

Sunday Countryside Walking 2021



The 2021 **Winter Countryside Walking** season has been particularly fortunate this year. Despite it being a wet winter, we had only one or two really rainy Sunday sessions. We have had magnificent walking in green pastures, beside strongly flowing streams with sunshine peeping through the clouds.

A special thankyou to our dedicated leaders who once more managed to find us a happy medium between hills to climb and paths to follow. It has been a really great season and we are reminded of how lucky we are to be in SA, where we can continue enjoying the great outdoors.

Anne

Christmas Gym Opening Hours

Friday 24th Dec, 2021 - Tuesday 4th Jan, 2022

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

Fri 24	6am - 12noon	Classes 9, 10, 11am
Sat 25	CLOSED	Christmas Day
Mon 27	CLOSED	Boxing Day Holiday
Tues 28	7.30 - 12.30	Classes 8.30 & 9.30am
Wed 29	6.30am - 2pm	Classes 9, 10, 11am & 1pm
Thurs 30	6.30am - 2pm	Classes 7, 9, 11am & 1pm
Fri 31	6.30am - 12noon	Classes 9, 10, 11am
Sat 1 Jan	CLOSED	
Mon 3	7.30 - 12.30	Classes 8.30 & 9.30am
Tues 4	NORMAL GYM HOURS RESUME	

- **Holiday Gym Classes:** please register at reception (even if it is your usual class).
- **Be Stronger:** there are BS classes on Wed and Thurs 1pm. Alternatively, you can register for any of the morning classes.
- **Off Peak Gym** members can attend the gym any time during these restricted times.

Outdoor Holiday Classes Sat 8th - Sat 15th Jan 2022

Saturday	8th	8am	W&S
Tuesday	11th	7am	W&S
Thursday	13th	7am	W&S
Saturday	15th	8am	W&S

There is no charge for these classes

NB. Last classes (Green and Blue) Wednesday 22nd December
Classes resume Monday 17th January, 2022



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OPENING HOURS:

Monday	6.00am - 7.00pm
Tuesday	6.30am - 5.00pm
Wednesday	6.00am - 7.00pm
Thursday	6.30am - 6.00pm
Friday	6.00am - 4.00pm
Saturday	7.30am - 1.30pm
Sunday	Closed

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.

2022 Programmes

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



CALENDAR OF EVENTS

Walking Trips 2022

New Zealand North Island 20th Jan - 7th Feb

Commencing Auckland

- Coromandel Coast walk
- The Pinnacles
- North Bay Winery
- Tongariro

Tasmania 6th - 16th April

Three Capes and Lake Pedder walks

- Commence Hobart - fly direct
- Walk Waterfall Bay to Fortescue Bay
- Port Arthur and boat cruise
- Explore Hobart
- Mt Field National Park
- Lake Pedder Dam
- Mt Wedge

Daintree Walking Trip

20th - 27th July
Daintree Rainforest,
Atherton Tablelands,
Mossman Gorge and
Dunk Island

FULL

Please register expressions of interest at reception

FITNews

Issue 83

Summer 2021/22

Dear Members,

Fitness on the Park has settled back into a regime of education, exercise and fun. We are all Covid anxious, like the rest of the world, but our programmes are going along in full swing with our dedicated team of both gym and outdoor instructors. Daylight saving is a joy and helps the spring weather to be enjoyed by all.

We are planning how to manage the Christmas season as it rapidly approaches. Outdoor classes will take a 3 week break as always with a sprinkling of holiday classes on offer (no charge). Indoor *Be Stronger* classes will continue but we are having a week with morning sessions available as we have restricted opening times in the Christmas-New Year week (see the back page).

Sadly, with the uncertainty of the Covid restrictions, we have decided to once more cancel our Christmas Drinks party but look forward to the continuing class group celebrations that we traditionally hold each year.

The **Countryside Walking** programme finishes in November, then there will be a Sunday walking programme on offer, run by the Fitness on the Park walking members. Programmes will be available at reception.

It is exciting to be able to offer trips away again: **New Zealand North Island**, 24 Jan - 4 Feb 2022 and **Tasmania 3 Capes and Lake Pedder**, 6 - 16 April. The **Daintree/Dunk Island** 20 - 27 July is fully booked.

Anne Lang
Manager

A NOTE FROM THE EDITOR

We are excited to be offering two new classes that may be of interest to members - a **Beginners Pilates** class on Wednesdays at 2pm with Christina, and a **Balance** class on Mondays at 3pm with Maria (see the article on Balance on page 3).

Please check the back page and the website for the gym opening hours over the Christmas/New Year week and for updates on classes.

Catherine Doyle

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Fitness on the Park

Chronic Inflammation and Chronic Disease

Acute inflammation is an immediate, short term response to an infection or tissue injury. Chronic inflammation, however, is a persistent, low-grade immune response. There is strong evidence that chronic inflammatory pathways contribute decisively to the development of a number of chronic diseases. Over time, chronic inflammation will start to damage healthy cells.

