

CPR & Defibrillator

We are pleased to offer the following sessions for members and friends to acquire these lifesaving skills.

Monday 9th April, 2018

11.30am - 1.30pm

Tuesday 10th April, 2018

11.30am - 1.30pm

Wednesday 18th April, 2018

6.00 - 8.00pm

To be held in St. Andrew's Hall
92-98 Archer St, Nth Adelaide

COST: \$60

Please register at reception. Limited numbers.

Walking Trips 2019

Flinders Island

18th - 24th February, 2019

Situated off Tasmania's northeast coast.

Enjoy coastal walking with idyllic coves, beautiful white sandy beaches, safe swimming and rocky headlands.

Luxury accommodation and gourmet dining.

Iran-Armenia-Georgia-Greece

23rd April - 21st May, 2019

Fly into Shiraz in southern Iran for a fascinating cultural journey through Iran and the Caucasus then onto central Greece - history with a healthy dose of walking. See the best of Iran, Armenia and Georgia - three distinctly different cultures with their own religions, ancient history and traditions.

Information and expressions of interest at reception

Fitness on the Park



64 Mackinnon Parade
North Adelaide SA 5006
Phone: (08) 8267 1887

Email: fitnessonthepark@ozemail.com.au
Website: www.fitnessonthepark.com.au

OPENING HOURS:

Monday	6am - 8.30pm
Tuesday	6am - 8.30pm
Wednesday	6am - 8.30pm
Thursday	6am - 8.30pm
Friday	6am - 7.30pm
Saturday	7.30am - 1.30pm
Sunday	8.00am - 12.00noon

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.

2018 Programmes

Aqua Mobility/Masters
Back Care/Mobility Plus
Be Stronger – over 50's Strength
Countryside Walking
Cardio/Strength - outdoors
Cardio-Core-Strength - Gym
Fitball
Fit for Life
Fitness Circuit
Fitness Walking
Folk Dance
Healthy Weight Loss
Masters (over 65's)
Personal Training
Pilates
Resistance Training Circuits
Weights & Stretch
Yoga

Calendar of Events

CPR & Defib

Mon 9 April &

Tues 10 April

11.30am - 1.30pm

Wed 18 April

6.00 - 8.00pm

Details back page

COUNTRYSIDE WALKING

Commencing Sun 8 April

Programmes at reception

WALKING TRIPS
Corsica and Sardinia
18 Sept - 1 Oct, 2018
FULL

2019

Flinders Island
Tasmania
18 - 24 Feb

Iran, Armenia,
Georgia and Greece
23 April - 21 May

Information and expressions of interest at reception

FitNews - Autumn 2018

Issue 75

Dear Members,

Autumn is a beautiful time of the year in Adelaide. It takes a while to adjust to the cooler conditions, so make sure you dress in layers for outdoor sessions, but remember we do have undercover places we can go if needed.

We are pleased to offer members and friends of FOTP a CPR practical session with Ella Tyler (Australian National First Aid Services), including the use of a defibrillator. There are both daytime and an evening sessions available - see the back page for details. This is a skill we should all feel confident about using!

We are again able to offer members the services of our wonderful 4th year Exercise Physiology students from Uni SA, who are available to offer time to spend with anyone who has a condition that needs some extra attention. How lucky we are to have the services of these delightful and dedicated young people.

Fourteen FOTP members have just returned from a great week of walking the Queen Charlotte Track, north of the south island of New Zealand - 80km of magnificent coastal scenery, well maintained tracks, comfortable accommodation and gourmet food, not to mention the wines of the Marlborough area - (a glass of wine was included with each evening meal). A very special way to enjoy travelling with like-minded people.

Anne Lang
Manager

A NOTE FROM THE EDITOR

We have two talented members featured in this issue: Sharad Kumar, who was awarded an AM in this year's Australia Day awards for his significant service to medical research in the field of cancer and cell biology, and Mem Fox, award winning author of over 40 children's books, who had this year's Writers' Week dedicated to her.

The **Countryside Walking** season is commencing on 8th April with a walk and lunch at Carrick Hill. These 2 hour walks are in different locations each week and there is no need to book in. Programmes are available at reception or on the website: www.fitnessonthepark.com.au.

Catherine Doyle

In This Issue

- **L**ose Weight in the Kitchen/Gain Health in the Gym.
- **B**enefits of Eccentric Exercise
- **O**utstanding Achievements
- **C**PR Session Times
- **W**alking Trips 2019

'You Lose Weight in the Kitchen - You Gain Health in the Gym'

Exercise alone is not enough to lose weight. Interesting research into energy expenditure is showing that our bodies reach a plateau, where working out more does not necessarily burn extra calories.

It appears that objectively measured daily energy expenditures don't seem to vary much the world over.

Prof Herman Pontzer, author of a study published in *Current Biology*, hypothesizes that our bodies somehow compensate for the energy we use during exercise by reducing energy spent elsewhere in other body tissues. It is likely the body's metabolic engine tunes down energetic needs just about everywhere in response to a moderately active lifestyle. He calls this "constrained energy expenditure".

