

New cardio machine boon for the disabled

Marvellous for mobility

By Ozan Beyit

A NEW piece of gym equipment means cardiovascular exercise just got a whole lot easier for Sunshine Leisure Centre member Rufus Uulf, who is relishing the opportunity to work out despite a disability.

Since arriving four weeks ago, the hand-cycle has proved popular with disabled members of all ages, including Mr Uulf who has been a quadriplegic for eight years.

"It's a very important piece of equipment for people who have a disability and can't walk or exercise in ordinary ways," Mr Uulf said.

He said the equipment was easy to use and allowed him to strengthen his upper body while also exercising his heart and lungs to maintain his fitness.

The machine is also a good alternative for people with a range of mobility problems who experience difficulty in using a treadmill.

"To operate it you turn the pedals with your hands, with your arms and shoulders rotating — you can also set the weight and resistance," Mr Uulf

said. He said the hand-cycle had helped to improve his exercise ability and made the prospect of working out an attractive one.

"By constantly coming to the gym three times a week I am long way away from when I lived in hospital. My goodness, I have recovered a heap."

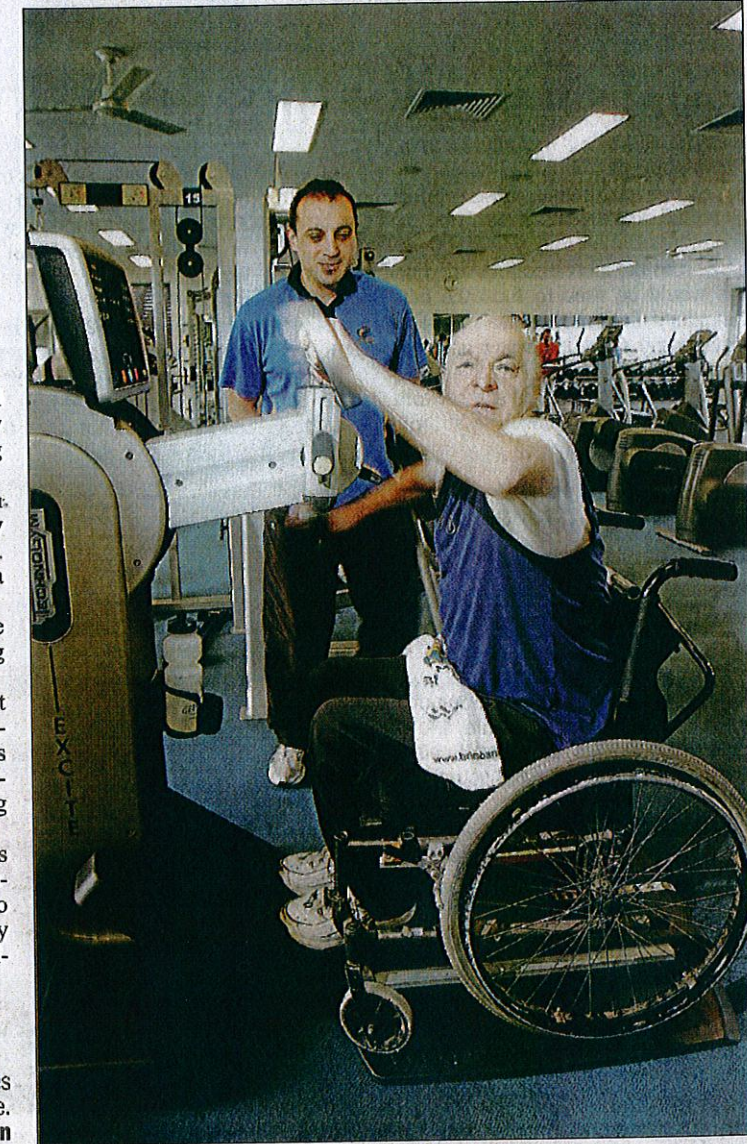
Brimbank Council bought the equipment with \$4000 in funding from Inclusive Leisure Victoria.

Mr Uulf said the new equipment made his exercise routine more convenient and he praised the gym's disability-friendly staff and infrastructure. "Now I've got everything under one roof."

Gym instructor David Craus was pleased with the response to the popular equipment. "It's a cardio machine that [represents] an easily accessible way for people in wheelchairs to raise their fitness levels."

Details: 9249 4615.

New equipment: Rufus Uulf makes use of the hand-cycle.
Picture: Scott McNaughton



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