



Media Release
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Pump provides a path to good health

At 68 Isobel Hollick can lift, squat and pump iron better now than any other time in her life.

Isobel has been attending pump classes at the Lincoln Events Centre since September last year and has been enjoying the health benefits this brings.

“I started doing Zumba and my teacher Linda encouraged me to try pump classes too. I have osteoporosis and early arthritis so when she said pump would help with balance, posture, bones and heart strength, I knew it was the class for me,” says Mrs Hollick.

Twice a week she heads along to the pump sessions where between 20 and 30 people use weights as they do exercise routines that get their heart rates up, strengthen muscles and improve balance.

Isobel says although progress has been slow, it is a personal effort she is proud of.

“At first my arms were weak due to an old upper spine injury - I couldn't use the bar with weights on it. Now I have worked through that, have no back pain and use weights all the time. When I get home I have no aches or pains – my muscles are getting stronger.”

Having experienced chronic fatigue on and off for the past 30 years, Isobel wanted to get physically stronger not only to lessen the fatigue, but ultimately to heal it. A goal she has achieved.

“I want to encourage others with a gold card to consider getting fit. Pump certainly gets my heart going, strengthens my body and makes me feel more alive and energetic,” she says.

Isobel's advice is no matter what age group you are in or what your limitations are, there is always something you can do. “Keep moving, that's the main thing.”

Pump is one of a range of fitness classes offered at the Lincoln Event Centre and the Rolleston Community Centre. Visit www.selwyn.govt.nz/lec or www.selwyn.govt.nz/rcc for more information.

A gold card gives cardholders a discounted rate of 11 sessions for \$50 for pump sessions at the Lincoln Event Centre.

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