



## Joy Walterfang's Camel Trip



Joy with her new friend

I have just returned from a six-day hiking trip in the Northern Flinders Ranges with *Flinders and Beyond Camel Treks*. We were taken to places that could only be accessed by foot. It was a wonderfully unique way to experience the remarkably rugged beauty of one of the world's oldest mountain ranges.

A train of eleven camels carried our water, food and everything else. There were no tracks to follow and we

walked at an easy pace determined by Cracker, the lead camel. For a while it was like the world had stopped and we had got off! There was no mobile or internet connection and we soon lost track of the days and the time.

Our daily routine started with us climbing out of our warm comfortable swags and brushing off any ice! We then searched for an appropriate ablution bush while the billy boiled. Downed a hot cuppa with breakfast. Rolled up swags. Found the camels brought them back to camp. Brushed down camels. Helped load up camels. Put campfire out. Filled up our water bottles. Two hours later, feeling like we had had a full gym workout, we headed out to no place in particular - camels decided. Hiked for about three hours. Stopped for lunch. Stomachs filled we hiked another two to three hours. Good campsite sighted - camels approved. Camels unloaded while hikers sent out to find firewood. Camels set free to wander off and feed. Fire lit. Food cooked. Ate with gusto. Sat mesmerized by fire. Got stiff necks gazing up at stunning night skies. Eight o'clock everyone ready for bed but a bit early so hung out for another half hour. Couldn't wait any longer - climbed into swags. Slept peacefully. Sun rose. And that routine was repeated five more times. I love the Flinders and have travelled there many times but have never seen it like this. Apparently the most common demographic for this trip is women in their seventies. Go girls!

*Joy Walterfang*

### EXCITING NEW STRETCH AND BALANCE CLASS

WEDNESDAYS 4PM

With our popular instructor Rachael McCormack

## Christmas Drinks

Friday 5th December 2025

6-8pm

For members, partners and friends  
To be held in the parklands  
(weather permitting)

64 Mackinnon Parade  
North Adelaide SA 5006  
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[www.fitnessonthepark.com.au](http://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 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

## CALENDAR OF EVENTS

### New Class

Stretch & Balance

Wednesdays 4-5pm

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Sunday  
Bushwalking

9.30am - 11.30am

9th November  
PIONEER WOMENS  
WALK

Lunch to follow at  
MT OSMOND  
GOLF CLUB

60 Mt Osmond Road

Please book at reception by  
31st October.

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Christmas  
Drinks

Friday 5th December

6-8pm

For members, partners and  
friends

- . -

Last Classes for  
Green Members

Sat 20th December

Resume Mon 12 Jan

- . -

Please check the notice  
board for the outdoor holiday  
classes in January

Dear Members,

Are we all happy that daylight saving is fast approaching? There is always a debate and some controversy at the time of changeover but extra light does help the management of our daytime outdoor classes.

Football season is now over, as is the World Athletics in Tokyo. Congratulations to our Footy tipping winners who always say they "know nothing about football" - Jan Hodge was the winner, Gabby Waters, second and David Parrott, third - all of whom have been on the winners list before!

It's hard to believe that we are almost through September and heading into the Christmas season, which seems to begin earlier every year. The pageant, V8 car racing, the Countryside Walking Lunch on 9th November, and the Fitness on the Park Christmas Drinks in the parklands on Friday 5th December are all coming up.

We are so lucky to have an association with the University and TAFE colleges that allows us to employ a dedicated group of wonderful young people who are enthusiastic about working with the older generation.

As I look outside the window at Fitness on the Park I have to think what a beautiful setting we have overlooking the green parklands oval with the massive gum trees, and how enjoyable it is to exercise within it!

*Anne Lang*  
Manager

### A NOTE FROM THE EDITOR

With the end of the year fast approaching we have some dates for your diary. Last classes for Green members will be on Saturday 20th December and they will resume on Monday 12th January 2026.

