

Borneo June-July 2025

Fitness on the Park is offering 10 exciting days to experience and see Borneo's big 5: Orangutan, Proboscis Monkey, Pygmy Elephant, Crocodile and Rhinoceros Hornbill.

We will be staying in award winning Sukau Rainforest Lodge with day and night river cruises on Kinabatangan and Menanggal Rivers, viewing pristine virgin rainforests and all the wildlife they have to offer. This will be an exciting tropical experience flying Malaysia Airlines - a great 10 day escape from Adelaide's winter months.

For more details please ask 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.

2025 Programmes

- Back Care/Mobility Plus
- Be Stronger – over 50's Strength
- Countryside Walking
- Cardio/Strength - outdoor
- Fit for Life - outdoor
- Fitness Circuit
- Individual Gym Programs
- Masters (over 65's)
- Personal Training
- Pilates
- Resistance Training Circuits
- Weights & Stretch - outdoor
- Chair Yoga
- Hatha Yoga

Christmas Party 2024



FITNews

Issue 95

Summer 2024/5

CALENDAR OF EVENTS

Borneo Trip
24 June - 4 July
2025

Sightseeing tour
Details back page

Please register your interest
at reception

Green Members

Last Classes
Sat 21 Dec 2024
Resume Mon 13 Jan 25
Holiday Classes 4 - 11 Jan

Gym Opening Hours Xmas/New Year

December 2024

Mon 23	6am - 7pm
Tues 24	7am - 12noon
Wed 25	CLOSED
Thurs 26	CLOSED
Fri 27	7am - 12noon
Sat 28	CLOSED
Mon 30	7am - 12noon
Tues 31	7am - 12noon

January 2025

Wed 1	CLOSED
Thurs 2	7am - 12noon
Fri 3	7am - 12noon
Sat 4	7.30am - 1.30pm

Dear Members,

A happy Christmas drinks party was held under the shady trees of the North Adelaide parklands at the end of November. How lucky we are to have this venue along with the well maintained grass oval. Photos of the night are on the notice board in the gym as well as a select few at the back of this summer edition of the newsletter. There is a slideshow on Facebook and Instagram for you to look at and "like".

Our Sunday 2 hour walking programme that runs from April to November has completed with thanks to the 12 walk leaders that took us to interesting and varied locations.

Travelling further afield we had another successful overseas adventure in 2024, walking Slovenia, Ljubjana, Lake Bled and the amazing Dolomites followed by a week of walking in the Portuguese island of Madeira. In 2025 we are off to Borneo to escape the winter weather and visit the orangutans!

Fitness on the Park is unique with members who have consistently attended both our indoor and outdoor facilities for 20 plus years - something of a record I suspect! Our centre is backed up with Botanic Health physiotherapy, exercise physiology and podiatry along with our massage and medical practitioners.

It has been a great year for maintaining fitness, health, happiness and camaraderie.

Season's greetings and best wishes to all.

Anne Lang
Manager

A NOTE FROM THE EDITOR

Last classes for **GREEN** members are on **Saturday 21st December** and they resume **Monday 13th January**. There will be the usual **Outdoor Holiday Classes** in January for those keen to keep up their fitness: **Sat 4th - 8am, Tues 7th - 7am, Thurs 9th - 7am, and Sat 11th - 8am**. There is no charge for these classes - all welcome.

You can collect a copy of gym opening times and classes over the Christmas and New Year period at reception.

Catherine Doyle

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Fitness on the Park

Optimum Dose of Exercise for Long Term Health

The key to improving fitness is simple—you just need to do more activity than you are accustomed to. This stresses the body and forces it to adapt.

The good news is that anyone just starting to exercise more than they are used to, will see improvements surprisingly quickly, regardless of the activity they choose.

What happens when a beginner starts a cardio programme?

“One of the first things that happens is you get more blood volume,” according to Abbi Lane at the University of Michigan. Within 24 hours of working out, blood volume increases by up to 12 percent due to water retention, increasing the amount of blood plasma and boosting the amount of oxygen that can be supplied to the muscles. Peak blood volume is usually reached after 2 weeks of training - this is 15-20 percent higher in athletes than sedentary people.

Energy producing structures within our cells, the mitochondria, become more numerous and efficient around this time as well. Capillaries (small blood vessels) begin rapidly proliferating within the muscles too, improving the body’s ability to deliver oxygen to tissues. One study found that capillary density expanded by about 20 percent after 2 months of a cycle training programme.

These changes enhance the maximum rate at which the body can use oxygen, known as VO2 max, which typically occur around six to eight weeks of training. By the third month it can improve by 10 percent. This is according to Stuart Gray of the University of Glasgow.

Muscles also adapt rapidly. A single session of strength training increases the activity of the genes within muscles involved in regulating inflammation and removing waste products that accumulate as a result of the stress of exercising. It doesn’t take long to build muscle strength either, at least if you are a beginner. “Everyone gets stronger in their first 3 weeks because your nervous system learns how to talk to your muscles better,” says Lane. With repetition, the nerve signals from the brain get quicker, and muscles become better at responding to them, generating greater force more rapidly, says Gray. Exercise also builds stronger. This takes a bit longer though, so the greatest improvements in muscle size and strength don’t happen until about eight to 12 weeks of training.

