

Aussie Bread Tags For Wheelchairs

You may have noticed that we have been collecting bread tags for a few years now and wondered where they go. The story started with Mary Honeybun, a retired nurse, who in 2006 came up with the idea of recycling plastic to raise funds to buy wheelchairs for those in need in South Africa - and so started *Aussie Bread Tags for Wheelchairs*. The bread tags are collected nationally in Australia and today they are all recycled locally.

It was in early 2019 that the first batch of tags was delivered to our Australian recycler, **Transmutation – Reuse, Reduce, Recycle**, who are based in Robe. Fitness on the Park member, David Mallett, recently visited *Transmutation* when he was in Robe and was so impressed with the range of products they are making from recycled plastics, such as clothing, jewellery, homewares, mats etc. There are currently over 550 collection points throughout Australia, recycling 250kg of bread tags every month, with over 11 tonnes recycled to date. Recycling 250kg of bread tags funds an entry level wheelchair - Australia has funded more than 88 wheelchairs so far. By early 2023 they had funded more than 1,000 mobility aids.

If you would like to contribute to this wonderful charity, you can deposit your bread tags in the plastic sleeve attached to the notice board at reception.



The David Roche Foundation House Museum

AUSTRALIAN TOYS 1880 - 1965

The Luke Jones Collection

241 Melbourne Street, North Adelaide

Guided tour Thursday 18th July 2024

11.30am (approx 1 hour)

Rediscover the excitement and wonder of childhood through this exhibition of historic Australian toys from the collection of Luke Jones. Initiated by a 9-year-old

North Adelaide paperboy's earnings, Jones has nurtured and researched his extensive collection for over 40 years. From board games to a toy Hills Hoist, this exhibition provides a detailed insight into Australian childhood through the lens of play.



Cost: \$12

Please register and pay cash at reception.



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OPENING HOURS:

Monday	6.00am - 7.00pm
Tuesday	6.30am - 5.00pm
Wednesday	6.00am - 6.00pm
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 93

Winter 2024

CALENDAR OF EVENTS

Australian Toys

1880-1965

Guided Tour

Thurs 18th July 2024

11.30am - 12.30pm

David Roche Foundation

Cost: \$12

Please book at reception

Yoga

Wednesdays 4pm

In the gym

Come and try!

Sunday Bushwalking

10am - 12noon

Coffee afterwards

All welcome

Programmes at reception, on
the website and via email

European Trip

August/Sept 2024

Walking tour Slovenia -

Dolomites - Madeira

FULL

Dear Members,

It is winter and we are past the shortest day - it's onward and upward from here!

We have been spoiled with such balmy weather on our Sunday walks to date and are currently planning the Countryside walks for the last half of the year.

We are now offering a **Yoga** class at 4pm on Wednesdays - why not come and give it a try?

Dale Marriott, podiatrist, is consulting Wednesdays 7am to 2pm and once a month will have evening appointments available, as well as Tuesday and Friday mornings.

On 18th July we are planning a guided tour at David Roche Gallery an exhibition of **Australian Toys 1880-1965**. It's a fascinating range of pre and post war toys and board games, offering an insight into Australian history (information on the back page).

Thank you to Jennifer Holmes, *In My Place SA*, who presented two sessions on how to navigate ACAT Assessments and State and Federal Government requirements for home-help packages.

Our next tour to Europe is leaving soon to walk Slovenia, Dolomites and finishing in Madeira, Portugal - exciting days ahead!

Sadly we are farewelling Kristina Undheim who is returning to Canada. We have enjoyed her company and appreciated her willingness to take classes and gym shifts these past weeks. We wish her all the best in her future career.

Anne Lang
Manager

A NOTE FROM THE EDITOR

We congratulate Anne on her recent award at a ceremony organised by Zonta for "Outstanding achievement as a small business owner and advocate for fitness and wellbeing".

Anne certainly leads by example and has received many awards over the years for her achievements in Masters Athletics. She is now preparing for the World Masters Athletics Championships in August this year. We wish her good luck!

Catherine Doyle

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Fit
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on
the
Park

Exercise Strengthens Your Brain

We know exercise is good for our body but it is also excellent for our brain, improving mood and cognition through a plethora of cellular changes. This is according to Henriette van Praag, associate professor of biomedical science at Florida Atlantic University.

What are the some of the benefits?

Studies show that exercise offers short-term boosts in cognition. This may be in part because movement increases the release of neurotransmitters in the brain, most notably epinephrine and norepinephrine. "These kinds of molecules are needed for paying attention to information," says Marc Roig, associate professor at McGill University. "Attention is essential for working memory and executive functioning", he adds.

Exercise also releases the neurotransmitters dopamine and serotonin, which is thought to be why we feel so good after a run or long walk.

Studies show that people who work out several times a week have higher cognitive test scores, on average, than more sedentary people. However, the effects on cognition aren't huge and not everyone improves to the same degree. Regular exercise also benefits mood. Regular exercisers regularly report better mental health than those who are sedentary.

