

## Farewell to Luc



*We were sad to farewell Luc at the end of 2022. We wish him well with his house building project, which will no doubt keep him very busy. We will all miss him.*

## Dale Marriott - Senior Podiatrist Botanic Health Services



Dale is our resident podiatrist here at Botanic Health Services. With over six years of experience, Dale has worked all over South Australia from Murray Bridge to Moonta and everywhere in between. He has a background as a personal trainer focusing on rehabilitation and has transferred his passion and knowledge into his podiatry practice.

As an avid sportsman, currently playing football and competing in Brazilian jiu-jitsu, he loves helping active people perform at their best through lower leg, ankle, and foot rehabilitation and pain management. Dale has a focus on using exercise over medication as a treatment option.

Dale has developed a broad range of special interests including osteoarthritis of the foot & ankle, heel pain, shin splints, ankle injuries including frequent ankle sprains, nail care (specialising in ingrown toenail treatment & removal), flat feet, abnormal gait such as in-toeing or toe walking and growing/night pains.

**Botanic Health Services is offering 50% off all services - Physio, Podiatry and Exercise Physiology for new patients, to welcome Dale, Donny and Lucy.**  
**Valid until 30th April 2023**



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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.

### 2023 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



# FITNews

Issue 88

Autumn 2023

## CALENDAR OF EVENTS

### Bushwalking 2023 10am - 12noon

**Sunday 16th April**  
Magpie/Sturt Creek  
Lunch to follow

**Sunday 23rd April**  
Glenthorne  
National Park

**Sunday 30th April**  
Asteys Hill

**Sunday 7th May**  
Belair Loop

### Proposed Trips 2023

**Kimberley Walk**  
23rd May - 3rd June  
12 days from Broome  
4WD and camping  
including Bungle Bungles

**Japan Kumano  
Koda Trail**  
31st Oct - 13th Nov  
Exciting private tour  
commencing in Kyoto

Please register your interest for these trips at reception.

Dear Members,

We are moving into the cooler weather, longer nights and trees are responding with leaves starting to change colour for the beautiful Adelaide Autumn.

Our **Sunday Walking programme** will recommence after Easter. A two hour guided walk, 10am - 12 noon, with morning tea to follow. All members and friends are welcome to join us. This is a great way to improve your endurance, balance, confidence and general strength.

I hope you were able to enjoy some of the cultural delights on offer in March. After spending a few fun days in Sydney it is a reminder how much simpler our life is in Adelaide. The Parklands provide a beautiful backdrop, making entertainment so easy. We complain about traffic congestion and buildup but we beat other capital cities hands down!

Thank you once more to Catherine Doyle, editor of the *FitNews*, who works hard to bring you informative and interesting articles and Ann Jefferies, her proof reader.

Remember Fitness on the Park is here to help you enjoy your fitness journey. Stay well and enjoy our lovely Adelaide.

*Anne Lang*  
Manager

## A NOTE FROM THE EDITOR

*We were sad to learn of the death of Tony Sedgwick who, in 1969 established the Institute for Fitness Research and Training (IFRT), now Fitness on the Park (FOTP). I would like to thank Marilyn Seidel (member) for editing the tribute and his friends and colleagues Carolyn Pikel, George Dunstan and Bob Barnard for their generous contributions.*

*Congratulations to Anne Lang and Ann Jefferies on their outstanding achievements in the recent Australian Masters Athletics Championships in Sydney - there are a couple of great action shots on page 3.*

*Catherine Doyle*

### IN THIS ISSUE

- Regenerating Damaged Joints
- Dietary Nitrates Benefits
- Tribute to Tony Sedgwick
- Anne and Ann at AMAC Sydney
- Farewell to Luc
- Welcome Dale Marriott Podiatrist

Fit  
Fitness on the Park

## Regenerating Damaged Joints

**New research on arthritis and cartilage opens up growing possibilities.**

Doctors often tell us that cartilage doesn't heal as it has no blood supply. Recent research, however, suggests that articular cartilage - the type in our joints - does have some limited repair capacity. New insights into this ability are raising hopes for treatments that could enhance healing or protect damaged cartilage from further deterioration.



Rheumatologist, Virginia Kraus of the Duke University School of Medicine says, "there is intrinsic regeneration - with new tissue being formed and old tissue chewed up and washed away - just as there is for every tissue with the exception of tooth enamel." She emphasises though that the process is very sluggish. As the tissue has no blood supply it gets help from what experts call dynamic loading - putting stress or weight on the joint, which causes nutrient-carrying synovial fluid to flow in and out. "That is why exercise is so critical to joint health. The way you get nutrients to cartilage is through movement" says Kraus.

Kraus is one of a small number of scientists who studies the slow turnover in this tissue. In a surprising discovery, she and her team reported in 2019 that the production of proteins associated with repair and regeneration differs by joint: it is greater in the ankle than the knee and greater in the knee than the hip. Her study also showed that genetic material associated with repair is more abundant in arthritic joints than healthy ones.



