



THE ROYAL AUSTRALIAN REGIMENT CORPORATION

ACN 146 985 355

RARA National Council Members,

See the information from John Taske on the benefits of this DVA Program.

Please circulate as widely as possible to your members and encourage their participation

Thanks,

Ted

Dear All,

You have probably heard of a program that DVA has been offering its halt and lame for quite a while now but for various reasons, have-not bothered to give it a go. I am referring to the offer of a University trained Exercise Physiologist or a Physiotherapist to those who have a Gold Card (any Vet over 70 or any TPI) or a white card holder with specific injuries that would benefit from supervised exercise or physiotherapy.

Basically, it's your own personal trainer, once or twice a week who will tailor a specific training program for you and supervise you while you do it. And it's all paid for by DVA. **The only thing you need is a DVA form D904 filled out by your GP to say what your problems are and that you need remedial exercise.**

I decided to give it a go about 8 weeks ago and came across NJF Wellness Centres, staffed by Exercise Physiologists and a raft of other medical personnel. NJF and affiliated groups have a network of centres spanning Australia and not just in capital cities. Just go into Google and type in **NJF Wellness Centres** and their link will come up. Mostly they run their programs out of Gyms but I spoke to them and if travel to a gym or centre is too inconvenient for you, but three or four vets can gather in one place, they will come to you and run a program in a private house or local park, if necessary. The worry with this is that after a session, there would be a temptation to adjourn to the nearest watering hole and undo all the good.

Anyway, I have been fortunate enough to be within 15 mins of an affiliate group called **RESTART Exercise Physiology** that works out of Anytime Fitness Gym at Harbour Road Hamilton. I go there twice a week and am very well looked after by Rob Murray, an exercise physiologist. I have found it a great program with a number of benefits, physical, mental and social so am recommending it to all of you.

Look up their website and get the location of the centre nearest to you. Even if you can't find one nearby, still register with them and if they find a cluster of Vets, or you can get 3-4 mates together, they will come to you.

A centre at **Carseldine** and the one that I go to at **Hamilton** in Brisbane. Rob Murray also has a phone Number: 07 33196165, so if you are close enough to Hamilton and want to give it a go, call him.

On the NJF Wellness Centre home page, they have a 1300 number and an email address for enquiries.

Last thing to say, I don't have any shares in NJF or Restart and I am not getting paid for this. I just

believe that all you old warriors, would benefit greatly from a program like this, so I urge you to give it a go. As they say, all you've got to lose is your smoker's cough. If you don't take it up, at least pass this around the net to other Vets who might be interested.

Good health to you all,

John Taske

Editor's Note: John Taske was 5RAR's RMO for a short period during the battalion's first tour in the Republic of South Vietnam.