

Lucy O'Malley - Exercise Physiologist



We first met Lucy as a 3rd year Uni SA Exercise Physiology (EP) student in 2021, doing a 10 week placement at Fitness on the Park. We soon realised Lucy's skills and delightful personality and offered her work at reception and teaching outdoor classes.

Lucy graduated in 2022 and was offered a position with Botanic Health Services, who are based here at Fitness on the Park. She is now very busy working as an EP with individual clients and has also been working in the gym on Saturdays.

Lucy enjoys seeing patients with knee and hip osteoarthritis, balance issues and rehab pre and post surgery. If you feel you need some special attention and would like an appointment with Lucy, you can contact Botanic Health Services on 8164 5963 or enquire at reception.



The David Roche Foundation House Museum

NATURE REVEALED

Rosa Fiveash & Ellis Rowan

241 Melbourne Street,
North Adelaide

Guided tour
Thursday 1st May 2025

11.30am
(approx 1 hour)



Vibrant and colourful, Ellis Rowan's large watercolours of wildflowers are exhibited with the delicate botanical paintings of South Australian artist, Rosa Fiveash. Rowan travelled widely and enjoyed international acclaim for her wildflower paintings, and the work of Fiveash attracted the interest of Australia's leading botanists.

For many, this will be the first opportunity to marvel at the botanical art created by these two inspiring women.

Cost: \$12

Please register and pay cash 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.

2025 Programmes

Back Care/Mobility Plus

Be Stronger – over 50's
Strength

Countryside Walking

Cardio/Strength - outdoors

Fit for Life - outdoor

Fitness Circuit

Masters (over 65's)

Personal Training

Pilates

Resistance Training Circuits

Weights & Stretch - outdoor

Seated Yoga

Yoga



FITNews

Issue 96

Autumn 2025

CALENDAR OF EVENTS

Sunday Bushwalking

Starts 27th April
10am - 12pm

Come and join us at the
opening bushwalk for
autumn 2025

Sturt Creek Coromandel Valley

UBD: 166 P3

Leader: John Wotherspoon

Lunch to follow at
Duck Inn Hotel
393 Main Road,
Coromandel Valley

The full autumn programme
will be available soon.

Nature Revealed Guided Tour

David Roche Foundation
House Museum

Thurs 1st May

11.30am (1 hour, approx)

Cost: \$12

To be paid in cash at reception

Borneo Trip 24 June - 4 July 2025

Sightseeing tour

Full

Dear Members,

Mad March is such a busy, exciting and exhausting time of the year in Adelaide. This year has been particularly demanding with the extra pressure of pretty high temperatures to add to the mix. Classes at Fitness on the Park have continued to build after Christmas, with members coming in and out between Writers' Week, the Fringe and Festival activities. All in all we have enjoyed the start of the year and suddenly it's autumn! Not that the gardens and trees know the seasons, as we wait for the winter rains to fall.

The **Bushwalking Winter Season** commences after Easter. The walks are two hours on Sundays 10am - 12pm. Members, family and friends are all welcome to come and enjoy the camaraderie in the Adelaide Hills and surrounds. Look out for the new programme, available soon from reception.

The trip to Borneo commences at the end of June with a group of Fitness on the Park members and friends exploring the wildlife of Borneo, in particular, the Orang Utans, Proboscis Monkeys and Pygmy Elephants.

We are still collecting pill blister packs for recycling and marvel at the continuous supply of both aluminum and plastic coated packs that our members bring in daily!

Anne Lang
Manager

A NOTE FROM THE EDITOR

Autumn is such a beautiful time of the year for exercising outside. Encourage friends to 'come and try' some different classes - indoor and outdoor options.

I would like to acknowledge Ann Jefferies for her contribution to producing our newsletters, using her skills as a graphic designer. Ann designs the posters, does the finishing touches to the layout and proof-reads the final product. You may see Ann on Tuesdays and Fridays at reception.

Catherine Doyle

IN THIS ISSUE

- How Much Exercise Is Too Much?
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Fitness on the Park

How Much Exercise Is Too Much?

The benefits of exercise are so great that if it were a drug it would be a miracle cure. But what is the optimal dose for better health?

Large scale studies over long periods of time show the dose-related effect of exercise, with the health benefits kicking in at even low levels of activity. The good news for sedentary people is that the biggest gains come from doing nothing to doing something, and the health benefits for people over 60 seem to be stronger than for adults below this age, for a given amount of exertion.

Maximum benefits from moderate and vigorous activities can be achieved by doing 150-300 minutes of vigorous physical activity ie activities where you are out of breath, or 300-600 minutes of moderate activity, ie your heart rate is raised but you can still talk a bit but not sing, or it can be an equivalent combination of both. After this point, it is a case of diminishing returns for additional health benefits.

For moderate-intensity exercise, more is still better: your risk of dying early, say from a heart attack, will keep diminishing the more you do. "There's no such thing as too much exercise if it's moderate-intensity aerobic exercise", according to Duck-chul Lee at the University of Pittsburgh. However, study results on vigorous aerobic exercise show a confusing picture. So the "extreme exercise hypothesis" that excessive exercise, particularly high intensity training, can harm overall health is still just a hypothesis.

