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Macquarie University Sports Association *Success and Well Being*

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What a great semester this is shaping up to be! Every day more and more staff are getting involved with Staff Mates—the program that gets Macquarie staff out of the office and moving about! So what's happening over the next few months...

Australia's Biggest Morning Tea comes to Macquarie!

MUSA has some great activities planned for 2005 the first of which is just around the corner. On Thursday 26 May, MUSA shall be hosting a Healthy Morning Tea for all Macquarie University Staff. "Macquarie's Biggest Morning Tea", run in conjunction with Australia's Biggest Morning Tea, is your chance to catch up with other staff members on campus, have a cuppa and raise some funds for cancer research. This year the Cancer Council wishes to break the world record for the Largest Simultaneous Tea Party, so why not join in with us all!

- When:** Thursday 26 May 2005
Time: 10.30am–11.00am
Location: To be confirmed, but at this stage by the Lake outside E11A
Provided: Light refreshments
Cost: Free, but a donation to the Cancer Council would be appreciated.
What to bring: Yourself, some fellow staff mates and a donation for the Cancer Council
RSVP: If you would like to come along to the event email macsport@mq.edu.au by Wednesday 18 May 2005.

Weekday Workouts at the Sport & Leisure Centre

Head up to the Sport & Leisure Centre during your lunch hour to see what's available for you in 2005. If you're thinking about getting into a regular health routine but not quite sure how to go about it, try one of the Staff Mates 10 Visit Passes. Especially developed for University Staff this pass offers you 10 visits to our cardio and weights room and/or group fitness classes, plus when you join you'll also get a free induction session with one of our friendly fitness trainers. This 10 Visit Pass is offered to Macquarie Staff for only \$80 (a saving of \$20) and to MUSA members at an even cheaper rate of \$50!

Lunchtime Legends—Get your team together now!

Build team spirit within your Department and get a team into one of the regular sporting competitions running on campus this semester. Starting in May will be competitions for Mixed Netball, Mixed Softball and Mixed Soccer. For more information on these competitions contact Sporting Spectrum on 9439 6060 or email: info@sportingspectrum.com.au.

Focus On...Arthritis

Arthritis is a disease affecting joints and sometimes other tissues. Most people associate arthritis with old age. Osteoarthritis (OA) most commonly develops between the ages of 45 to 90 years of age however most people develop some features with increasing age. It involves the breakdown of the protective cushion of the cartilage covering the ends of the bones where they meet to form a joint. Current belief is that OA is caused by changes within the cells of the cartilage, this results in a loss of elasticity. Gradually the cartilage thins and may even breakdown. This leaves the ends of the bone unprotected, and the joint loses its smooth functioning.

The Symptoms

Symptoms of OA vary—most individuals remain essentially free of symptoms, but can experience pain and stiffness in the joint and/or swelling.

Treatment

Exercise can be part of the treatment plan for people with arthritis and recent studies have shown that exercise resulted in a reduction in joint pain and stiffness and an increase in flexibility, strength and endurance.

Three main types of exercise are recommended as being suitable for people with arthritis:

- Exercises that will help keep your joints moving
- Exercises that will keep and improve muscle strength
- Exercises that will maintain your general health and fitness.

Information from: www.health.ninemsn.com.au and www.arthritisnsw.org.au.

www.musa.mq.edu.au