

Introducing Physio Joanne Bouckley



Jo moved from Perth to Adelaide in 2020 to commence a part-time PhD at the University of South Australia on chronic back pain. Jo has been a physiotherapist for over 15 years and has experience aiding people with both acute and chronic conditions with various backgrounds. She has a keen interest in pain management, movement analysis and pre- and post-operative care, however, this does not limit her skills in a wide range of conditions.

Jo has a focus on prevention and keeping people mobile, active, independent, and enjoying the activities they love.

Away from Botanic Health Services, Jo is a university tutor at UniSA and Curtin University (online) for aspiring physiotherapy, healthcare, and research students. Her academic background brings the latest research and innovation to her clinical practice.

Jo is a wonderful addition to **Botanic Health Services** and we are very excited to have her working out of the rooms at Fitness on the Park. She is always up for a chat so if you see her around or her door open, please take the opportunity to get to know her!

The David Roche Foundation House Museum

Quilts

The Fabric of War 1760 - 1900

241 Melbourne St, North Adelaide

Guided tour Thurs 11th April '24

11.30am (approx 1 hour)

This exhibition reveals new and unseen treasures from the renowned quilt collection of Annette Gero. Using brightly coloured military fabrics from eighteenth and nineteenth century uniforms, these rare patchwork quilts were made by men, some during military service and others sewn after they returned home.



Cost: \$12

Please register and pay in cash at reception.



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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.

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
- Seated Yoga
- Yoga



FITNESS ON THE PARK

FITNews

Issue 92

Autumn 2024

CALENDAR OF EVENTS

Quilts

The Fabric of War 1760-1900

David Roche Foundation
241 Melbourne St

Guided tour Thurs 11 April
11.30am (1 hour approx)

Full details on back page

Sunday Bushwalking

Commences 14 April

10am - 12noon

Coffee afterwards

All welcome

Programmes at reception
and via email

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,

We have survived Adelaide at its craziest with wonderful theatre, shows, music, exhibitions, and traffic chaos, not to mention our 'late' summer heat wave.

Our hot weather policy is on our **Facebook** page, along with some great photographs of outdoor classes under the cool parkland shade. Do have a look and 'like' us!

After Easter (which is early this year) is the perfect time to re-think your fitness regime. FOTP offers the option for outdoor group classes, Sunday country walks and indoor strength, stretch and mobility sessions. Our wonderful team of enthusiastic trainers are waiting to take you under their wings and care for your health and wellbeing.

The **Health Funds** are also now starting to be more encouraging with financial assistance available as they understand the concept of "prevention".

We are planning another guided tour at the **David Roche Museum** - see back page for details.

Dale, Podiatrist, and Lucy, Exercise Physiologist, from Botanic Health are planning another interesting and informative workshop for members - dates to be advised.

Anne Lang
Manager

A NOTE FROM THE EDITOR

It was so interesting interviewing Tony Bridgman for the Instructor Profile and Barbara Millar as ACC volunteer of the year. They have both achieved so much and have in common that they are both fluent in German - Barbara is German and Tony has lived and worked in Germany.

If you have any injuries or aching back, our new Physio Jo, is not only hands-on, but very knowledgeable with rehab exercises to get you moving well again. You can book to see her at reception.

Catherine Doyle

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Fitness on the Park

It's Never Too Late to Build Muscle

Contrary to popular belief, healthy older people in their 60s, 70s and beyond can safely start lifting weights and rapidly build substantial muscle mass, strength and mobility.

A recent study of resistance exercise and the elderly found that even people in their 80s and 90s, who hadn't weight trained before, showed significant gains after starting a supervised programme of lifting weights three times a week.

"It is often assumed that the 'oldest old', or say, people past the age of 80, are less likely to be able to gain muscle mass and strength," says Luc van Loon, senior author of the new study. This thinking probably came about as the 'oldest old' were rarely studied. Past weight training research often capped volunteers' ages at about 75, because of worries that older people would be unable to handle training or that their muscles wouldn't respond if they could manage to lift.

"Muscle tissue is constantly turning over as long as we live," says van Loon, "so why shouldn't an octogenarian's muscles strengthen and grow as well as a youngster's of 65?" To investigate this idea, he and his co-authors recruited 29 healthy, older men and women. The 'younger old' included 17 people between the ages of 65 and 75. Participants in the 'older old' group were at least 85. They all lived independently and had no debilitating illnesses. None of them had regularly weight trained before.

During the study the participants lifted 3 times a week for 12 weeks, in supervised sessions, using weights set to as much as 80 percent of their full strength.

Even though the programme was quite intense, the participants loved it. Attendance was high and injuries rare.

Both the 'younger old' and 'older old' responded powerfully to the exercise, surprising the researchers somewhat. After three months, those aged 85 and up had gained more strength and mass, in relative terms, than the younger group, adding an average of 11 percent to muscle mass and 46 percent to strength, whereas the younger group added 10 percent more muscle and 38 percent more strength.

The older group's greater relative gains are most probably due to starting from a lower baseline, having had an extra decade of muscle and strength loss.

Even though the study was small and lasted for only 3 months, it shows that it is never too late to start exercising. The researchers do say, however, that it is better to start at an earlier age and continue throughout life.

Most of all the study implies that our perception of what's physically possible in old age also may need updating.

Source: G Reynolds, "It's never too late to lift: Older people can still build muscle mass", Dec 2023

More Reasons to Lift Weights

Lifting weights triggers changes at the molecular level that improve fitness and prevent chronic disease.

Research in recent years has confirmed that lifting weights, not only builds strong muscles but also results in changes to human metabolism in ways that improve health and wellbeing. It also improves resting metabolic rate (RMR) and cardiorespiratory fitness.