Chronic low-grade inflammation is a contributor to various age-related pathologies, including hypertension, obesity, diabetes, atherosclerosis, cancer, etc. Added to this, natural processes in ageing tissue may lead to loss of mobility and function due to diseases such as loss of muscle (sarcopenia) and/or loss of bone (osteoporosis).

One of the factors influencing the ageing process is the production of free radicals, produced either from normal cell metabolism or from external sources, such as pollution, cigarette smoke, radiation or medication. An accumulation of free radicals in the body generates what is called 'oxidative stress'.

Oxidative stress eventually starts deteriorating target cells and organs of the body leading to an inflammatory response. Fortunately, regular physical activity is an effective protector and treatment against chronic diseases associated with chronic low-grade inflammation. An important finding that has emerged from exercise immunology research is that positive immune changes occur during each bout of moderate physical activity.

Researchers have found that moderate intensity aerobic exercise ie 45 minutes, 3 days a week, was more successful in managing low-grade inflammation than low intensity exercise. Higher intensity exercise for a prolonged period of time ie longer than 90 minutes, is not encouraged for immune system health. Resistance exercise also influences the inflammatory response. The researchers summarise that resistance training improves antioxidant defences, helping to neutralise free radicals and oxidative stress in the elderly population. This positive effect can be achieved with moderate intensity workouts and with sufficient volume of exercise ie the number of exercises, and the frequency and duration of exercise for each muscle group.

Source: *Fitness Journal, March-April 2021*
 "Inflammation: Obesity, Diabetes, Ageing and Exercise"

Decreased Deep Sleep Link to Alzheimer's Disease

Researchers have uncovered part of the explanation of why poor sleep is linked to Alzheimer's disease. They found that older people who have less slow-wave sleep have higher levels of the brain protein Tau, which, if elevated is a sign of Alzheimer's disease and has been linked to brain damage and cognitive decline. Slow-wave sleep is the deep sleep you need to consolidate memories and wake up feeling refreshed.

The findings published in *Science Translational Medicine*, suggest that poor-quality sleep in later life could be a red flag for deteriorating brain health. The researchers found that it wasn't the total amount of sleep that was linked to Tau, but rather the slow-wave sleep which reflects quality of sleep. Those with increased Tau pathology were actually sleeping more at night and napping during the day but not getting a good quality sleep.

Sleep monitoring may be an easy and non-invasive way to screen for Alzheimer's disease before or just as people begin to develop problems with memory and thinking.

Source: *Science Daily, Jan 2019*

Metabolism and Ageing

We tend to blame middle-age weight gain on a slowing metabolism as we age, but recent research has challenged this assumption.

An international study has found that, after accounting for body size, energy expenditure peaks in infancy around age 1, when babies burn calories 50 percent faster than adults, then steadily declines about 3 percent a year until around the age of 20. Metabolism then plateaus until about age 60, where it starts to slowly decline again by less than one percent a year, resulting in a 20 percent decline in metabolic rate by age 95. A slower metabolism after age 60 may mean that crucial organs are functioning less well as people age and may be a reason why chronic diseases tend to occur most in older people. The study also found that there was no real differences between the metabolic rates of men and women after controlling for other factors.

Energy requirements of the heart, liver, kidney and brain account for 65 percent of the resting metabolic rate, although they constitute only 5 percent of body weight.

So weight gain as we age cannot be blamed on a slowing metabolism but rather is the result of eating more calories than we are burning.

MedicalNewsToday, Aug 2021

What is Balance?

We maintain our balance by a complex set of sensorimotor control systems that include sensory input from vision (sight), proprioception (touch), and the vestibular system (motion, equilibrium, spatial orientation). All three of these information sources send signals to the brain in the form of nerve impulses from special nerve endings called sensory receptors.

One or more of these components can be affected by injury, disease, certain drugs or the ageing process. Impaired balance can be accompanied by other symptoms such as dizziness, vertigo, vision problems, nausea, fatigue and concentration difficulties.



Maria Voulgarakis joined the Fitness on the Park as an instructor in 2020. Maria feels that physical activity is a natural approach to a healthy body and a great way to connect to other people, manage stress and maintain an independent and happy life.

Maria has commenced a new **Balance class on Mondays at 3pm** for anyone who feels their balance could be improved. Maria feels that balance like all components of fitness can be trained. The new class will offer the opportunity to improve the physical and mental skills required for stability, addressing strength, flexibility and stimulation of proprioception.

Balance training is a great way to prevent falls, which is a major concern for the older population, and improve posture and gait.

Proposed Trips 2022

New Zealand North Island

20th Jan - 7th Feb 2022

Three 'Great Walks' plus Hawkes Bay, Taupo and Bay of Plenty.

Enjoy the best of North Island's diverse, spectacular regions in style:

- Dramatic Coromandel coast
- Lush forests of Waikaremoana
- Majestic mountains of Tongariro
- Awsome scenery, delightful lodgings, food and regional wines



Tasmania

6th - 16th April 2022

Three Capes and Lake Pedder walks

- Commence Hobart - fly direct
- Walk Waterfall Bay to Fortescue Bay
- Port Arthur and boat cruise
- Mt Field National Park, Lake Pedder Dam, Mt Wedge

