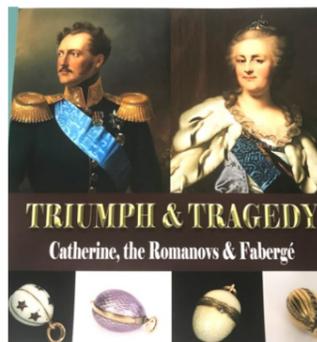


Coming Events

The David Roche Foundation Guided Tours "Catherine, the Romanovs & Faberge"



Wednesdays
25th Sept & 2nd Oct 2019
11.15am
Meet at 241 Melbourne St,
North Adelaide

Cost: \$10

Adelaide Botanic Gardens Guided Tour Thursday 10th Oct 2019 11.30am - 1.00pm



Meet at
Friends Gate,
Plane Tree Drive

Cost: \$5

Migration Museum Guided Tour Wednesday 13th Nov 2019 11.30am - 12.30pm



42 Kintore Ave,
Adelaide

Cost: \$5

Come with us on a tour of the Migration Museum, full of fascinating stories of the history and contribution of migrants coming to South Australia. Hear about Germans who came here to escape religious persecution, Italians who brought their love of food and the Chinese who came in search of a new life.

For further details or to book, please ask at reception!



64 Mackinnon Parade
North Adelaide SA 5006
Phone: (08) 8267 1887

E: fitnessonthepark@ozemail.com.au
www.fitnessonthepark.com.au

OPENING HOURS:

Monday	6am - 8.00pm
Tuesday	6am - 8.00pm
Wednesday	6am - 8.00pm
Thursday	6am - 8.00pm
Friday	6am - 7.00pm
Saturday	7.30am - 1.30pm
Sunday	8.00am - 12 noon

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.

2019 Programmes

- Aqua Mobility/Masters
- Back Care/Mobility Plus
- Be Stronger – over 50's Strength
- Countryside Walking
- Cardio/Strength - outdoors
- Cardio-Core-Strength - Gym
- Cardio-Stretch - Gym
- 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



FITNESS ON THE PARK

FITNews

Issue 80

Spring 2019

CALENDAR OF EVENTS

River Walk
Active Ageing Week
Mon 30 Sept
Depart 10.30am
Walk for up to an hour
Morning tea to follow
Please register at reception

David Roche
Foundation
Guided Tour
Wed 25 Sept &
Wed 2 Oct
11.15am

Details back page

Botanic Gardens
Guided Tour
Thurs 10 Oct
11.30am - 1.00pm
Details back page

Migration Museum
Guided Tour
Wed 13 Nov
11.30am - 12.30pm
Details back page

Swami's Yoga
Retreat
2 - 5 November, 2019

FULL

Japan 2020
Departing 31 Oct
13 days/ 12nights
Kumano Kodo & Tokyo

Dear Members,

It's Spring! The start of daylight saving is 6th October and at last we can look forward to longer, warmer days!

What better way to celebrate Active Ageing Week than with a **River Walk**: 10.30am on Monday 30th September, with morning tea at Fitness on the Park to follow. We are looking forward to you joining us (weather permitting). Please make a note in your diary. This date is also the birthday of our long standing and wonderful GP, Dr Patricia Bishop!

We have booked three interesting guided tours for the coming months: The **David Roche Foundation** on Wednesday 25th September (full), with a second tour booked for Wednesday 2nd October. A history tour of the beautiful **Adelaide Botanic Gardens** is booked for the 10th October. This is a lovely time of the year to be guided through our gardens! The **Migration Museum** in Kintore Ave is of great interest and tells the story of the building of the foundations of our lovely city. The tour will be held on Wednesday 13th November. Details of these tours are on the back page.

We are looking forward to the **Yoga Retreat** in early November which is now full. There are still a couple of vacancies for the fantastic walk of the Kumano Kodo in Japan in 2020 so get in quick!

Details of our famous **Christmas Party** will be coming soon so keep a look out for them!

Anne Lang
Manager

A NOTE FROM THE EDITOR

Footy Tipping this year was again a close contest - congratulations to the winners (listed on page 3). Why not join in next year - there are prizes each week for the Round and Margin winners. Don't forget to check the 'Coming Events' on the notice board at reception as we have several events coming up.

Catherine Doyle

IN THIS ISSUE

- Rethinking Persistent Pain
- Is Muscle More Important than BMI?
- Fit for a Re-fit!
- Footy Tipping Winners
- Coming Events

Fitness on the Park

Rethinking Persistent Pain

Pain scientists are starting to think differently about pain and its causes and making exciting discoveries. Adelaide based Lorimer Moseley and David Moen have created a podcast called *“Tame the Beast: It’s time to rethink persistent pain”*. Here are some interesting quotes from the transcript:

‘Pain is not an accurate measure of tissue health. Pain is a protector. By making unpleasant feelings, your brain changes your behaviour - so you can avoid injury or your tissues can heal. Pain is a warning signal from your brain that depends on credible evidence to say your body needs protecting. Sometimes it’s too protective and you get unnecessary warning signals. Pain scientists now understand that there are many ways our nervous system ends up producing unnecessary warning signals.



