

COMING EVENTS

Old Treasury Tunnels

Go underground to discover Adelaide's history by taking a one hour tour of the Old Adelaide Treasury Building at Adina Hotel, corner of King William and Flinders Streets.

Meet at **Adina Treasury Hotel Reception, 2 Flinders Street**

**Wed 27th &
Thurs 28th April,
At 1pm
Cost: \$10 (\$8 Sen)**



Please book at reception

Did you know, 60 per cent of people over 60 experience hearing loss? We are offering:

Free Hearing Tests

**With Australian Hearing
Book a 20 minute appointment
Mon 9th 10am - 3pm
Tues 10th & Mon 16th May
10am - 1pm**

Walking Weekend

**Coobowrie Bay,
Yorke Peninsula**

**Friday 29th April -
Sunday 1st May, 2016**



This weekend will be a relaxing and enjoyable time with walks around parks and towns of southern Yorke Peninsula. Staying at the newly renovated Coobowrie School House, with a well appointed kitchen and comfortable dining area.

On **Saturday** we will walk along the coast through Edithburg on to Sultana Point, dining at the Edithburg Hotel which is well known for its fish.

On **Sunday** we head to Port Victoria for a geology walk from the historic jetty, which includes a well illustrated history of the town, and coastal walk including information about ship wrecks.

Details at reception

Fitness on the Park



FITNESS ON THE PARK

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Website: www.fitnessonthepark.com.au

OPENING HOURS:

Monday	6am - 8.30pm
Tuesday	6am - 8.30pm
Wednesday	6am - 8.30pm
Thursday	6am - 8.30pm
Friday	6am - 7.30pm
Saturday	7.30am - 1.30pm
Sunday	8.00am - 12.00noon

Fitness on the Park is an organisation of health and fitness professionals whose objectives are to provide high quality and innovative exercise programmes for the whole community. These programmes, with an emphasis on education, will enable a variety of participants, young and old, fit or unfit, to achieve and maintain a greater level of health and well being.

2016 Programmes

- Aquarobics
- Aqua Mobility/Masters
- Back Care/Mobility Plus
- Be Stronger – over 50's weights
- Countryside Walking
- Cardio Circuits
- Fit Ball
- Fit for Life
- Fitness Circuit
- Fitness Walking
- Folk Dance
- Healthy Weight Loss
- Higher Intensity - outdoors
- Masters (over 65's)
- Personal Training
- Resistance Training Circuits
- Weights & Stretch
- Yoga



Calendar of Events

Old Treasury Tunnels Tour

**Wed 27th and
Thurs 28th April, 2016**

1 - 2pm

Details back page.

Free Hearing Checks with Australian Hearing

**Mon 9th, Tues 10th &
Mon 16th May**

Details back page.
Bookings at reception

Walking Trips 2016

Walking Weekend

**Coobowrie Bay
Yorke Peninsula
29th April - 1st May
Please register at
reception.**

Spain

**June - July
Best of the
Camino de Santiago
FULL**

Issue 67

Dear Members,

Thank you to all members for your support with the recent restructuring changes at Fitness on the Park. These changes were necessary to ensure we remain strong and viable for many years to come. A particular thankyou to the indoor and evening classes who have been so adaptable in embracing the move to new nearby venues for the colder winter months ahead. We always welcome new members and are offering a **7-day FREE trial** of classes or gym so that we can encourage new members to come in to our friendly centre. Please speak to your neighbours and friends and let them know of this offer.

We are looking forward to helping to keep you fit and healthy. Enjoy Adelaide's Autumn days but don't forget to speak to your GP about your flu immunization.

Anne Lang
Manager

A NOTE FROM THE EDITOR

Congratulations to Anne who recently won an award for 'Middle Distance Athlete of the Year' and 'Runner-up Woman Athlete of 2015' following her World Title in the 2,000m Steeple Chase and a World Record in the 4x400m relay in the World Masters Athletics Championships in Lyon, France last year - an amazing achievement!

The **Sunday Bushwalking** is well underway. These 2-hour walks, commencing at 10am, are in different countryside locations each week, with home-cooked morning tea or a friendly brunch at a nearby venue. If you would like to join a walk you can collect a programme from reception or view it on our website: www.fitnessonthepark.com.au

Catherine Doyle

In This Issue

- Epigenetics - Gene Expression
- Reduce Stroke Risk with Sleep & Exercise
- How Much Protein is Enough?
- Amazing Alex Ashden
- Measures of Exercise Intensity
- Coming Events

Epigenetics

How Environmental Factors Influence Gene “Expression”.

Scientists once believed that genes determined the fates of living things, but they now understand that there must be an environmental trigger to turn a gene on or off.

It seems that our lifestyle choices such as diet, exercise, emotions and stress management all send signals that determine whether genes become active or lie dormant. What this means is that ultimately we are in control of how we age. Incorporating good lifestyle choices, such as exercise and a healthy diet, change the expression of our genes.

Genes and Nutrition

Phytonutrients are plant-based, health promoting compounds with protective and healing qualities. The colours of plants contain anti-inflammatory and antioxidant compounds that promote gene expression of immunity and protection against oxidative stress.

Oxidative Stress results from using oxygen to produce energy and also from external factors such as environmental pollution, radiation, pesticide residue on food and chemicals in meat. Phytonutrients can be important defense mechanisms for keeping oxidative stress in check.

