

Bushwalking 2025



Coromandel—Sturt Creek Walk 27th April

It would be really interesting to calculate just how many kilometres the Fitness on the Park walking groups have covered over the past 25 years of local, interstate and overseas walks...a lot!

Eight months of every year, between April and November, Anne has been baking us the most delicious cakes to feed us after our winter walks and providing hot coffee and tea to wash them down. It is now time to relieve Anne of her years of catering duties (we had to force her mind you!), so from 31st August there will be no charge for our winter walks. This, of course, means our walk leaders will be organising walks out of the goodness of their hearts. The walks will still be of around 2 hours duration, starting at 10am and leaders will try, where practical, to organise a morning tea/lunch spot after the walk. But in the meantime there are still many more walks to go on our current program. Hope to see you at them. *Joy*

Exercise Physiology with Lucy O'Malley



Exercise Physiology services include:

- Osteoarthritis management
- GLA:D® Hip & Knee Program
- Cardiometabolic syndromes (T2D, hypertension)
- Weight management
- Musculoskeletal conditions (pre- and post- op, return to sport)
- Exercise for mental health
- Oncology
- Frailty assessments
- Balance/falls assessments & exercise programs
- Individual rehabilitation & strength programs

*Chronic disease management plans accepted. Rebate of \$60.35 will be deducted from standard fees.



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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 60'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 97

Winter 2025

CALENDAR OF EVENTS

Sunday Bushwalking

10am - 12pm

13th July

Greenfield Wetlands -
Mawson Lakes Trail

20th July

Brownhill Creek and
Carrick Hill

27th July

Montacute Conservation
Park

Lunch to follow at

Va Bene

636 Lower North East Rd,
Campbelltown

Contact reception for lunch
booking.

3rd August

Scott Creek
Conservation Park

10th August
Minno Creek

17th August
Wadmore Park &
Black Hill

24th August
Steub Track - Cleland

The full winter programme
will be available soon.

Dear Members,

Fitness on the Park takes its name from our wonderful location on the edge of the Adelaide Parklands. Our outdoor classes get to enjoy the fresh air and green oval, and the indoor groups and gym members can overlook the magnificent gum trees and expanses of green. It has been wonderful to finally break our extreme dry conditions and have enough rain to soak the parched earth.

A small group has departed on a cultural tour of Borneo to visit the orangutans, proboscis monkeys and other wildlife in the rainforests. Plans for our next overseas walking adventure in September 2026 are under way, Europe has so much to offer and we will keep you informed. We would encourage you to think about joining us as it is a fun way to travel with a happy small group of like-minded people. Sunday walks can open the door to exciting travel adventures so why not start with those and see where it leads you - everyone is welcome to join us!

We are keeping warm and cosy upstairs where the Weights, Strength and Chair Yoga classes are working happily and there is much laughter coming from the morning Cardio Resistance groups!

Thank goodness we are now at the shortest day of the year - it's all up from here!

Anne Lang
Manager

A NOTE FROM THE EDITOR

Every fortnight for many years now we have seen a row of large containers of soup lined up on the bench and wondered where they were going. A dedicated group has been making soup for the Adelaide Day Centre for a while now - their story is on page 3. They are also happy to receive donations of blankets and men's clothing.

We wish Anne and her fellow travellers a wonderful holiday in Borneo.

Catherine Doyle

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Why is Gluteal Tendinopathy More Common in Women?

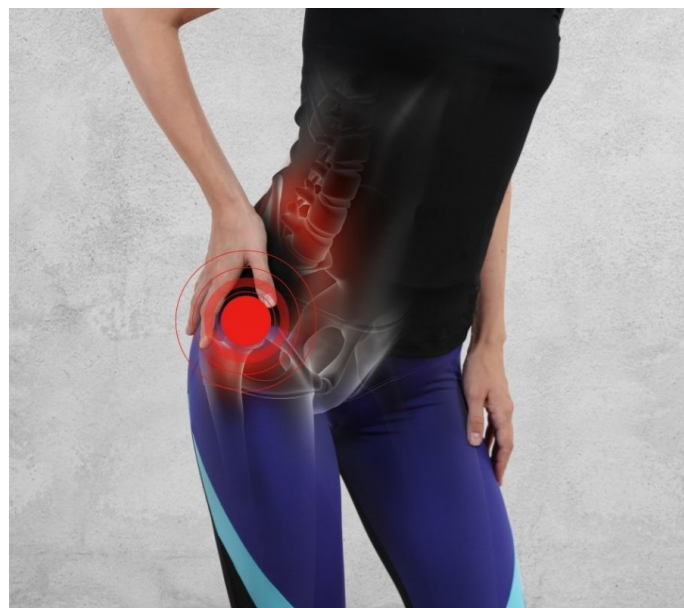
A common source of lateral (side) hip pain in peri- or postmenopausal women is gluteal tendinopathy. This is according to Ellen Casey, MD, a women's sports medicine physician in the Women's Sports Medicine Centre at HSS. Some of the factors contributing to gluteal tendinopathy include a drop in oestrogen, a hormone that may keep tendons healthy, loss of muscle mass and producing less collagen, a protein found in connective tissue like cartilage and tendons.

What is Gluteal tendinopathy?