We look forward to seeing you all at the Christmas Drinks party on Friday 5th December 6-8pm. Partners and friends welcome. Please let us know if you will be joining us so that Anne knows how many sausage rolls to make!

*Catherine Doyle*

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## Best Exercise for Improving Bone Density

Our bones are made up living tissue where our body constantly breaks down old bone tissue and replaces it with new bone. However, if more bone is broken down than replaced, you lose bone density.

### What is Bone Density?

Bone density is essentially a measure of how many minerals, such as calcium and phosphorus, are packed into your bones, giving an indication of how solid your bones are. This is important as dense bones are less likely to break. However, bone density is not quite the same as bone strength. Bones also rely on a range of other compounds (such as collagen) to provide support and structure.

Our bone density tends to decrease with age. While this is generally greater in women after menopause, it occurs in everyone. However, there are things we can do to maintain bone density:

**Nutrition** - eating calcium-rich food, dairy in particular, but also many vegetables, nuts, legumes, eggs and meat, has been shown to have a small impact on bone density.



**Sun Exposure** - sunlight helps your body make vitamin D, which helps absorb calcium, and has been linked to better bone density.

**Exercise** - it is well established that people who do high-impact and high-load exercise tend to have denser and stronger bones than those who don't. In the same way that your muscles get stronger when you expose them to stress, your bones get stronger when dealing with more load. Your bones adapt to exercise and become stronger.



Squats with heavy weights are good for bone strength

### Do Weights Improve Bone Density?

Yes. One of the most effective exercises for bone health is lifting weights. When you lift weights, your muscles pull on your bones, sending signals that encourage new bone formation. There is a large body of evidence showing weight training can improve bone density in adults, including post-menopausal women. Large compound exercises that place more load on the skeleton - such as squats and dead-lifts - are particularly effective at increasing density in the spine and hips, two areas that are prone to fractures.

Lifting heavier weights is thought to produce better results than lifting lighter ones. This means that doing sets of three to eight repetitions using heavy weights is likely to have a greater impact on your bones than doing many repetitions with lighter ones.

As it takes a long time for your bones to adapt and become stronger, usually 6 months or more, it is better to incorporate weight training into your weekly routine rather than do it in bursts for a few weeks at a time. So it takes just a couple of (heavy) weight training sessions per week to make a big difference.

Source: *The New Daily* Aug 19, 2025.

Hunter Bennett, "Does weightlifting improve bone density"



## Honey Man - Owen Lampe

For many years now Fitness on the Park has been selling honey at reception and doing a roaring trade! So we want to introduce you to our Honey Man, Owen Lampe.

Owen is a fourth generation bee keeper based in Cambrai, SA. He runs **3 Boys Honey**, named after his 3 sons and now also **SA Honey**. Over the years he has developed his business with a focus on producing high quality raw honey, while keeping alive the family knowledge and passion for bees.

Owen says, "For me, it's the connection to the land and the satisfaction of producing a pure, natural product. I love seeing people's reactions when they tasted **3 Boys' Honey**, it's straight from the hive, just as nature intended.

"Over the years, I've been involved in various markets and community events throughout the region, where I enjoy educating people about bees and honey. I also love getting out on my Honey Drives delivering **3 Boys Honey** straight to my customers and having a chat at the same time."

Owen says there are many challenges in beekeeping. The weather can make or break a season -



droughts, heatwaves and storms all affect the bees food source, making it hard to have a consistent supply available.

This delicious honey can be purchased at the wholesale price of \$11 (cash) at reception.

## Oceania Masters Athletics Championships



Ann in action in the weight throw



From 6-10 September, Ann Jefferies, who you may see at reception on Tuesdays and Fridays, competed at the Oceania Masters Athletics Championships in Brisbane. Ann won a gold medal in the Shot Put, silver in the Javelin and a bronze in the Discus, along with 4th in both the Hammer and Weight throw. This was the first time Ann had competed for Australia in an international meet and is pretty proud of her achievements! She's now looking forward to the coming season which culminates in the National Championships in Canberra in March.