



Top Achievements

Phyllis Bishop, a member of Perry's 'Be Stronger' classes, has shown she has other talents, recently winning the "Best Small Garden" award in the Spring Garden Competition, run by the Charles Sturt Council.



Marilyn Seidel, a regular attendant at the Monday and Friday classes, recently received the University of Adelaide Vice Chancellor's **Volunteer of the Year Award** for 2017.

For 14 years Marilyn has volunteered in numerous roles at the University including international student support, academic gown room duties, volunteer patient in the School of Oral Health, and committee member in External Relations. This represents just a few of the many volunteering roles filled by the University's 2,400 volunteers.

Marilyn believes in a good balance of life skills and physical activities and a combination of volunteering and regular fitness activities have contributed to these goals. She has often been seen foregoing the morning coffee after fitness classes to attend meetings or to meet with students as part of her volunteering commitments. Congratulations Marilyn.

Christmas Gym Opening Hours

Friday 22 Dec, 2017 - Tuesday 2nd Jan, 2018

(Note: **normal gym classes** will be held)

Fri 22 Dec	6am - 12noon	classes 9,10,11am
Sat 23	7.30am-1.30pm	classes 9.30am, 12.30pm
Sun 24	8am - 12noon	class 9.30am
Mon 25	CLOSED	Christmas Day
Tues 26	CLOSED	Boxing Day
Wed 27	6am - 12noon	classes 9,10,11am
Thurs 28	6am - 12noon	7, 8, 9, 11am (ball)
Fri 29	6am - 12noon	classes 9,10,11am
Sat 30	7.30am - 1.30pm	classes 9.30am, 12.30pm
Sun 31	8am - 12noon	class 9.30am
Mon 1 Jan	CLOSED	New Years Day
Tues 2	NORMAL GYM HOURS RESUME	

Holiday Classes Sat 6th - Sat 13th January, 2018

Saturday	6th	8am	W&S
Tuesday	9th	7am	W&S
Thursday	11th	7am	W&S
Saturday	13th	8am	W&S

Normal classes (Green and Blue) resume Monday 15th January, 2018

Fitness on the Park



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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.

2018 Programmes

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



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Calendar of Events

Christmas Break for Classes

BLUE and GREEN members:
Last classes: Wed 20th Dec
Resume: Mon 15th Jan, '18
NB: Classes held in the gym ie Yellow, Be Stronger, Pilates and Fitball do not have a break. Please refer to the back page gym opening hours for Christmas/New Year week.

WALKING TRIPS

2018

Queen Charlotte Pass New Zealand
13th - 18th March
FULL

Corsica and Sardinia
18th Sept - 1st Oct
FULL

2019

Flinders Island Tasmania
18th - 24th Feb
Situated off Tasmania's northeast coast. Enjoy coastal walking with idyllic coves and rocky headlands. Luxury accommodation and gourmet dining.

Iran, Armenia, Georgia and Greece
23rd April - 21st May
Expressions of interest at reception

Dear Members,

2017 is drawing to a close as we look forward to an exciting 2018. Looking back we were delighted to see so many of our new members at our annual **Christmas Drinks Party** in the parklands this year. (Photos are on the noticeboard and on our website). Our loyal and longstanding members are the backbone of Fitness on the Park. Many have been with us for well over 10 years and talking to us of the health benefits they are experiencing - improved bone density, confidence in moving, which comes from improved strength and better balance. When we performed the '6 Minute Walk Test', our members are well up in the ninetieth percentile for their age group for aerobic performance.

The new **Pilates** classes have proven to be very popular and we now have 5 classes a week along with a **Strength and Stretch** class on Sundays. Next year we are commencing **small group strength training classes** in the gym which combine a group warm-up and stretching followed by your own supervised individual program. This new format will be ideal for new members and gym members who would benefit from more individual attention. In February we are commencing an outdoor **Beginners** class.

Also in the new year we are planning to hold a **CPR** and defibrillator lecture and skills practice for members and friends - an important and worthwhile skill to have.

We have been fortunate once more to have had final year **Exercise Physiology** students from Uni SA working one-on-one with our members who are recovering from injury or who have a chronic health condition. We have more students due to do their placement here in 2018.

Our **Bushwalking** programme continued each Sunday from Feb-Nov with a trip to the highlands in Victoria and an amazing walking trip in Romania and Slovakia. How lucky we are to be able to do these things. It is a benefit of keeping strong, both *Anne Lang* Manager

A NOTE FROM THE EDITOR

For **Green** and **Blue** class members who want to keep active over the break and would like to try the gym, we are offering a 3 week **Gym Pass** for \$45, including 2x Personal Training sessions and unlimited access to the gym and gym classes. Alternatively, you can purchase a casual visit to a class in the gym for \$10 or 5 classes for \$25.

