

Making fitness fit in with your busy lifestyle

FINDING an exercise that you want to do and enjoy is important in ensuring that you adopt a lifestyle of regular physical exercise. Aerobic dance or jogging may not be your cup of tea, but that doesn't mean that you can't stay fit and healthy.

by Linda Gilbert

of your planning to improve fitness to find an activity or exercise that is for you and determine why you are exercising. It's a lot easier to allocate a couple of hours a week to an exercise that you enjoy, than one to which you have

to drag yourself. Try out different exercise and recreation activities to find the one that suits your needs, lifestyle and body best.

NOTE: You should ease yourself gently into new exercises, and may need to increase general fitness before you begin some new activities.

Reason	How to improve	Examples
Adventure	Engage in challenging activities.	Abselling, rock climbing, caving.
Back mobility	Weight-supported stretching.	Swimming, stretching, yoga, tai chi.
Cardio fitness	Aerobic activities.	Walking, cycling, boot-scooting, boxercise (regular-minimum 3 x week 20 mins).
Competition	Team sports, races - triathlons, fun runs, swims, AUSSIE competition.	
Family	Activities all ages can enjoy	Picnics, walks in CALM recreation facilities.
Flexibility	Stretches. Regular program, especially before physical work and long sitting periods - home stretching circuit while watching TV, stretches while sitting in a chair, yoga, tai chi.	
Fun	Any physical activity you enjoy - preferably with others.	Daytona car racing, orienteering, horse riding, Quasar, fishing.
Injury management	Specific to injury, see physio or specialist for exercises - will build up the muscles surrounding the injury and restore flexibility.	
Muscle strengthening	Activities that overcome resistance.	Weights - gradually increase weight.
Muscle tone	Muscle endurance exercises.	Home circuit, light weights, high repetition, dancing, boxercise.
Social contact	Team sports, join a club eg., AUSSIE, Hash House Harriers, meet with friends, get into a training group, walk the dog, throw ball with kids.	
Speed/power	Anaerobic exercises.	Sprints.
Stress relief/relaxation	Any physical activity you choose - and enjoy doing - walk along the beach, fishing, horse riding.	
Weight loss	Aerobic - should be for longer than 30 mins, 4 times per week eat a balanced diet.	Walking, cycling, boxercise, stair climbing, aerobics.



An example of an exercise program fitting in with one's lifestyle is that of Perth District information officer Annie Greig. Her dog, April, needed regular exercise (as we all do) and Annie wanted to find an activity that would give her another interest in life, provide her with companionship, a new skill and another recreational activity. She recently took out a lease on a horse, (George) the terms of which sees Annie meeting his food bill and exercising him. "George, April and I work out together in an ideal arrangement that fits in with my I love of the outdoors," she said. Annie is looking forward to her future with horses, and to other CALM staff who have recently taken up horse jumping, she says, "Go for it! It's an exhilarating pastime." Photo by Verna Costello



Alan Clarke (with daughter and keen supporter Tegan), Dorian Moro and Peter Orell of Woodvale Research Centre trained together for The Avon Descent. The three have different paddling backgrounds and different levels of experience in the race, but all had the same aim—to keep fit and beat the river to make it from the starting line in Northam to the finish line in Bayswater. Alan, who was tipped by the paddling community to take third place, glided into second place in the open single ski category, breaking the race record with a time of 8 hours, 5 mins, 54 seconds. Dorian came sixth in the single plastic kayak category in 10:01:00, while Peter, competing in the open single surf ski category, came 13th in 9:35:59. CALM was one of the trio's sponsors in the event, which is an example of responsible recreational use of a national park. Photo by Verna Costello

International 'bird man' flies in to South Coast

by John Watson

RUSSIAN ornithologist, Dr Yuri Gerasimov, from the Kamchatka Institute of Ecology at the Far-East Branch of the Russian Academy of Sciences, recently visited CALM's Albany District.

With reserve manager Alan Danks as host, he visited Two Peoples Bay Nature Reserve to discuss various threatened bird recovery programs—notably the noisy scrub bird and western bristlebird. Dr Gerasimov was most impressed with these programs, in particular the success story of the noisy scrub bird translocation work.

Dr Gerasimov then spent a full day visiting the Fitzgerald Biosphere Reserve with regional nature conservation officer Kelly Gillen. He was fascinated by the diversity of flora in the area and by the pollination of some species which involves both insects and birds.

This visit included time at Bremer Bay Primary School to see the school's biological monitoring program, co-ordinated by biosphere ecologist, Angela Sanders.

Dr Gerasimov had worked as a teacher in Russia, and he spoke to the children about the animals he was familiar with at home. He video filmed the children checking their fauna traps, which are part of the Biosphere Reserve School's fauna monitoring program.

He also visited Wellstead Estuary at Bremer Bay, where he recognised the call of the common greenshank, although he said that the bird itself looked quite different here in its non-breeding plumage.

At Point Ann, he met Fitzgerald River National Park rangers Nathan

McQuoid and Lindsay Brown, and was most impressed with the new site works at this area.

The next stop was at the Twertup Field Studies Centre where the role of the Fitzgerald River National Park Association was discussed. Dr Gerasimov was most impressed by the opportunities that the centre provided for general park visitors and researchers alike.

Returning to Albany via the Stirling Range National Park provided an opportunity for him to film some of the flowering species at Bluff Knoll in the last minutes of good daylight.

A nice finishing touch to the day was a small group of carnaby's cockatoos busily feeding by the roadside.

On his final day in Albany, Dr Gerasimov visited Princess Royal Harbour and Wilson Inlet

near Denmark with local ornithologists Vic Smith, Tim Hunt, Eiko Nishimura and Alex Morrison, before departing for Broome.

Dr Gerasimov's studies in Russia have included considerable interaction with Japanese scientists and this enabled a ready rapport with Eiko Nishimura.

This was Dr Gerasimov's first visit to Australia and he was delighted while in the Albany area to see several species of shore birds that migrate annually between Russia and Australia.

Wetlands International and the Australian Nature Conservation Agency, had invited Dr Gerasimov to spend additional time in Western Australia, after attending meetings of an international conference on 'Shorebird Conservation in the Asia-Pacific Region' held in Brisbane.

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