However, our response to exercise varies from person to person. The most significant influence is genetics. Our genes determine about half our aerobic fitness, says Lane. “Some people, no matter how much they train, their VO2 max won’t change very much.”

Age is another factor, with younger people adapting to exercise more quickly than older adults. Prior physical activity also makes a difference as people who have

previously trained are able to rebuild muscle faster than those who are just starting out.

A wide range of exercises can improve fitness within a few months, provided they are done three to five times a week for about 30 - 60 minutes. However, there is one form of training that is tops for getting fit quickly - both from an aerobic and strength perspective - by stressing our physiology in just the right way to induce maximal adaptation, and that is high intensity interval training (HIIT) which involves exercising at near maximum effort in repeated bursts of up to a minute, with short rests in between. However, the best exercise is ultimately the one you will be able to stick with, not necessarily the one that leads to the quickest improvements. The trick is to continuously challenge yourself and discover your own peak performance.

Source: “The smarter way to a fitter you”
New Scientist, 27 July 2024

Botanic Health Services welcomes Physiotherapist Chris Panousakis to the team

Chris graduated with a Bachelor of Physiotherapy from the University of South Australia in 2008 and has since specialised in musculo-skeletal physiotherapy within private practice. His experience spans aged care and various sporting clubs, allowing him to adopt a compassionate and empathetic approach to rehabilitation, tailored to the unique needs of each client.



A former district cricketer for Sturt, Chris values team culture and recognizes the importance of an active lifestyle for both physical and mental well-being. He is passionate about helping athletes and active individuals prevent and recover from injuries, enhancing their daily potential. After a break in 2018 to tour as a musician, he has returned to physiotherapy with fresh insights and renewed enthusiasm.

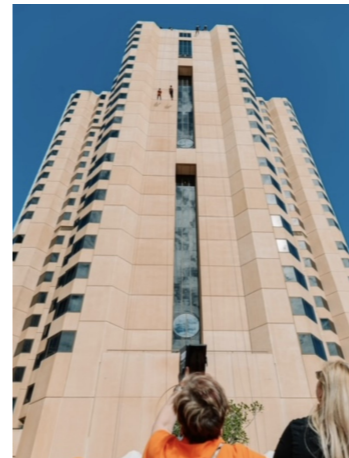
Chris has developed a particular interest in workplace rehabilitation, post-injury recovery, chronic pain management, and ergonomic assessments. He focuses on improving conditions of the cervical, thoracic, and lumbar spine, using evidence-based techniques to create personalized treatment plans that empower clients to engage fully with life.

Discover how Chris can support your journey to optimal health and well-being at Botanic Health Services. Bookings can be made at reception, online or phone 8164 5963.

Erica Taking The Plunge

This year the charity event called the “Adelaide City Plunge” took place in August. Teams of four abseiled 25 storeys down the Intercontinental Hotel on North Terrace.

This year Erica Majba, a Fitness on the Park member for many years, joined 3 colleagues from the Zonta Club of Adelaide to take up the challenge. The funds raised by the Zonta team went to the charity Puddle Jumpers to support kids at risk.



Erica on her way down

The day was calm - this meant no swaying in the breeze and there was sunshine, providing a fantastic view from the top of the building. Down the bottom was a crowd of Zonta members, friends and family wearing orange, all chanting and shouting encouragement to the “plungers”.

As a regular attendee of classes at Fitness on the Park, Erica felt she had the necessary fitness level to



Erica preparing to take the plunge

participate even if she had no prior experience. Afterwards she said she was glad to have participated to support Puddle Jumpers and to raise the profile of her Zonta club - a local ‘not for profit’, part of the global organisation Zonta International, dedicated to building a better world for women and girls.

However, Erica is quite sure she will not be lining up next year to have another go! She thanks members of Fitness on the Park who made donations and/or attended a morning tea that helped raise funds of over \$5,000.

Chair Yoga

As we age we all need to focus more and more on maintaining, or rekindling, our mobility, flexibility, strength, balance, stability and posture.

Chair Yoga has been developed as a simple stepping stone to the benefits of a dedicated yoga practice. It enables mature age participants and others who might have pre-existing conditions, physical incapacities or injury, or those who may feel intimidated to join in on a ‘traditional’ yoga or Pilates class, due to a perceived lack of skill, balance, strength or confidence.

For many people Chair Yoga offers a wonderful means to improve their cardiovascular fitness, promote muscular strength and endurance, increase their full range motion in a host of different activities, as well as improve their balance, posture, stability and confidence.

Chair Yoga also provides considerable benefits in improving motor skills, i.e. the ability of your brain and nervous system to control your movement, agility, reaction speed, balance and coordination.

Chair Yoga is suitable for all levels of fitness and agility. The chair offers basic support for gentle stretches of the neck, spine, arms and legs. It also provides a platform or support for various standing stretches and balance poses. The Chair Yoga sessions at Fitness on the



Instructor Chris Dalton with Val and Barbara



Park are relaxing, gently-paced, fun and invigorating. The movements range from gentle breath exercises, to more advanced moves. All are geared to meet the abilities and the expectations of the class and all are conducted safely and cognoscente of each individual’s particular circumstances.

Chair Yoga poses are also designed to enable participants to improve their skills safely at home between sessions to improve their fitness, strength, flexibility and balance.

Why don’t you come along for a try-out on Wednesdays at 2-3pm.