



FOOT HEALTH WORKSHOP

Friday 20th Sept 2024 - 12.30pm

To be held in the gym

Join Senior Podiatrist Dale Marriott for a workshop on the 5 most common foot conditions and how to manage them.

- Nail care/ingrown toenails •
 - Heel pain •
- Bunion and toe pain •
 - Achilles pain •
- Corns and calluses •

Please register at reception

Regain Your Active Life

If you are recovering from illness, injury or surgery and keen to get back to your fit and active self, join Lucy for an informative presentation on regaining your strength and fitness.

Presenter: Lucy O'Malley – Exercise Physiologist
Date: Friday 11th October
Time: 12:30pm
Location: FOTP Gym – Upstairs

Please register at reception

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 - 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

CALENDAR OF EVENTS

Foot Health Workshop
 Fri 20th Sept 2024
 12.30pm

With Podiatrist Dale Marriott

Please register at reception

Sunday Bushwalking
 10am - 12noon

Coffee afterwards
All welcome

July-Nov programme at reception, on the website and via email

Regain Your Active Life
 Fri 11th Oct 2024
 12.30pm

With Lucy O'Malley
Please register at reception

Yoga
 Wednesdays 4pm
 in the gym
 Come and try!

Dear Members,

Spring is here at last! The longer days, and of course, the changeable spring weather. We keep telling ourselves "we need rain for the garden" and this is the time of year for it!

Thank you to Cathy who is competently holding the Fitness on the Park office together as our travel group has once more set off on an exciting adventure starting in Slovenia at Ljubljana, which has proved to be a hidden treasure. We are now tackling the Dolomite mountains from the Italian side looking across to Austria and the Tyrol. As we all know Australia is a wonderful country and we at Fitness on the Park are lucky enough to be able to look back and appreciate this fact.

Thank you to our bushwalking leaders who have been stepping in to keep the walks going in my absence, particularly Kerrie who has been collecting the cakes each week, and Joy who has been inspiring us with her weekly reports.

There are still a few months left of the bushwalking program, which explores different locations around the hills area each week and we would love you to join us - all welcome!

You can pick up a program at reception or visit the website.

Anne Lang
Manager

A NOTE FROM THE EDITOR

Congratulations to Anne on winning a silver medal in the 800m at the World Masters Athletics Championships in Gothenburg, Sweden. Following the competition she met with the Fitness on the Park group for a walking tour of Slovenia, the Dolomites and Madeira. Botanic Health's Podiatrist Dale Marriott and Exercise Physiologist, Lucy O'Malley are giving talks in the gym for foot health and getting back into fitness after surgery, illness or injury - full details on the back page.

Catherine Doyle

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Increasing Bone Density

Our bone density peaks in our late 20's and gradually decreases as we age. However, there are strategies to naturally increase and maintain bone density through strength training, dietary choices, weight management and other strategies.

Studies show that weightlifting and strength training can help promote new bone growth and maintain existing bone structure. A 2018 review of exercise and bone density in people with osteoporosis suggests that weight bearing aerobic exercise alone, for example walking, can limit bone mass loss, while strength and resistance exercises can increase muscle and bone mass density.

There are many benefits of weight and strength training including increased bone mineral density, increased bone size, protection against bone loss, and improved posture, balance and coordination.

Strength training includes the use of free weights, resistance bands and your body weight to strengthen muscles, tendons and bones. Strength training is especially helpful to build back muscles that are important for posture, and for supporting bone density.

Weight-bearing aerobic activities involve doing aerobic exercise on your feet, with your bones supporting your weight. Examples include walking, dancing, low impact aerobics, elliptical training machines and stair climbing. These activities work directly on the bones in the legs, hips and lower spine to slow bone loss. They also improve blood flow and are good for the heart. However, it's also important to work on strength, flexibility and balance.

How heavy do the weights need to be? Research shows that a single set of 12-15 repetitions of the appropriate weight can build muscle efficiently in most people and can be as effective as three sets of the same exercise. As long as you take the muscle you are working to fatigue - meaning you can't lift another repetition - you are doing the work necessary to make the muscle stronger. If you are reaching fatigue at a higher number of repetitions it means that you



are likely using a lighter weight, which will make it easier for you to control and maintain correct form. It is also important to listen to your body and stop if an exercise causes pain. The good news is that you can see significant improvement in your strength with just two or three 20-30 minute strength sessions a week.