While research continues, for now strength-building exercise remains the best strategy for those of us with fraying joints. Rheumatologist Philip Conaghan of the University of Leeds UK recommends walking in a pool. "Strong quads reduce knee pain a lot, no matter what you've got going on," he says. "All of life is about strong muscles."

Source: Claudia Wallis, "Regenerating Damaged Joints" Scientific American, June 2022

## Dietary Nitrate Benefits

**A diet rich in vegetables is widely promoted due to the beneficial effects on reducing the risk of various chronic diseases, particularly metabolic diseases such as type 2 diabetes.**

Although the range of bioactive phytochemicals found in vegetables is diverse, some phytochemicals are found in much higher concentrations in specific types of vegetables. One example is nitrate, which is derived primarily from green-leafy vegetables and beetroot. Dietary nitrate is known to have numerous health benefits, including cardiovascular and metabolic regulation.

A new study by Australian researchers, reported in *The Journal of Nutrition*, discovered that among 3,759 adults, those who consumed the most dietary nitrates over 12 years performed 11% better on a test for lower limb strength and 4% better on a test to assess muscle speed and agility, than people who typically ate the least nitrates.



In younger populations, nitrate supplements, such as beetroot juice, have been linked to enhanced blood flow to exercising skeletal muscle, which is important for energy production. Interestingly, nitrate was classified in 2018 by the International Olympic Committee as an ergogenic (performance enhancing) aid for athletes.

Nitrates, found in vegetables including beetroot, rocket, spinach, watercress, celery, cabbage and parsley, are converted in the body to nitric oxide, which dilates (or opens up) blood vessels, boosting blood flow and oxygen delivery to muscles.

This work highlights the potential benefits of higher habitual dietary nitrate, predominately from vegetables, to support muscle function in adults across the lifespan, independently of physical activity levels.

A separate investigation in the *European Journal of Epidemiology* suggests that eating just one cup of nitrate-rich veggies daily can slash blood pressure numbers and lower the chances of developing heart disease by up to 26%. This recommended amount can be easily achieved and, in conjunction with an active lifestyle, remains the cornerstone of public health messages.

Source: IDEA Fitness Journal Sept-Oct 2021

## Vale Antony William Sedgwick (Tony)

**It is with much sadness that we learned of the passing of Tony Sedgwick in November 2022.**

On an international scale, Tony played a pivotal role in the development of the fitness industry that we know and enjoy today. Notably Tony was the Director of the Institute for Fitness, Research and Training (IFRT) here in Mackinnon Parade from 1969 until 1997. Following his retirement along with the IFRT Board, the Institute was renamed Fitness on the Park (FOTP), under the management of Anne Lang.

Through the generosity of three of his former students, Carolyn Piki, (colleague, IFRT instructor, and board member, current FOTP instructor), George Dunstan AM, and Bob Barnard (Chief Exercise Physiologist CALHN), we have been able to learn of Tony's extraordinary legacy.

A graduate of London University, Tony joined the academic staff of the University of Adelaide, Physical Education (PE) Department in 1959, and became senior lecturer in PE at the Adelaide Teachers College in 1968. With theory embedded in practical application, Tony's ground breaking human physical performance courses became the hallmark of further programs. By 1969 Tony and his colleagues established the IFRT, which provided the vehicle for examining the effects of exercise and daily activity on the human body, and on the maintenance of health, fitness and work capacity.

Tony was a leading researcher into the relationship between physical activity and health, working collaboratively with universities, colleges, and the Royal Adelaide Hospital. In all he and his co-authors, published 16 papers between 1979 and 2000. His first project "The Adelaide 1000" examined the role of exercise on heart disease on middle aged men. Following a structured medical and fitness assessment subjects completed a three month monitored exercise program and



Tony and George in earlier times

reassessment. Further research extended into back-care, lifting and weight control.

Practical applications from Tony's research led to the introduction of training packages into the work environment, with the expansion of fitness classes not only at the two IFRT sites, but into tertiary institutions and suburbia. Development of fitness instructor programs, including at TAFE based certificate level, followed. Tony was a keen advocate for providing physical activity opportunities for adults and older adults both globally and locally.

Tony was held in high regard throughout the community fitness and research industry in particular for his leadership, support and influence. To his colleagues he was respected as an honest dedicated person, working with integrity and positive influence. He will be remembered for his wise counsel, dry wit, cheeky smile, sense of humour and being a true friend.

As we enjoy exercise today, whether we are instructors, students of human movement, or class/non class participants we owe much to the work of Tony Sedgwick.

*Rest in peace my friend, your legacy is extraordinary - (George C Dunstan AM, March 2023).*

Edited by Marilyn Seidel (member)

## Congratulations to our outstanding Masters Athletes

**Anne Lang (manager) and Ann Jefferies (reception) have recently competed in the Australian Masters Athletics Championships in Sydney, returning with a swagger of medals and State records between them.**

The South Australian team of only 25 participants, ranging in age from 35 to 85, did remarkably well coming home with more than 50 medals and numerous State and Australian records.



Ann Jefferies - javelin



Anne Lang - pentathlon long jump