

Introducing Instructor Marijana "MJ"

Marijana, known to many as MJ, was born in Sarajevo and migrated to Australia in 1996 with her parents and older sister following the Bosnian conflict.

MJ completed a Bachelor of Nursing and has worked at the Royal Adelaide Hospital for more than 25 years. Over the past decade she has progressed into nursing education, where she has developed a strong reputation for her work in coaching and mentoring.

Alongside her clinical career, MJ has maintained a lifelong commitment to health and fitness. Her personal experience spans most dance genres, more than 800 Pilates and strength-based classes, barbell and Cross Fit training, plus achieving a black belt in Taekwondo.

In recent years MJ has integrated her extensive healthcare knowledge with her fitness experience, having completed her Certificate in Fitness Instruction and commencing at Fitness on the Park at the end of 2025.

MJ's core philosophy is grounded in the belief that strength, movement and fitness are central to the prevention and management of many health conditions. She is passionate about helping individuals build physical capability at any age and finds deep fulfilment in witnessing increased confidence, resilience and self-belief through consistent training.



Botanic Health Services are pleased to welcome Amelia Coombe to their team. Amelia recently graduated with Honours in Clinical Exercise Physiology and brings a strong focus on women's health, neurological conditions, disabilities, and musculoskeletal pain and injuries. She is dedicated to using exercise to manage chronic conditions and promote overall well-being.

In her personal life, Amelia enjoys staying active through netball, walking, Pilates, and gym workouts. She also volunteers as a sports trainer for a local football club.

We are looking forward to having Amelia as part of our community and are excited about the skills and enthusiasm she brings.

Amelia will be working at Fitness on the Park on Wednesdays and Fridays, and will continue running the current classes, with additional classes coming soon.



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OPENING HOURS:

Monday	6.30am - 7.00pm
Tuesday	6.30am - 4.00pm
Wednesday	6.30am - 6.00pm
Thursday	6.30am - 6.00pm
Friday	6.30am - 4.00pm
Saturday	8.00am - 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.

2026 Programmes

**Back Care/Mobility Plus
Be Stronger – over 60's
Strength
Balance**

**Countryside Walking
Cardio/Strength - outdoors**

**Fit for Life - outdoors
Fitness Circuit**

**Masters (over 65's)
Personal Training**

Pilates

**Resistance Training Circuits
Weights & Stretch - outdoor**

**Seated Yoga
Yoga**



FITNews

Issue 100

Autumn 2026

CALENDAR OF EVENTS

Winter Walking Program

12th April

Wild Dog Glen - Waite Loop

UBD 143 D2

Leader: John Wotherspoon
Meet at Pump Station,
10 Hills Drive, Springfield.

Lunch to follow:

Earl of Leicester Hotel
85 Leicester St, Parkside.

19th April

Steub Track, Cleland

UBD 133 A15

Leader: Barbara Miller
Meet at Conservation Park,
Mt Lofty Summit Road in car
park, near BBQ and toilets.

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Cape to Cape Walk in WA

20th - 27th April 2026

One spot available.

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Walk Europe

3 Sept - 3 Oct 2026

Fully booked.

Dear Members,

Mad March is rapidly drawing to a close and daylight saving will be ending at 2am on Easter Sunday, 5th April. Those who prefer lighter mornings will be celebrating, while those who prefer lighter evenings will be sad! This means that the Wednesday 5.30pm outdoor class will be going back to St Cyprians from the 8th April.

We are starting to prepare for our winter walks with a new programme of 2 hour Sunday walks, 10am to 12pm, starting on 12th April. The programme will be available from reception shortly. This is a great way to improve your stamina, balance and aerobic fitness.

The next group walk, Cape to Cape in Western Australia from 20 to 27 April, commencing at Margaret River, still has one spot available. Further details can be found at reception.

This edition of our newsletter is number **100**! Thank you to everyone for their input over the years, and a special thank you to Catherine Doyle for her massive contribution as editor for the past 25 years!

Anne Lang
Manager

A NOTE FROM THE EDITOR

Congratulations to our Masters Athletes, Anne Lang (Manager) and Ann Jefferies (Reception), who won several medals in the recent Australian Championships in Canberra - including a state record for Ann Jefferies in the shot put. Well done girls!

The **Winter Bushwalking** is commencing on the 12th April - programs will be available at reception and on the website.

Catherine Doyle

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Fit
Fitness on the Park

Women Over 40 Should Lift Weights

What happens to women's muscles after their early 40's if they don't use them enough?

According to Severene Lamon, a molecular biologist, women's muscle mass starts to fall off a cliff as the sex hormones oestrogen and progesterone begin to decline during the extended menopausal transition.

Whereas the decline in men's muscle mass and performance is slow enough to allow them to "bounce back", the steep decline of women's muscle can be far more difficult to rebuild. Her research findings means women in their 40's should "speed up, not slow down" on resistance training.

