

MEDIA RELEASE

NEWS FROM THE UNIVERSITY OF TASMANIA

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ATTENTION: Chiefs of Staff, News Directors



Engaging the ageing with Pilates

The University of Tasmania is calling for volunteers from northern Tasmania for an investigation into the effect of Pilates on balance, strength, range of movement and blood glucose in older adults.

Research leader Dr James Fell, from the UTAS School of Human Life Sciences, said the study will also investigate the effects of long term physical activity and contribute to future recommendations for older people on the health-related benefits of exercise.

“Current research shows that regular physical activity can help prevent and treat chronic disease,” he said.

“Everyone should do it but the 60 years and over age groups have the lowest participation rates in Australia.

“Various exercise programs have been found to be beneficial in improving functional and health related parameters but physical activity outside of formal programs is still poor in older adults.

“Pilates is a popular form of exercise with a range of health benefits however research confirming those benefits in the older population is limited.”

The UTAS research will measure changes in:

- *Balance;
- * Functional capacity;
- * Cardiovascular and metabolic health.

The Engaging the Ageing team will also assess participants' psychological state by measuring their perceptions of quality of life and self efficacy after doing the six week Pilates program.

Participants will undergo simple physical and written tests and attend free Clinical Pilates exercise sessions twice a week at the Newnham Campus (UTAS) for 6 weeks for 45 – 60 minutes sessions each.

People wishing to be part of this free study should be aged between 60-85, community dwelling and able to lie down flat and walk independently.

*For more information contact Dr James Fell ph.6324 5485
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