Exercise Physiologist - Lucy O'Malley

We first met Lucy as a 3rd year Exercise Physiology student from Uni SA on a 10 week placement, where she observed and taught various classes. We were fortunate that following her placement Lucy joined the staff at FOTP, firstly as a receptionist and later as a gym instructor. Her engaging smile, caring manner and excellent knowledge made her a very popular instructor.

Since graduating as an Exercise Physiologist (EP), Lucy is now a valuable member of the Botanic Health Services team and a wonderful asset for FOTP members who need supervised rehabilitation for particular injuries or following surgery, before returning to their FOTP classes.

Lucy has recently commenced small group rehabilitation classes, capped at 6 participants, where each participant has an individualised exercise programme prescribed by Botanic Health practitioners. Another popular programme run by Botanic Health Services is the GLA:D® Programme for hip and knee osteoarthritis - a 6-week exercise and education intervention.

EP's specialise in prescribing safe and effective exercise interventions for those affected by a wide range of health conditions such as cancer management, musculoskeletal conditions and injuries, weight management and cardiovascular conditions. They are recognised by most private health insurers and can also be part of a GP Management Plan (covered by Medicare), Work Cover and the NDIS.

The next GLA:D® is set to commence Wednesday 31st January 2024. For more information on the GLA:D® or rehab programmes or general enquiries, visit reception or phone (08) 8164 5963.

Christmas Gym Opening Hours

Friday 22nd Dec 2023 - Tuesday 2nd Jan 2024

Fri 22	6am - 12noon	Classes 9, 10 & 11am
Sat 23	7.30am-.30pm	Classes 9.30am&12.00
Mon 25	**CLOSED**	**Christmas Day**
Tues 26	**CLOSED**	**Boxing Day Holiday**
Wed 27	7am - 12noon	Classes 9, 10 &11am
Thurs 28	7am - 12noon	Classes 7, 8, 9 &11am
Fri 29	7am - 12noon	Classes 9, 10 &11am
Sat 30	7.30am-1.30pm	Classes 9.30am&12.00
Mon 1	**CLOSED**	**New Years Day**
Tues 2	**NORMAL GYM HOURS RESUME**	

- **No need to register for Classes**
- **Be Stronger** and **Off Peak Gym** members can attend the gym and classes any time during restricted hours.

FITNESS ON THE PARK

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

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

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.

2024 Programmes

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

FITNESS ON THE PARK

FIT*News*

Issue 91 Summer 2023 /24

CALENDAR OF EVENTS

Green members
Last classes:
Fri 22 Dec '23
Resume:
Mon 15 Jan '24

Gym Holiday Opening Hours Xmas-New Year
Please refer to the back page

Outdoor Holiday Classes
7th - 14th Jan 2024
Sat 6th 8am
Tue 9th 7am
Thur 11th 7am
Sat 13th 8am
No charge for these classes
All welcome

Proposed Trip 2024

European Trip
August/Sept 2024
Proposed walking tour Slovenia - Dolomites - Madeira

Please register your interest for this trip at reception

Dear Members,

As 2023 draws to a very rapid close with the usual unreliable weather that we seem to experience in early summer, I would like to say thank you to members and friends for your encouragement these past couple of months with messages, cards and letters that I have been constantly receiving. At my age one never confesses to having a "fall" - a "trip" is the only way to go! If we are unlucky enough to have a "hiccup" health wise we can be grateful for the immediate and best of medical attention available in our home town.

What a wonderful diverse team of instructors we have here at FOTP! A range of ages and personalities - all willingly offering their time and expertise to our community.

We are happy to have the *Botanic Health* physiotherapy group on site which includes Dale, podiatrist, Lucy, an exercise physiologist and David our long standing massage therapist. We also have Judith (kinesiologist) and Sean (chiropractor) on the premises.

Our exciting travel plans for Europe 2024 are well underway with details available at reception.

Wishing you all a merry Christmas and a happy & healthy New Year.

Anne Lang
Manager

A NOTE FROM THE EDITOR

We are all very happy to see Anne up and about again following her broken leg in early October. It's has been a difficult time for her but she has managed it with her usual determination and dedication to her rehab. No doubt she will be running again soon!

Thank you to our wonderful instructors and reception staff who have all rallied to help out and keep the classes running.

Catherine Doyle

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Why Exercise Helps with Inflammation

Researchers have long known that moderate exercise has a beneficial impact on the body's response to inflammation, but what's been less understood is why.

New research coming out of York University, carried out on a mouse model, suggests that the answer may lie in macrophages - white blood cells responsible for killing off infections, healing injury and otherwise acting as first responders in the body.

"Much like if you train your muscles through exercise, we showed that exercise of moderate intensity ended up training the precursors of those macrophages in the bone marrow," according to Associate Professor and York Research Chair Ali Abdul Sater. "The way that exercise is doing this is by changing the way those cells breathe, essentially how they use oxygen to generate energy and then changing the way they access their DNA."

We often hear about the negative effects of inflammation but inflammation is the body's response to infection and other stressors, and some level of inflammation is necessary and desirable.

Unlike other studies that look only at temporary boosts to the immune system immediately after exercise, this study found that these changes occurred even a week later, suggesting the changes were long term.

