

David Patterson Massage Therapist

David Patterson, a remedial massage therapist, has been based at FOTP for over 25 years, and offers the following massage techniques which work with the muscular system and soft tissues; Remedial, Rehabilitation, Sports Massage, Therapeutic, Reflexology, Skeletal and Trigger Point Therapy.



Remedial massage is used to aid in the recovery from injury, and offers many benefits to assist in maintaining a healthy lifestyle. It is often used as a complimentary aid to modern medicine through networks with doctors, chiropractors, physiotherapists and psychologists.

There is also therapeutic massage to relieve stress, producing relaxation and creating a sense of balance.

David offers appointments of 30 minutes, 60 minutes and 90 minutes. All massages are claimable on HiCaps, providing instant private health fund rebates.

For gym members, the first half hour appointment is available at a discounted cost of \$40 (normally \$50).

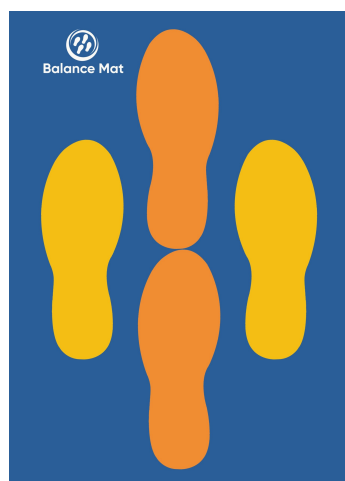
To make an appointment please speak to reception or call 08 8267 1887.

Botanic Health Services now Offering Balance Assessments

Botanic Health Services is pleased to offer comprehensive balance assessments with the Multimetric Balance Mat device, providing patients with objective measures.

The Balance Mat measures a person's static balance during a series of 20-second tests. These tests provide a graph and a score of the person's postural sway while standing as still as possible. For further information, refer to <https://balancemat.com.au>.

To book a balance assessment with Amelia, Exercise Physiologist at Botanic Health Services, call (08) 8164 5963. Health fund rebates are available.



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Phone: (08) 8267 1887

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

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 101

Winter 2026

CALENDAR OF EVENTS

Winter Walking Program

A small snippet...

2nd August

Nilee Track

Leader: Celestine Growden
Park at toilet block, Cleland Conservation Park, Mt Lofty Summit Road.

9th August

Yurrebilla Track, Morialta

Leaders: Jenny Agnew
Quanta Sanctuary, drive to Norton Summit, take the Colonial Drive Road, turn left into Moore's Road, meeting approx 500m along.

16th August

Mt Lofty Botanic Gardens / Lower Gates

Leader: Barbara Millar
Meet at Botanic Park lower gates, off Lampert Road via Piccadilly Road.

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Walk Europe

3 Sept - 3 Oct 2026

Fully booked.

Dear Members,

Can you believe that we have already had the shortest day of the year? The winter months arrive so rapidly but don't seem to disappear at the same rate! The darker mornings and evenings make the well lit warm indoor conditions seem very inviting indeed. Hats off to the hardy outdoor members who scurry inside, but only as a last resort!

It is great being indoors during the cold weather but please only attend the gym if you are feeling completely well. We keep being reminded of the importance of immunization for such conditions as influenza, RSV and Covid.

The countryside walking on Sundays from 10am to 12pm is in full swing and is a wonderful chance to walk in the beautiful Adelaide hills, or further south down the coastal paths. Members and friends are all welcome to join us for a happy two hour hike. It's a great way to get to know the hidden gems in our nearby Adelaide bushland.

A reminder that the Botanic Health team have a physiotherapist and exercise physiologist available 4 days a week, and David Patterson, our long standing massage therapist, is available 3 days a week. See the articles on page 4.

Finally, a thank you to our team of 9 indoor trainers and 15 class instructors for their dedication and professionalism.

Stay warm and stay well,

Anne Lang
Manager

A NOTE FROM THE EDITOR

We have been fortunate to have had four Adelaide Uni students doing practical placements at Fitness on the Park this year. They have been participating in and instructing classes. They are delightful girls who all show wonderful potential to be future Exercise Physiologists.

Charli, who completed the first placement, is now taking classes and filling in when instructors are away - she is doing a great job.

Catherine Doyle

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The Science Behind Strength Training

How do muscles grow and adapt with strength training? The science behind strength training reveals a complex interplay of physiological processes that drive muscle growth and adaptation.

Strength training involves performing exercises that challenge your muscles to overcome resistance in the form of free weights, machines, resistance bands or body weight.

When you engage in strength training, you create micro-tears in your muscle fibres, triggering a cascade of biological responses aimed at repairing and rebuilding damaged tissue. Over time this process leads to muscle growth and increased strength, provided that you provide your body with adequate rest and nutrition to support recovery.