There is a growing body of evidence that running at a more leisurely pace can bring a range of health benefits from heart function to mental wellbeing. This means jogging (or brisk walking) at a pace that raises your heart rate to 60-70 percent of your maximum, but leaves you able to chat.

The speed at which you run affects what your body uses as fuel. At a slower pace your body uses aerobic metabolism, which relies on a good supply of oxygen from our lungs. This means that you break down stored fat to supply most of your energy. This can aid in managing weight and insulin levels. At high energy intensities, the body flips to anaerobic processes and mainly breaks down carbohydrates and protein.

Slower jogging can also help our cardiovascular system operate more efficiently by encouraging the heart muscle to develop, increasing the amount of blood it can pump, reducing resting heart rate and cutting blood pressure and cardiac stress.

Source: Michael Marshall: "How much exercise is too much?"
New Scientist, 27 July 2024

How Fast Do We Lose Fitness?

When life happens - you've been on a holiday or have had an injury, your exercise routine can be interrupted. When you do resume you can feel weak and out of breathe, and it can seem like you have lost your fitness and all your good work has gone out the window.

Fortunately that is not the case. Although we do lose fitness shockingly fast, it turns out we don't simply go back to square one. And even when you can't stick to your usual routine there are things you can do to minimise the losses.

You lose different aspects of fitness at different rates. The news is worst when it comes to aerobic fitness. Evidence suggests that VO2 max, the maximum rate at which the body can absorb oxygen, drops significantly after only 12 days of inactivity, largely due to a roughly 10 percent decrease in the amount of blood your heart can pump with each beat. Some changes occur even sooner, eg blood volume decreases after 2 days of rest. After a month we have fewer capillaries delivering oxygen to our muscles too.

Muscles are a tad more resilient to inactivity. Notable declines in strength occur within two to three months of stopping exercise. Research shows that eight weeks without training can cause upwards of a 12 percent decrease in strength.



However, thanks to a particular type of muscle memory, all is not lost! Studies suggest that muscle might remember previous training and regain muscle mass more quickly than if you have never trained before. The picture may be different if you just decrease your exercise rather than stopping altogether. "If you can keep the intensity of your workouts, even if you cut the volume by 50 percent, you can minimise your fitness losses," says Stuart Grey at the University of Glasgow.

So when life gets in the way, incorporating any exercise into your day counts, even if it's small bouts of movements, such as climbing the stairs a few times a day.

Source: New Scientist, 27 July 2024

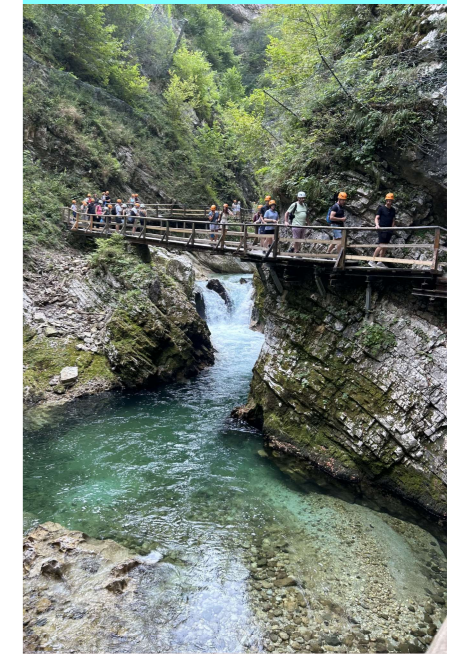
The Many Benefits of Bushwalking

Autumn and winter are the time for enjoying an outdoor walking experience with a friendly group, taking in the Adelaide Hills and environs. We are so lucky to have the beautiful green countryside: Black Hill, Green Hill and Brown Hill, National Parks and creeks surrounding the city and looking down on the Adelaide Plains.

We meet at 10am Sunday mornings and walk for 2 hours, testing our fitness and balance on uneven surfaces with steps and hills, all followed by a hot morning tea, cakes, slices and biscuits to follow. Please feel free to join us - family and friends are welcome.



Walking Trips



Slovenia 2024

Bushwalking is a wonderful activity for challenging all components of fitness - strength, flexibility, balance and cardiovascular fitness. And being in the fresh air with a friendly group, in beautiful surroundings can boost your mood and feelings of wellbeing.

Here are a few exercises to do at home to prepare for bushwalking and prevent injuries.



Single Leg Squat

Single Leg Squat

Stand side-on to a wall with your hip or hand against the wall. Lift the leg closest to the wall so you are standing on the outside leg. Bend the knee, keeping your heel on the ground, making sure your knee is tracking over your toes and your hips remain level. Hold the squat for 5 seconds and then push up. Start with a few repetitions and gradually increase the number as your strength improves. This will strengthen leg muscles and help with walking downhill.

Calf Raise

Standing near a wall or chair, lift both heels off the ground. Hold for 5 seconds and lower. Gradually increase the number of repetitions. Progression: Repeat on one leg, using the wall or chair for support.



Calf Raise
Both feet and progress to one leg

Balance

Standing next to a wall, balance one leg for 30 seconds, touching the wall for support if needed. Progression: Add head turns



Balance on one leg



Balance with head turns, touching



Balance with head turns