How Pain Works

‘In your body’s tissues, there are specific neurones, which normally only respond to painful stimuli - whether mechanical, chemical or thermal. When they are activated, they send a warning signal to your spinal cord, which can in turn send a signal to your brain. This activity in neurones is called ‘nociception’ and it’s happening all the time but it only sometimes results in pain. Most of the time the brain protects you with other things like movement. Once the warning signal reaches the brain, the brain makes sense of it based on the information arriving and the vast amount already stored. If there’s reason to think protection is required, then your brain makes pain. One of our amazing discoveries is that you can have pain without any physical stimuli. Thoughts and places might activate warning signals and the pain feels exactly the same.

How do I know if my pain system is being over protective?

‘First things first: get yourself thoroughly checked out by a qualified health professional. Once you have been cleared of a serious condition you are set to go!

‘If you have had pain for more than a few months, then your pain system will be more efficient at producing pain. This is what happens over time - your system becomes more sensitive. It learns pain. Nerve cells in your spinal cord and brain change their properties to become more responsive....your body is doing too good a job of protecting itself.

‘When our pain system becomes over protective, it stops us doing the movements, activities and other things that are actually necessary for recovery.

How can I train my pain system to be less protective?

‘Start by developing an accurate understanding of your pain system and how it can become overly protective....Movement is the most critical pathway to recovery and it is almost always safe to move. Rest and avoiding activity and movement tend to make an over protective pain system even more protective. The chance of ongoing pain is higher if you stop moving - your system adapts to being stationary. Exercise and movement are the best way to reduce your pain....get a plan to slowly increase what you are doing and stick to it. Be patient. Be persistent. This is the best thing you can do to recover.

‘Keep testing your new sense of what’s possible. Aim to be active on most days - even if just a bit. Track your progress, set some goals, and think about the things you will be able to do when your pain gets better. People recover at different speeds, with persistence, most people will get better.’

Is Muscle Mass more important than BMI?

Body Mass Index (BMI) relates body weight to height and is used to determine if a person is a healthy weight. However, BMI does not reveal differences between muscle and fat mass. Researchers question whether this is the best measure for a health evaluation, as someone with low muscle mass can have a BMI in the “normal” range and yet have health risks.

New research has looked at the relationship between muscle mass and health status in hospital inpatients, outpatient and long-term care settings. The results have shown that people with less muscle mass had more surgical and post operative complications, longer hospital stays, lower physical function, poorer quality of life, and shorter lives overall. This was particularly true for individuals who also had a chronic disease.

“Muscle mass should be looked at as a new vital sign, said principal investigator Carla Prado, PhD at the University of Alberta, Canada. “If healthcare professionals identify and treat low muscle mass, they can significantly improve their patients’ health outcomes.”

Annals of Medicine 2018

Fit for a Re-Fit! When a lifetime of exercise really counts



Jan Hodge, Tony Lloyd and Judy Vernon



David Prince

At Fitness on the Park we are always hearing how well our members recover following surgery. Their doctors and physios attribute this to their high levels of fitness prior to surgery and their diligence with both pre-hab and re-hab - a positive attitude and determination also contribute to their success.

Jan, Tony, Judy and David are a few of our long term members who have recently had joint replacements and we have been impressed with their determination and hard work both before and after surgery.

Judy, at 89, astounded the medical staff at Burnside Hospital. Firstly they wouldn’t believe her age, and after her hip replacement surgery, her physios were so impressed with how well she could do all of her exercises that they were showing her off to the other medical staff. Judy is now back to her regular outdoor classes and coffee afterwards with classmates.

Tony has also had a hip replacement and says he has had no pain since his surgery which is really quite

amazing. He attributes his successful recovery to the exercise he did before and following his surgery.

Jan and David have both recently had knee replacements. We are amazed at their progress.

Jan says, “I have surprised myself, the surgeon and the physios by my continued rehab. I do believe that without the fitness classes, Sunday walks and encouragement by my instructors, my recovery would not be where it is.”

David, who has been a member for 37 years, attributes his excellent recovery to the fact that he has consistently maintained his fitness. At 7 weeks post-op, he has no pain in that knee and less now in the other knee as well, and he can walk for half an hour which he certainly couldn’t do before. His physios said that being fit and strong prior to surgery really aided his recovery. David appreciates the encouragement from his instructors and loves the social side of the classes.



Jeff Crawford

Congratulations to our Footy Tipping Winners

1st Place	Jeff Crawford	\$540
2nd Place	Philip Ness	\$220
3rd Place	Tom Schmiechen	\$100