Free Radicals perform critical functions that include fighting infection through an ability to turn genes on and off. However, excess production is known to promote inflammation and progression of conditions such as heart disease, cancer and premature ageing. Even though the body naturally produces protective compounds, our food choices can provide antioxidants to control oxidative stress.

An holistic approach is needed, however, as each phytonutrient contributes to a bigger process and requires the presence of other nutrients to function efficiently and effectively. Nutrients seem to affect each step in the epigenetic process, providing entryways for influencing gene expression.

So for optimum functioning, a diverse diet is recommended to maintain all processes in the body; for regulating gene expression for protective gene responses while keeping others dormant, particularly those that cause cancer.

Source: “Epigenetics and Food”, www.ideafit.com 15/1/2016

Reduce Stroke Risk with Sleep and Exercise

Sleeping for 7-8 hours a night and exercising 30-60 minutes, 3-6 times a week is the best formula for reducing stroke risk.

Researchers from the New York University School of Medicine analyzed health, lifestyle, age and ethnicity factors from 288,888 adults from 2004 – 2013.

The results showed that those who slept 7-8 hours a night were 25 percent less likely to have a stroke, while those who slept more than 8 hours a night were 146 percent more likely to, and those who slept less were 22 percent more likely to have suffered a stroke.

Risk factors for stroke include smoking, being overweight, poor diet and little exercise. Risk also increases with medical conditions such as high cholesterol, irregular heartbeat and diabetes.

Source: Sydney Morning Herald, 2/3/2016

How Much Protein is Enough?

Researchers are suggesting that we need more high-quality protein at breakfast and less protein at dinner.

Leading protein researcher, Douglas Paddon-Jones, PhD, professor at the University of Texas Medical Branch, says, “Unlike fat or carbohydrate, the body has limited capacity to store excess dietary protein/amino acids from a single meal and use them to stimulate muscle growth at a later time.”

This concept of balancing protein distribution throughout the day isn’t just about muscle growth and repair, it has the potential to affect many health outcomes, such as blood sugar control, moderate calorie intake and satiety.

One study, comparing the effect of eating normal-protein vs high-protein breakfast in those who usually skipped breakfast, illustrated that those who added a high-protein breakfast, containing 35gm of protein, every day for 12 weeks prevented gains in body fat compared with those who continued to skip breakfast. In addition, their hunger was reduced resulting in them consuming about 400 less calories a day.

The take-home recommendation is to include a palm-sized portion of high-quality, complete protein at each meal (ie containing all the essential amino acids - found in food such as eggs, fish, beef, poultry and dairy).

IDEA Fitness Journal, January, 2016

Amazing Alex

Alex Ashden joined us as an instructor in 2015. She has proven to be a very popular instructor and her classes have a reputation for being a tough workout.

Alex has recently completed her 4th Ironman event in Lake Taupo, New Zealand, in the 55-59 age group. This gruelling event consists of a 3.9km swim, 180km bike ride and a full marathon, 42.2km. Alex completed the event in 15.5 hours with personal best times in the swimming and cycling - what an amazing achievement!

When asked what first motivated her to get into this extreme sport she said, “It started with a promise. I was caring for a close friend with Motor Neurone Disease and she made me promise to do the Tour Down Under bike ride to raise money for the MND Association. This was in 2008 and in 2010 I took part in the Tour Down Under.”

What makes this achievement even more amazing is that Alex was 50 kg overweight when she made her promise to her friend. She says she had been overweight all of her life - she admits to being an emotional eater and doing no exercise from the age of about 25, so her friend had certainly issued her with a challenge.

The first step in Alex’s preparation for the Tour Down Under was to find a Personal Trainer. Once she started to exercise she started to lose weight and had lost 20kg before the event in 2010. She enjoyed it so much that she continued to train with her Personal Trainer, who was himself an Ironman. He encouraged her to take up running and swimming so she could enter an Ironman competition. This was a great challenge as she couldn’t swim - so she had to learn.



At the finish line

Late in 2011 Alex ran her first half marathon, so her next challenge was the Ironman. Her trainer said if she wanted to do this she would need to lose more weight. This was where Alex totally changed her diet and found that a low-carb, high-fat diet suited her with the high amount of training she was doing. She continued to lose weight and has now lost a total of 50kg!

We congratulate Alex on her amazing achievements and we hope she will be a part of the Fitness on the Park team for many years to come.



1st leg - 3.9km swim



2nd leg - 180km bike



3rd leg - 42.2km run

Measures of Exercise Intensity

During your exercise sessions are you working hard or hardly working? How do you know how hard you should be working?

The recommendation is that to gain optimal benefits from exercise, the intensity should be generally be at a moderate or vigorous level. Your exercise intensity correlates with how challenging the activity feels to you and is also reflected in your breathing and heart rate, whether you are sweating and how tired your muscles feel.

Rate of Perceived Exertion (RPE) is a subjective measure of how hard the activity feels to you and is measured on a scale between 6 and 20. For example, ‘Moderate Intensity’ would be a RPE score of 12-13 and “somewhat hard”, with a heart rate of 60-79% of Maximum Heart Rate (calculated as 220 minus your age), where you can still carry on a conversation. Exercising at moderate intensity will improve aerobic fitness and basic endurance.

‘Vigorous Intensity’ would be a RPE of 14-16 and would feel “hard”, your breathing is deep and rapid with a heart rate of 80-89% of your maximum. At this intensity it would be difficult to talk continuously. You will gain optimal health benefits and increase maximum performance capacity.



Higher Intensity Class in Action