Role of Diet

Calcium is the primary nutrient for bone health. Our bones break down and grow each day so it is essential to get enough calcium. Best sources include milk, cheese, yoghurt, beans, sardines and some leafy greens.

Vitamin K2 is also essential for bone health as it reduces calcium loss and helps minerals bind to the bones, and **Vitamin D**, which we can absorb through sun exposure, helps the body absorb calcium.

Protein is essential for bone health and density. A 2022 cross-sectional study showed an association of higher bone mass density with higher intakes of total and animal protein.

Like calcium, **Magnesium** and **Zinc** are minerals that support bone health and density. Magnesium helps activate Vitamin D so it can promote calcium absorption. Zinc exists in the bones promoting bone growth and helps prevent the bones from breaking down. Omega-3 fatty acids also play a role in maintaining bone density and overall bone health.

Other important factors for bone density include: maintaining a moderate weight - being underweight increases the risk of developing bone disease, and rapid weight loss followed by weight gain can result a loss of bone density - which you do not gain back when the weight goes back on. Avoid smoking and heavy alcohol consumption.

In summary, to maintain bone density aim for at least 150 minutes of physical activity a week, including 2-3, 30min strength training sessions; maintain a healthy, balanced diet with at least 1,000mg of calcium daily, and the recommended amount of vitamin D, through sun exposure or with supplements as recommended by your doctor.

Source: Medical News Today 4 Jan 2024
Mayo Clinic June 2023



World Masters Athletics Championships

Gothenburg, Sweden 13-25 August 2024

On 9th August, Anne Lang travelled to Gothenburg, Sweden to take part in the World Masters Athletics Championships.

Her first event was the 800m, which was a straight final. Despite dislocating her ankle and breaking her leg back in September, and with a dodgy knee, Anne came in second, winning the silver medal.

The 400m was Anne's last event. She won through the semi to reach the final where she came 5th.

Two great results which are a testament to Anne's tenacity, strength and dedication to training. A fabulous achievement!



Top: The Australian team in Gothenburg, Sweden.

Right: Anne's silver medal for the W80 800m.

Middle and far right: Anne had the honour of being flag bearer for the opening ceremony.



Cardio Fitness for Longer, Healthier Life

Groundbreaking new research from Uni SA has found that an increased cardio fitness level reduces the risk of death by any cause by 11-17 percent.

The study published in the *British Journal of Sports Medicine* (BJSM) is the first to collate all the scientific evidence that looked at the prospective link between cardiorespiratory fitness and health outcomes among adults.

"Cardiorespiratory fitness (CRF) is the ability to perform physical activity for a long period of time like running, cycling, brisk walking and swimming," says Uni SA's Professor Grant Tomkinson, the senior author.

"We summarised the evidence linking CRF to numerous health outcomes and found that those with low levels of CRF are far more likely to die early or develop chronic conditions like heart disease later in life.

"Specifically we found that every 1-MET increase in CRF, which is the amount of energy used when sitting quietly, reduced the risk of early death from any cause and heart failure by 11-17% and 18% respectively.

"The message is quite simple: if you do a lot of "huff and puff" exercise, then your risk of dying early or developing diseases in the future is reduced. If you avoid exercise your health may suffer."

Source: ScienceDaily, "Cardio-fitness cuts death and disease by nearly 20%" April 29, 2024

GLA:D – Hip + Knee Osteoarthritis Program

Hip and knee osteoarthritis (OA) can significantly impact your quality of life, but the appropriate exercises can make a substantial difference.

Specific land-based hip and knee exercises have been found to:

- Reduce pain
- Improve joint range of movement and reduce stiffness
- Improve joint stability and muscle strength
- Reduce swelling and inflammation
- Reduce reliance on pharmacological pain relief

Botanic Health are currently running the GLA:D Program, an exercise and education program specific for hip and knee OA, and can be undertaken 1:1 or in a small group setting with our Exercise Physiologist, Lucy. The sessions take place in the gym (upstairs) at Fitness on the Park and there are health fund rebates available for this course.

The next group program will begin on Wednesday 16th October and will run for 6 weeks.

For more information, please talk to us at reception or call (08) 8164 5963.