pilates Matwork with Circle & Band

Fridays 8.45-9.45am  
Cygnet Sports Centre  
Older Adults Fitness & Strength Program

Please contact me if you want to book private sessions for Wellness Coaching, Pilates, food habit changes, or fitness.

A pink rectangular graphic with a watercolor background. The text is written in a black, cursive font. The words 'the rest of your' are at the top, 'life' is in the middle with a small blue heart above the 'i', 'could be the' is below that, 'best of your' is below that, and 'life' is at the bottom with a small blue heart above the 'i'.