One of the key drivers of muscle growth is mechanical tension, which occurs when you subject your muscles to resistance during strength training. Mechanical tension stimulates the release of growth factors and signalling molecules that promote muscle repair and growth. Exercises that involve lifting heavy weights or performing high-intensity contractions are particularly effective at generating mechanical tension and stimulating muscle hypertrophy (growth).

Exercises that involve high repetitions, short rest periods, and continuous tension on the muscles are known to induce metabolic stress (ie the build up of metabolites such as lactate and hydrogen ions during intense exercise) and promote hypertrophy.

While excessive muscle damage can impede recovery and hinder progress, moderate levels of damage are necessary to stimulate the repair and remodelling processes that lead to muscle hypertrophy. Eccentric contractions, which involve lengthening the muscle under tension, are particularly effective at causing muscle damage and stimulating growth.

With regular strength training your body



undergoes a series adaptations to become more efficient at handling the demands placed on it. These adaptations include increases in muscle size, strength, and endurance, as well as improvements in neuromuscular coordination and motor control.

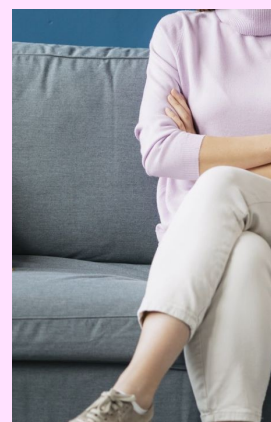
In addition to muscle growth, strength training also leads to improvements in neuromuscular efficiency, which refers to the ability of the nervous system to recruit and activate muscle fibres during contraction. Over time, your body becomes more adept at coordinating muscle contractions and generating force, allowing you to lift heavier weights and perform more challenging exercises.

Furthermore, strength training can enhance the integrity of connective tissues such as tendons and ligaments, reducing the risk of injury and improving overall joint health. By subjecting these tissues to controlled stress through resistance training, you stimulate the synthesis of collagen and other structural proteins, leading to greater resilience and durability.

Source: World Fitness Australia

Is crossing your legs actually bad for you?

The good news is, for most people the answer is probably no. There is little evidence that sitting with your legs crossed damages your back, wears out your hips and knees, or causes varicose veins.



Western Australia Walking Trip April 2026

“A coastal odyssey that captivates the senses,” is how the hiking guides describe Western Australia’s Cape to Cape hiking trail, Australia’s longest continuous coastal walk. It spans 135kms of the state’s south-west coastline running between Cape Leeuwin in the south to Cape Naturaliste in the north.

In the small print it also says this track is a Class 4 difficult track requiring bushwalking experience and a good level of fitness. Ten of FOTP’s regular bushwalkers put up their hands to tackle the iconic trail choosing to focus on the rave reviews and put aside the bit about it being “difficult”.

We chose a self-guided version of the trail with our luggage transported each day to our next accommodation. As it turned out that would be a bigger bonus than we thought!

Our walk started several kilometres north of Cape Leeuwin to give us a hike of about 95kms to Cape Naturaliste. We had four days to do it in, with a day off in the middle to do a field study of Margaret River wines!

Day one began in the beautiful Boranup Forest with its huge Karri trees towering way above us. But if it’s the country’s longest coastal walk then there has to be beaches and beaches have sand and it wasn’t long after leaving the shelter of the forest that we discovered it - kilometres and kilometres of it. In fact we would have spent at least 60 per cent of the entire four days trudging through that deep boot-swallowing, soft sand across the abundance of beaches and sand hills. “Walking through deep sand especially on the long stretches is notoriously tiring and can be harsh on the ankles” it was noted in the travel guide.

When we weren’t sand slogging, the trail took us along rough narrow rocky paths teetering around sheer cliffs with sweeping views. Occasionally, for a change, the trail would stray away from the beach taking us bush bashing through dense native scrub.



Despite the hours/days of physical discomfort we had to agree it was true, it really was spectacular country. The cobalt blue of the Indian Ocean with its constant roar of waves was memorizing. The vegetation was lush and green and the weather was absolutely perfect for walking, BOM threatened rain that never happened and as for the welcome accommodation at the end of each day - it could only be described as superb.

And a shout out to John Wotherspoon who we volunteered for the role of walk leader and with guidebook clasped firmly in his hand he never missed a path. And that luggage transporter came in very handy for anyone who wanted a day off – they could head off in the morning with the luggage to spend a whole day relaxing in that day’s luxurious accommodation instead of walking. Smart move!

A couple of weeks after the trip, with our bodies finally recovered, I am sure we were all glad we met the challenge.

I’ll let the guide book have the final word. “Many trekkers underestimate the physical toll of this hike, noting it requires more than just average fitness.” Yep agreed!

Joy Walterfang