For the study, daily energy expenditure and activity levels of more than 332 adults drawn from five countries across Africa and North America were measured over the course of a week. The researchers found that energy expenditure does increase with physical activity at the lower half of the physical activity spectrum - those with moderate activity levels had higher daily energy expenditures - about 200 calories more - than the most sedentary people. However, for people who did more than moderate activity, their total energy expenditure plateaued.

While our bodies reduce overall metabolism to compensate for exercise, we also compensate behaviourally ie if you have a hard workout in the morning, you'll sit more and fidget less for the rest of the day, thus conserving energy. This helps explain why active people don't burn as many calories as you would expect. Exercise can also make you hungry and you can end up consuming more calories after a workout than you have burned.

Prof Pontzer says, "Exercise is really important for your health....There is tons of evidence that exercise is important for keeping our bodies and minds healthy, and this work does nothing to change this message. What our work adds is that we also need to focus on diet, particularly when it comes to managing our weight and preventing or reversing unhealthy weight gain."

So when it comes to energy balance and managing your weight, what you eat matters far more than how much you exercise, regardless of how exercise contributes to energy balance.

H Pontzer, "Constrained Total Energy Expenditure And Metabolic Adaption to Physical Activity in Adult Humans"



Benefits of Eccentric Exercise

Muscle contractions involve shortening and lengthening while the muscle is still producing force.

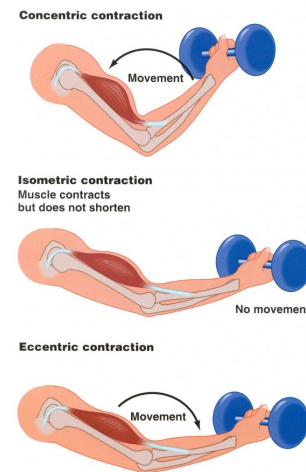
When a muscle shortens, as in lifting a weight in a bicep curl, it is called a *concentric* contraction, and lowering the weight, when the muscle is lengthening, is called an *eccentric* contraction. In an *isometric* contraction there is no movement occurring.

Whereas concentric actions start movements, eccentric actions slow activity down. This is our braking system - how we decelerate. Functional movements in everyday life require eccentric control, for example, walking downstairs or downhill. Squats are very functional exercises and focusing on the eccentric phase builds strength and joint stability. Muscles are 20-40 percent stronger eccentrically than concentrically which means a person can

lower more weight than they can lift. Examples of this are the lowering phase of a push-up, squat or bicep curl.

According to the American College of Sports Medicine some of the benefits of eccentric exercise, when performed correctly and safely, include: improved muscle coordination, improved balance, increased strength in the entire range of motion of each joint and recovery from tendon and related injuries.

PEAK CENTRE for Human performance
ideafit, 12/12/2017



Outstanding Achievements by our Members



Mem Fox, award winning, multi-national and best selling writer of children's books, has had the honour of this year's Writers' Week being dedicated to her. Mem has also been a very keen and dedicated member of Fitness on the Park's Brighton class for many years.

Possum Magic was the first of the subsequent 43 books for young children. Mem is still writing and her latest book "I'm Australian Too" has been nominated for several upcoming awards, and has become a best seller, which Mem says is highly gratifying for a 72 year old!

Mem has worked and travelled around Australia and America at a punishing pace for what she says feels like hundreds of years.

She says, "I know I would have collapsed physically many times had I not been attending my classes regularly, and faithfully, and happily for the last 26 years. As you know, although I can write, I can never find enough words to thank you for all you have done for me and my fitness, and for the lovely social interaction the exercise group provides."



We congratulate Professor Sharad Kumar who was awarded an AM (Member of the Order of Australia) in this year's Australia Day awards, for 'significant service to medical research in the field of cancer and cell biology, as a scientist and author, to medical education, and as a mentor'.

The prestigious Australia Day Honours recognizes his outstanding work in key research interests such as programmed cell death pathways and mechanisms of protein modification in cells. He says about his research, "I've always been deeply interested in learning more about how cells within our body divide, survive and die.

"If damaged cells survive, they can cause immense harm to the body. And this is what cancer is - over-proliferation of cells. So my area of interest is to find out how this happens at molecular and genetic level - why do cells die and why do they live."

Professor Kumar studied Biochemistry in India before moving to Australia in 1980 as a PhD student at the University of Adelaide. He completed his post-doctoral studies in Brisbane, then spent some time in Victoria and 5 years in Japan.

On returning to Adelaide in 1994 he started up his own lab. He says, "We wanted to bring like-minded people under one umbrella - with the focus on cancer biology. Since 2009 we have expanded to 160 people, the largest concentration of this type in our state," he says.

Professor Kumar has won many professional accolades. He also holds Affiliate Professorships in the Faculty of Medicine and School of Molecular and Biomedical Sciences at the University of Adelaide, and Chair of Cancer Biology & Research and Professor of Cell Biology, Uni SA.

Professor Kumar says he feels privileged and honoured to receive this award - very proud and humbled. He added, "We've made the choice to live in another country, and with that comes great responsibility as citizens of the country we call home. We try to keep our identities but we also have an obligation to our new home. At the end of the day, it's about becoming a part of the community we live in."

Professor Kumar has been a member of Fitness on the Park for over 20 years.