Holiday Classes (outdoors) are again being offered from 6th - 13th January, 2018 before normal classes resume on Monday 15th January. Please refer to the back page for **Christmas Gym Opening Hours** and **Holiday Classes**.

Catherine Doyle

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More Reasons For Strength Training

For older people trying to lose weight, a new study has found that combining weight training with a low calorie diet preserves much needed lean muscle mass that can be lost through aerobic workouts. This study was carried out by the Wake Forest University, South Carolina.

From the age of about 40 we start to lose muscle mass and often start to gradually gain weight ie fat. This change in body composition is important because fat tissue is less metabolically active than muscle. So as the percentage of fat tissue increases, our metabolic rate falls, resulting in fewer calories being burnt throughout the day, therefore making it easier to continue gaining weight.

Loss of muscle also means loss of strength which may result in loss of function, so the aim is to lose fat while maintaining muscle mass. This is difficult to achieve as when we lose weight as much as a third of that loss can come from muscle and the rest is fat.

This study focused on men and women over 60 and divided them into 3 groups: the first group were on a calorie reduced diet and asked not to exercise; the other groups were also on a calorie-reduced diet, with one of these groups undertaking aerobic exercise in the form of brisk walking for 45 minutes, 4 times a week. The other exercise group was on a full-body resistance training programme using machines.

The trial was over 18 months and everyone lost weight. The diet-only group lost 12 pounds (5.4kg). Both exercise groups lost 20 pounds (9kg). The weight trainers lost about 2 pounds of muscle and 18 pounds of fat while the walkers lost 4 pounds of muscle and 16 pounds of fat. The diet-only group lost 2 pounds of muscle. In percentage terms, there was a 20 percent loss of muscle in the walking group, 16 percent in the weight loss alone group, and 10 percent in the weight training group.

ScienceDaily: "Lose fat, preserve muscle: weight training beats cardio for older adults"

A new study from the University of Sydney has found that strength training may lower the risk of all-cause and cancer-related death.

The health benefits of aerobic training have been well documented but this study suggests that strength training may be just as important. Adjusting for variables such as age, sex, and overall health condition, educational levels and lifestyle related behaviours, Dr Stamatakis and his team found that those who engaged in strength training had a 23 percent lower risk of death by all causes, and a 31 percent lower risk of cancer-related death.

While we think of strength training as using either machine weights or free weights, basic body weight exercises such as push-ups, tricep dips, squats and lunges are also valuable strength exercises that can be done at home.

Source: medicalnewstoday.com

'Lifetime Achievement Award' for George

We congratulate **George Dunstan** who was recently presented with an Active Ageing Australia 'Lifetime Achievement Award' at a function at Government House.

George started teaching fitness classes in 1978 when we were the Institute for Fitness, Research and Training. His classes initially were held in the Uni Gym when it was in Mackinnon Parade, North Adelaide. As there were 4 or 5 classes going on at the same time it was extremely noisy on the wooden floor so George suggested going outside. This wasn't immediately accepted as a great idea and much debate followed along the lines of "the grass is too itchy", "it's too cold" etc. Now, nearly 40 years later, the outside classes are still going strong.

George has a strong belief in the importance of keeping fit and strong as we age. He says, "muscle and bone loss begin around the age of 40 but there is strong evidence to show you are able to reverse these changes with a good exercise programme, with emphasis on correct technique. The right nutrition is important also."

Our resident GP, Dr Patricia Bishop, who has been attending George's classes since 1980, said George is extremely dependable and predictable and if he strays from his routine there is an outcry from the class.

Ian Webber, who has been attending George's classes for 15 years, said George is the most generous and considerate person he has ever met and considers him a close friend.

John Shepherd has been a member of George's class for the entire 40 years and has acted as Social Secretary of the group. He was also instrumental in George receiving an Order of Australia. John says, "George does not believe in training Olympic athletes but programmes a fitness regime that will meet the needs of those who attend his classes. He has also focused on relationships within the class whereby members keep in contact with one another, as I have experienced over the past five months.

"George has set a great example for leadership and care of those who attend his classes as reflected by the number of attendees who have been members for many years."

Keep up the good work George!



George with members of the Monday and Thursday 7am class

Christmas Drinks Party 2017