Exercise also offers protection against neurodegenerative diseases. "Physical activity is one of the health behaviours that's shown to be the most beneficial for cognitive function and reducing risk of Alzheimer's and dementia," says Michelle Voss, associate professor of psychological and brain sciences at the University of Iowa.

It starts with the muscles

When we work out our muscles release molecules that travel through the blood up to the brain. Some, like a hormone called irisin, have "neuroprotective" qualities and have been shown to be linked to the cognitive health benefits of exercise. Good blood flow however is essential to obtain the benefits and, as exercise improves circulation, it therefore stimulates the growth of new blood vessels in the brain. "It's not just that there's increased blood flow," Voss says. "It's that there's a greater chance, then, for signalling molecules that are coming from the muscle to get delivered to the brain." Once these signals are in the brain, other chemicals are released locally. The star hormone is brain-derived neurotrophic factor, or BDNF, that is essential for neuron health and creating new connections - called synapses - between neurons. "It's like fertiliser for brain cells to recover from damage," Voss says. "And also for synapses on nerve cells to connect with each other and sustain those connections."

A greater number of blood vessels and connections between neurons can actually increase the size of different



Bushwalking is a good form of aerobic exercise and hills can add some high intensity

brain areas. This effect is especially noticeable in older adults because it can offset the loss of brain volume that happens with age. The hippocampus, an area important for memory and mood, is particularly affected. "We know that it shrinks with age," Roig says. "And we know that if we exercise regularly, we can prevent this decline."

Best exercise for your brain

Any exercise is good, but improving cardiovascular fitness level seems to be the key, and higher-intensity workouts do appear to result in bigger benefits for the brain.

Source: Dana G Smith, "Exercise doesn't just benefit your body, it also strengthens our brain." New York Times 9/4/2024

Olive Oil and Dementia Risk

Consuming about half a tablespoon of olive oil a day might reduce the risk of dementia-related death according to a recent study. Other studies have shown that olive oil helps lower the risk of death from cardiovascular disease, cancer, neurodegenerative disease, and respiratory disease.

"This is an observational study, so it doesn't show cause and effect," said Anne Danahy, a registered dietitian nutritionist who was not involved in the study. "Still, I'm not surprised to see that olive oil is associated with a lower risk of fatal dementia. Olive oil is rich in vitamin E and polyphenols - antioxidants that protect cells and blood pressure, including those in the brain. It also has anti-inflammatory properties. Inflammation can accelerate ageing in the brain (and body) and it's thought to be an underlying cause of dementia and cognitive decline."



Source: Medical News Today, May 6, 2024

"Can olive oil help lower the risk of dementia-related death?"

Anne Receives Recognition for Achievements

As a member of Zonta Club of Adelaide I was pleased when my nomination for Anne Lang to be recognised as a Woman of Achievement 2024 was accepted. Anne, as we all know, has had much recognition for her sporting achievements over her lifetime particularly in World Masters Athletics Championships. She was also awarded an OAM in 2013 for service to the community through sport and fitness. To gather information for the application I spoke to staff and members at Fitness, many of whom count their employment/membership years in decades. Everyone agreed that Anne has created a business where people are at the core and there is a sense of community. Anne herself is a role model of healthy ageing.

At the Adelaide Town Hall Wednesday 15 May, at a ceremony organised by Zonta and hosted by the Lord Mayor of Adelaide the Honorable Jane Lomax Smith, Anne Lang was recognised for **Outstanding Achievement as small business owner and advocate for fitness and wellbeing**. The Zonta Club of Adelaide organises this event biennially to recognise Women of Achievement and scholarship winners from Adelaide High School, Mitcham Girls High School and University of SA. Zonta International is a global organisation dedicated to building a better world for women and girls by



Anne with Adelaide Mayor Jane Lomax-Smith

addressing gender inequality and bringing awareness of the impact of global warming on women and girls.

For more information go to

<https://www.zontaclubofadelaide.org.au/>

Erica Majba

Member Profile - Alan Rosewarne

During the Fringe a group of Fitness on the Park members attended a concert at the Arts Theatre led by member, Alan Rosewarne - it was fantastic!

As well as being a musician Alan is a part-time business consultant. He began his musical path as a child, singing and playing at his church with his organist mother and sister.

At 14 years of age he had a couple of years of training in guitar and enjoyed his music through his teenage years, gathering confidence with some performing. He attended Adelaide University studying a business degree, with music as an elective.

The love of folk music saw him join a group called Cockatoo Lake, performing folk and their own compositions, either as a trio or quartet, in coffee lounges such as the well known and much loved Catacombes,

Domestic life and children took over and 20 years later the group reconvened with the Bald Eagles, a band of 8 performing mainly music of the Eagles.

Alan has written and put together a number of shows including Cat, Neil and Captain Fantastic, which was featured



at the Arts Theatre during the Adelaide Festival 2023 and 2024. In conjunction with Catherine (violinist) the duo perform as Alcat and can be found performing at Gingers Lounge Bar, Vintage Coffee Lounge, wineries and yacht clubs amongst other places.

We are proud to have such a talented member at Fitness on the Park.

Anne Lang