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Shane Dorward, Electrical Fitter Mechanic and part-time gym instructor, suggests people who are new to the gym should see Steve Jefferson (ext 618) or himself (ext 654) to arrange a meeting on how to use the equipment. 'The last thing we want to see people doing is going down there and using a piece of equipment incorrectly and hurting themselves or damaging the equipment,' he says.

'Our main role as gym instructors is to assist people with weights training instruction, work-out routines, weight loss programs, and remedial rehabilitation,' says Steve Jefferson, part-time gym instructor and the Sintering Department's Mechanical Maintenance Supervisor.

## Weight Training

'Most of the people weight training at the moment are there to build bulk or simply to tone their muscles. One of the biggest myths about weight training, especially where women are concerned, is that it will build bulk. This isn't true. The weight of the equipment will determine whether or not a person will build muscle. If, for example, someone is merely interested in toning up then repetitive light weight lifting would be the sort of work-out they would need.'

Steve says he has only one piece of advice for those people thinking about using the gym. 'Just go down there and give it a try. You don't lose anything and you never know; it may change your life!'

## Aerobics

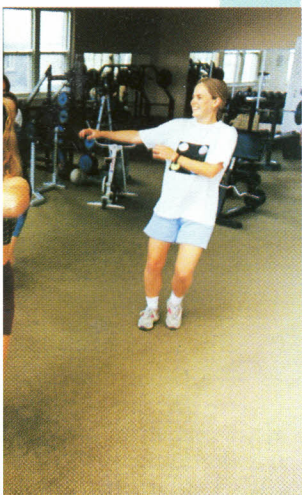
Many women who do use the gym are more comfortable with aerobics classes. The gym's aerobics instructor, Sue O'Malley, has taught aerobics since 1989 and is also a qualified physical education teacher, gym coach and swimming instructor.

'I'd like to encourage more people to come along to the gym and especially the aerobics classes,' Sue says.

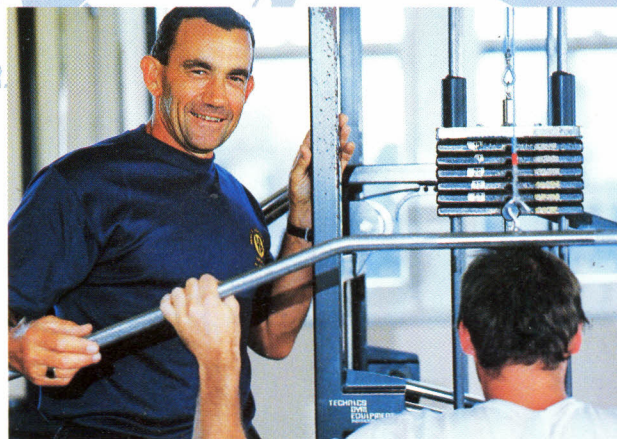
'The circuit class operates on Mondays. In this session weights for body shaping are combined with aerobic exercise which is important for elevating the heart rate. Basic principle for weight loss or fitness is you need to elevate the heart rate for there to be any benefit. The good thing about a circuit class is it is suitable for someone really fit or someone just starting.

'On Thursday nights I run a step/cross trainer class. This combines the step aerobics with a weights work-out. One of the good things about using weights in these classes is that some people who would not normally use weights have the opportunity of not just using them but also being shown how to use them properly.'

The gym offers something to suit everyone, even those people who prefer a more serene approach to exercise.



tructor, Sue O'Malley.



Whether you're toning muscles or building bulk - Sulphide's part-time Gym Instructor, Steve Jefferson is there to help.

## Tai Chi

Tina Chen has been a Tai Chi Instructor since 1981 and says her sport is about relaxation. 'For people who have never seen Tai Chi before it is like doing martial arts in slow motion. The slow movements require careful control of the breathing, the mind and the movements. We're talking about relaxation for the internal and external parts of the body. Tai Chi can be used for fighting if the movement is faster, but I am more interested in concentrating on relaxation and health benefits,' she explains.

'Tai Chi is about learning a new way of life and looking after your health. Tai Chi isn't just about the one hour the people spend in the class - it changes their lives away from the class.

I find Tai Chi also makes people calmer. It helps them control their temper. Today we get rushed to do things but if you calm your mind you see things differently. Tai Chi has a truly calming effect on people.

'Coordination, balance and harmony are an important part of life and Tai Chi helps people in this way too. For example, I have a lot of older people in my class and they play sports away from Tai Chi and the class helps them coordinate their movements and balance.'

**People wishing to know more about the gym can contact Steve Jefferson on ext 618 or for information on gym membership contact Ken Feenan on ext 739/796.**