Weight training effect on Type 2 Diabetes

Studies suggest that resistance training improves glucose clearance and insulin sensitivity by increasing the concentration, activity and/or sensitivity of proteins that help to transport glucose into muscle cells for energy. Enzyme, glycogen synthase assists in converting glucose molecules into stored glycogen in muscle, to be used eventually for energy needs. Moreover, an increase in lean mass from weight training may reduce visceral fat - stored around internal organs like the liver, pancreas and intestines.



Blood Pressure

Although most studies on exercise and blood pressure have focused on cardiovascular exercise, there have been some interesting findings on resistance training. One study examined the effects of a year of weight training on vascular structure and function in overweight, but otherwise healthy women. The primary finding was that weight training alone improved brachial artery endothelial function in this group. The endothelium is a membrane on the inside of blood vessels in the body and heart. Endothelial cells release substances that control blood vessel contraction, relaxation, clotting and immune function. They are deeply involved in blood pressure regulation.

Fat Loss

Many studies show that resistance training programmes typically boost muscle mass and also reduce visceral fat, which is associated with the development of abnormal cholesterol levels, hypertension, insulin resistance, type 2 diabetes and cardiovascular disease. Weight training over the course of weeks and months leads to acute increases in muscle protein synthesis, boosting muscle mass. Long term muscle mass gradually increases resting metabolic rate (RMR), increasing caloric expenditure at rest and enabling weight loss.

The Science is Clear: Resistance Works

Increasing muscle size and strength has numerous positive implications, including lowering blood pressure and cholesterol levels and improving insulin sensitivity, lipid profiles, cardiovascular function and body composition.

Fitness Journal, May 2019

Instructor Profile - Tony Bridgman

Tony has had a fascinating career, originally as a ballet dancer working in many different countries, and now in his retirement, as an instructor for Fitness on the Park.

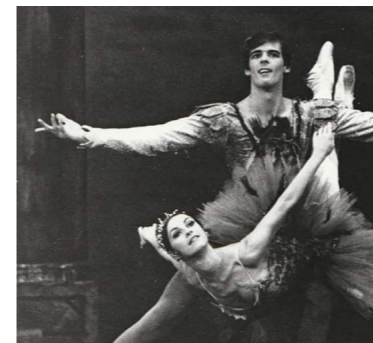
Tony was introduced to ballet when he was 13 by his uncle who was the stage manager for a production of the Nutcracker Ballet. Tony was totally fascinated as he had never seen anything like it before. After showing an interest he began ballet classes, and after 2½ years joined the Australian Ballet School where he studied for 3 years. From there he joined the Queensland Ballet, and after 6 months gained a contract in South Africa with PACT (Performing Arts Council Transvaal). This was a very interesting time as it was during the Apartheid years. It was in 1976 in South Africa that Tony married his wife Janet, who is also a ballet dancer.

Tony and Janet then moved to London performing for the New London Ballet for a year and then to Dusseldorf, Germany for 3 years. It was here that Tony injured his back

at the age of 32. As he could no longer dance he was enrolled in a programme for injured workers (Germany's version of our WorkCover), where they could re-train for another career. Tony chose Business Management, and of course, had to learn to speak fluent German. He tells a funny story about his first class when everyone in the class was asked to introduce themselves and say their profession prior to their injury. There were builders, mechanics, bakers etc. When it was Tony's turn he stood up, and in his best German, said he was a ballet dancer. At this, the class went into meltdown with laughter and the teacher lost control of the class and became annoyed with Tony, thinking he was fooling around. The next day, after reading his file, she apologised!

With his new qualifications Tony and Janet moved to Zurich where he worked at Merrell Lynch Stock and Commodity Brokers, however, once their daughter was born they moved back to Australia and Tony worked for the SA Government for 18 years before retiring at age 63.

Still liking to keep active, Tony completed a fitness course and saw an advertisement for an outdoor instructor at Fitness on the Park. Tony says he loves working here and thoroughly enjoyed being part of the walking trip to Japan last year. He is continually inspired by the positive attitude of our members and the wonderful sense of community.



Tony and Janet dancing together



Tony performing

Barbara Millar - Volunteer of the Year

Barbara Millar has recently been named the Adelaide City Council's Volunteer of the Year.

Barbara started volunteering in 2019, joining the Adelaide City Council (ACC) Visitor Information Service as a 'Greeter', where she would take visitors and locals on a free 2-4 hour tours of the city. This brought her in to contact with people from overseas and interstate who were on holidays and always very pleasant and interested in the information she was giving them. She also volunteers at the Visitor Information Centre giving advice and information to visitors on where to go and what to see. Being multi-lingual Barbara takes tours in German and soon in Italian as well.

Not to be satisfied with those jobs, Barbara also volunteers for Adelaide Economic Development Agency (AEDA), greeting cruise ship passengers as they arrive at the railway station on the train from Outer Harbour every half hour, answering all their questions before the next group arrives.

For the last 2 years Barbara has volunteered for the Tour Down Under. This has involved travelling in the ACC car in the

convoy preceding the peloton and giving out freebies to the waiting crowds whenever the cars stopped, always maintaining a 30 minute buffer between the cars and the riders.

In her working life Barbara was the coordinator of her school's language international programme. In her role of coordinator she had several trips to Osaka, Japan, teaching English to Japanese students.

Barbara joined Fitness on the Park in 2021 and has become a very dedicated exerciser - she feels her strength and endurance have improved dramatically. She is a regular at the Sunday bushwalks and was part of the walking group in Japan last year. She is also planning to go on the Fitness on the Park walking tour to Slovenia, The Dolomites and Madeira later this year. She is enjoying the friendships she has made through her classes (and the cup of tea afterwards) and within the walking group.

Barbara you are a wonderful example to us all.