Lamon, a professor in Deakin University's School of Exercise and Nutrition Sciences, and other researchers, examined women's muscles across each decade from 18 to 80.

The researchers found midlife to be a critical period for the preservation of muscle - which has implications for wider health because "neuromuscular deterioration with age is associated with poor physical function and quality of life" and is linked to various health conditions.



"Our findings show a clear acceleration of muscle ageing when women are in their 40's, 50's and 60's and undergoing the menopausal transition."

The study suggests there is a window of opportunity between early 40's and the end of the menopausal transition to take steps to reduce muscle loss. "And the best way to build muscle mass is pushing against external loads: it is the simplest and most efficient way to build up skeletal protein muscle mass," Lamon said. Her advice is to start lifting weights as early as possible, but don't assume it's ever too late to begin. Any exercise is better than no exercise!

Source: *theage.com.au* Jan 11, 2026
Wendy Tuohy, "Women over 40 should lift weights to stop their muscles 'falling off a cliff'"

"Fibre" actually encompasses a hugely diverse mixture of plant-derived compounds. The majority are structural molecules from plants' rigid cell walls - called "non-starch polysaccharides". The second, smaller category is resistant starch, which comes from the energy-storing starch granules inside cells. Resistance starch is abundant in green bananas and legumes. Researchers are discovering that the different types of fibre have very different effects on metabolism.

How much is enough? Studies have shown that consuming over 25gms of fibre a day showed a reduced risk of dying from all causes and also a significantly lower risk of coronary heart disease, Type 2 diabetes and colorectal cancer.

Source: *New Scientist*, 12 April 2025
Graham Lawton, "The Secret Superfood"

Robert (Bob) Bauze AM MBBS, FRACS, FAOrth

Dr Robert Bauze, a member of Fitness on the Park for 25 years (on and off, currently "on"), was recently awarded AM, Member of the Order of Australia for service to orthopaedic and trauma care as a clinician and administrator.

Bob was born and educated in Sydney and graduated MBBS in 1964 from the University of Sydney. In 1965 He came to Adelaide for surgical training and this is where he met his wife Elizabeth. (This year is their 60th Wedding Anniversary!). The next 8 years were spent training in Adelaide, London and Oxford, and gaining qualifications in general and orthopaedic surgery, before settling in Adelaide in 1973 and starting private and public practice as an orthopaedic surgeon.

Quoting the Award citation, Bob refers to great career pleasure as both clinician and administrator, working in a team of like-minded individuals to achieve the best results for patients. There was always a team - nurses, doctors, physiotherapists, social workers, surgeon colleagues, secretaries, managers, fund raisers - combining their skills and being rewarded by the smiles and thanks of relieved patients, while working together to plan, organise and implement new structures and activities for the benefit of the community. Bob stresses that none of his achievements are his alone, while also stressing the support and forbearance of his wife, Elizabeth.

In 1983 Bob was appointed the first Director of the Department of Orthopaedics and Trauma at the RAH, retiring as Director in 1988. In 1996 he returned to the public system for 5 years as the first Director of Orthopaedics and Trauma of both The Queen Elizabeth and Lyell McEwin Hospitals, and Associate Professor at The University of Adelaide. He retired from operative surgery in 2003, spending the next 10 years as a medico-legal consultant.



Over the years he has kept quite busy outside his day job. For 16 years he was President of the Medical Foundation of The University of Adelaide, establishing the Florey Research Fund which raised some \$2 million for research in the Faculty of Medicine.

Bob and three colleagues established the Adelaide Bone and Joint Research Foundation. During his 30 years as a founding trustee and board member, then chairman, raised some \$3 million for orthopaedic research and laid the groundwork for the establishment of the Chair of Orthopaedics of The University of Adelaide.

In 1996 Bob was a member of the Committee, then Board, of the Australian Orthopaedic Association (AOA), the specialty's national body, establishing the AOA Research Foundation Ltd and was its first chairman. He was President of the AOA in 1999/2000 and subsequently made a Life Member.

Bob has long had an interest and involvement with Asia. For 23 years he was on the Council of the Western Pacific Orthopaedic Association and President (1998-2001). It now represents over 70,000 orthopaedic surgeons of 24 Asia Pacific countries.

Now fully retired, he enjoys spending time with his family, travelling with his wife, playing lawn bowls and, fairly regularly, attending at Fitness on the Park.

Congratulations on a wonderful career Bob.

The Secret Superfood

This superfood is dietary fibre. It is responsible for a myriad of benefits - helping the gut thrive, dampening inflammation and even boosting mental health.

While the benefits of a fibre-rich diet have been recognised since the 1950's, it is only recently that we have a firmer handle on the full complexity of this diverse substance and how to maximise these positive effects. New research is uncovering the power of different types of fibre to dampen inflammation, improve our immune function and mental health—and can even act as "nature's Ozempic" by dialling down our appetite. These studies are also revealing why the fibre often added to processed food won't do the same trick.