

## Age no barrier for local man using Marina services to get back on track

If you walk into [Marina Fitness](#) and see Ron Jones striding along on the treadmill you'd be excused for thinking he's a fit looking chap without a care in the world. You certainly wouldn't realise that this is an 83-year-old recovering from a recent broken back and walking on two replaced hips!

Ron has been coming to [Marina Fitness](#), a new gym operated by [Manukau Leisure](#), for eight weeks now. He's half way through the initial phase of the rehabilitation programme prescribed by physiotherapist Oliver Low for his broken back.

Being a local man means the Compass Building at the Half Moon Bay Marina is a convenient location for Ron to visit. And those visits are optimised by having all the health and wellness services he needs under one roof.

"This facility is ideal" says Ron as he explains that his doctor, Catherine McArthur at [Marina Medical](#), is literally right next door to [Marina Physio](#) and [Marina Fitness](#).



There's no going outside or traipsing off to another facility, and the health providers at marina work together to achieve the best outcome for the client. "Luckily I haven't needed a specialist yet but even if I did I know there's a good one here so that's where I'd go", he says.

He explains that when he's working out in the gym he's under the guidance of not only the professional fitness instructors but also his watchful physio. "Oli is here with me at least once a week. To begin with he was here with me every session but now I can do lots of the exercises myself. He's still in and out and corrects me if he sees me training while he's working with someone else" says Ron.

Ron broke his back changing a car tire in November 2009 and after numerous visits to Middlemore in an ambulance went into surgery. "It was five days before Christmas and I was determined to get the surgery over with and get home."

Despite a long, successful engineering career, Ron is still working full time and is determined to carry on that way. He credits a life of physical work for his strength of character and thanks physical activity for his ability to recover quickly and completely.

"After surgery my back was extremely stiff. I was bent in half with my hands on my knees when I first came to the Marina. Exercise is what's got me back; that's what's done it" he says. He has been advised that a full recovery will take 18 months and is committed to seeing the entire process through.

Performing a fitness programme that includes both resistance and cardio exercises hasn't always been easy but it's certainly been worth it according to Ron. "In the first fortnight you wonder what you gotten yourself in for. But I kept going and that made the difference."

After battling through that first tough fortnight, Ron says things got significantly better. He says the fourth week was the turning point – that's when the real benefit came about and he noticed the change in his body.

According to Ron the whole recovery deal is mental. And Ron is an expert on mental toughness. "I've been hurt. You don't work in the engineering trade without getting hurt." But his philosophy is to make as little fuss as possible and get on with it. "The more you escalate an accident in your mind the worse it will be."

True to form, Ron has this advice for anyone and everyone facing rehabilitation from an injury: "Don't sit on your backside and wait for recovery to happen. It's mental."