The gluteal tendons are a tough band of tissue that connect the deep buttock muscles to the hip bone. These deep gluteal muscles lift our leg out to the side and stop your pelvis dropping when walking and running. They also play a major role in activities such as climbing stairs, squatting and getting out of a chair.

The most common symptom of gluteal tendinopathy is pain in the outside of your hip, sometimes spreading down the outside of your thigh. It is caused by a disorganisation of collagen fibres in the tendons that connect the muscles of the buttocks to the bones of the pelvis and thigh. This is unlike arthritis, which is the result of damaged cartilage, and bursitis, which is caused by inflammation of fluid-filled sacs called bursa. According to Dr Casey, an underlying cause of gluteal tendinopathy is lack of strength and stability of the hip muscles.

"Hip pain can have a number of causes," says Dr Casey. "For example, some people have problems with the spine that show up as hip pain. The treatment for



each type of hip pain are different, so step number one is finding out the source of the pain so we can treat that specific cause."

Exercise causes tendon breakdown, which your body rebuilds when you rest. However, if you break down more than you build up, you can develop inflammation and pain, often called tendonitis. During the rebuilding process the collagen fibres that make up the tendons can grow in different directions, not in their straight, organised pattern. Without treatment, this can turn into tendinopathy which can become a long-term problem.

Treatment for tendinopathy needs to target tendon regeneration. Although there is no quick fix, it is very treatable. Dr Casey recommends to women the following steps to prevent and treat this menopause-related problem.

1. Stand on one foot

Try to add single-leg balance exercises to your workout and as often as possible throughout the day.

2. Prioritise strengthening over stretching

While stretches may feel good they are not going to ease this particular type of pain. "Gluteal tendinopathy isn't really a flexibility issue. Women tend to have a greater range of motion in the hips than men do", says Dr Casey. In fact, this flexibility may mean you require even more strength to keep your hips stabilised.

3. Side Sleepers - add a pillow

Sleeping on your side can put pressure on the gluteal tendons of the bottom leg or cause stretching of the gluteal tendons of the upper leg, either of which can increase hip pain. The solution is to either sleep on your back or put a cushion between your legs and another one between your ankles.

4. Seek medical advice

Ideally, seek medical advice before the pain becomes too much. It can take eight weeks or more of rehab to build enough strength and stability to gain relief from gluteal tendinopathy. "While other lifestyle changes and treatments can be helpful, it's the strengthening exercises that are most important," says Dr Casey. "That's how you'll improve the strength of the gluteal muscles and tendons, which in the long run is the ideal treatment."

Source: Hospital for Special Surgery (HSS) 30/1/2024
"What is Gluteal Tendinopathy and why is it common in women?"

Soup's Up

You may have noticed the occasional line up of plastic tubs in the reception area at FOTP, an array of colourful contents, from rich red tomato and pumpkin orange to creamy whites. This is the handiwork of FOTP volunteers who make soup for vulnerable people in need. Every fortnight, around 64 litres of soup are delivered to the Adelaide Day Centre for the Homeless in Queen's Street. The initiative has been going for the last 12 years; new volunteers join in when some may need to drop out but the supply of soup to the needy hasn't stopped. "It doesn't take much effort and it doesn't hurt to help someone less fortunate," says ring leader Marg Foley, who picks up the soup on designated Mondays and drops it off at the Adelaide Day Centre. Soups are delivered fresh so they can be frozen if needed.

The Centre was founded by Sisters Janet Mead and Anne Gregory from the Sisters of Mercy to serve those experiencing homelessness and social isolation in Adelaide.



Soup Run ladies: L-R Wendy Mann, Michelle Geddes, Sylvia Mason, Barb Flaum, Marg Foley, Sue Harvey, Jocelyn Swalling and Margie May.

Unfortunately, the need has never been greater than today. Soup and bread are taken out in vans to the parklands every day of the winter months, from May to October.

The Centre also distributes blankets and are always happy to receive donations of these and men's clothing. You can contact Marg with your donations.

Squats - One of the Most Effective Exercises

Squats are one of the most effective and functional exercises you can do. They offer numerous benefits including improved strength, flexibility and balance. They build muscle and potentially prevent injury. Squats also contribute to better posture and enhanced joint health.

Strength and Muscle Building. The lower body has some of the largest and most powerful muscles in the body and squats target these muscle groups. They also strengthen core muscles, which are crucial for stability and balance. From getting out of bed, to sitting in a chair, your glutes, quadriceps, hamstrings, adductors (groin), hip flexors and calves are responsible for almost every move you make. This includes walking, climbing stairs, bending and lifting heavy loads.

Potential Injury Prevention. Squats can strengthen the muscles and ligaments that support the joints and this can potentially reduce the risk of injuries.

Improved Posture and Balance. Squats help strengthen muscles that support posture, including the core and back muscles. Core strength can improve balance, ease pain in your lower back and



make it easier to maintain good posture and thus reduce the risk of falls.

Increased Flexibility and Mobility Squatting involves a range of motion that can improve flexibility in the legs and hips. This can lead to increased mobility and reduced stiffness.

Squats are a very versatile exercise that can be performed anywhere with no equipment required. They can be modified for beginners and for rehab and also be made more challenging by adding weights for enhancing strength and athletic performance.