"Inflammation is amazing, it's a very important part of our normal immune response, " says Abdul-Sater. "What we're concerned about is excessive inflammation. Heart disease, diabetes, many cancers and autoimmune diseases, all essentially begin because there was an inappropriate inflammatory response." He says it is around the six-to-eight-week mark into the exercise regimen where changes really became apparent, compared with the sedentary mice.

Abdul-Sater says that because the inflammatory response is a very ancient one, this aspect of the immune system is generally very similar across mammals, and he expects the research would translate well to humans. While further research is needed, he says he hopes that by finding the underlying mechanisms of the beneficial impact, this knowledge can be put to good use.

"The thing with humans is there's no intervention that will work on everyone. We know that, but what this study suggests is that moderate exercise not only improves metabolic health, but will also improve immune health in the long run."

Source: ScienceDaily: "New study gives clues on why exercise helps with inflammation" June 15, 2023

Fitness on the Park

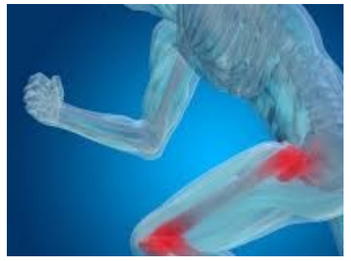
Osteoarthritis - New Research

Osteoarthritis is the most common type of arthritis and while there is currently no cure, there are a variety of treatments to help relieve symptoms and keep joints mobile.

New research carried out at the University of Adelaide says that loss of a specific type of stem cell is responsible for the progression of osteoarthritis, using a mouse model. The researchers say this finding may provide new avenues for treatment and even reversal of the disease, and challenges the idea of osteoarthritis just being a "wear and tear" condition.

Dr Jia Ng, a postdoctoral researcher and co-lead author of this study says there has been a huge unmet need for the treatment of osteoarthritis. She says, "The original concept of osteoarthritis being a 'wear and tear' condition has an implication that the disease itself may not have pharmacological intervention to treat the disease and reverse the pathology. Wear and tear disease indicates that the progression of the disease is a matter of time and inevitable. By reimagining the disease, we provide an opportunity and more importantly, a pharmaceutical target for the medical community to discover new drugs to reverse and treat the condition."

Dr Ng, a stem cell biologist, explains: "The initiation



of many diseases' progression has been shown to be the consequence of a compromised stem cell population, such as blood cancer and colorectal cancers.

"The question for me then, why not osteoarthritis? All mature cells develop from a particular discrete source of stem cell population - if we can fix the source of mature cells, we can treat and reverse the impairment of all mature cells and tissues," she added.

Scientists used a mouse model of osteoarthritis and identified a specific population of stem cells marked by the gene (*Grem1*) that they believe are responsible for the progression of osteoarthritis. During the study, researchers found treatment with fibroblast growth factor 18 (FGF18) vitalised the rapid production of *Grem1* cells in the joint cartilage of mice. This ultimately led to a significant recovery of cartilage thickness and reduced osteoarthritis.

Scientists believe this finding may provide new avenues for treatment and even reversal of the disease.

Source: Medical News Today, "Could a specific type of stem cell help treat osteoarthritis" Nov 7, 2023

Japan 2023

The band of happy travellers in front of magnificent Japanese scenery.

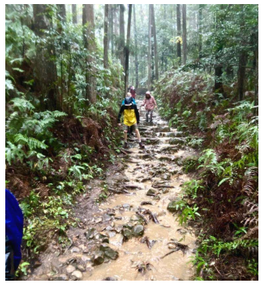
At last the Fitness on the Park 14-day Japan trip finally became a reality this November after a two-year hiatus thanks to Covid.

The band of thirteen brave souls hiked Japan's Kumano Kodo pilgrim trail; a journey through Japan's spiritual history and generally classified as "challenging". This UNESCO World Heritage site traverses 250 km of the beautiful mountain ranges of the Kii Peninsula. Our group tackled the section that was used by Japan's imperial family since the 10th century on their pilgrimage from Koto.

The group was confronted with steep ups and downs and the occasional flat bit, all of which was negotiated on rugged pathways of exposed tree roots, loose rocks and stone steps that became dangerously slippery when wet. And wet is what we got! While on the tail we were drowned in a downpour so heavy that nobody's Gortex or raincoat could cope and that night we were faced

with the challenge of drying our clothes, boots and entire contents of backpacks overnight. (The heated toilet seats came in handy!) After that our guide "adapted" our hike to meet the slippery conditions. There were no dissenting voices.

Apart from hiking we saw amazing scenery, glorious autumnal colours, hundreds of Shinto shrines and Buddhist temples, ate strange and interesting food, slept on futons in traditional inns, struggled with legs not used to being folded under 70cm high dining tables, bathed in



our birthday suits in the natural hot springs of the onsens, travelled on bullet trains, numerous local trains, squashed up in local buses, moved around the cities of Kyoto, Osaka and Tokyo through the amazing network of underground trains and there was even a toe curling journey in a chair lift - but it was still 'shanks pony' that was the main form of transport!

Joy Walterfang
Instructor