

## Getting Active this Summer

Sources: SPARC and Cancer Society

November is Push Play Month and with summer's accommodating weather, it is a great time get active particularly outdoors. Physical activity has additional benefits to the obvious improvements to cardiovascular fitness and healthy weight; exercise is a great mood enhancer and helps to decrease stress and anxiety, which can be important in the lead up to the festive season. Remember adults should be active for at least 30 minutes a day, and at least 60 minutes for children and adolescents.

Here are some simple tips to help add some physical activity to your day:

- Take part in a lunchtime activity like a walk (or a jog) by yourself or with a friend or workmate, or go to a yoga class, do a few lengths at the local pool, or how about joining a work sports team
- Walk your calls and emails – if you need to talk to someone at work, go see them instead of

calling, and use the stairs instead of the lift.

- Spend some active time with your kids e.g. grab a ball and take the children to the park. You'll also be setting a great example for them!



Now is also the time to heed the Slip, Slop, Slap and Wrap message and this is important during outside activity. Remember to liberally apply sunscreen at least 15 minutes before sun exposure and reapply at least every two hours, or more frequently if working up a sweat or swimming. *CHIC has a range of SPARC resources available, and contact the Cancer Society for sun safety information.*

**For more information, visit these websites:**

[pushplay.sparc.org.nz](http://pushplay.sparc.org.nz)  
[www.sunsmart.org.nz](http://www.sunsmart.org.nz)

## New Free Resources

Please note that only Ministry of Health (MoH) and CPH resources can be viewed or ordered from our website: [www.cph.co.nz](http://www.cph.co.nz)

Two Mental Health Foundation pamphlets covering the benefits of physical activity on mental wellbeing are now stocked, **Physical Activity for Mental Wellbeing** (PHY0026), and **Being Active when you live with Mental Illness** (PHY0027 - shown) and these are both available in Te Reo Maori (MAH0041 and 42 respectively).



We also have two new posters on the risk and transmission of Hepatitis C from the Needle Exchange Programme: MED0043 **Hepatitis C** (shown) and MED0044 **Has Your Blood Been Exposed...**

More resources have been released from the It's Not Ok Family Violence campaign. **Take a Look** (VIO0005) designed for men to



examine their behaviour, and **Protecting Our Children is Everyone's Business** (VIO0006 - shown) focuses on violence in the home and especially against children.

Family Planning have recently launched a new pamphlet called **Update Me** (SEH0043) designed for those over 40 who are looking for or are in a new relationship.



They have also released a poster, **Tiakina tou whakapapa** (MAH0011) which promotes open dialogue on sexual health issues, particularly amongst Maori.

The Ministry of Health have released a new men's health booklet, **Testing for Prostate Cancer** (MEH0005), which covers more information than the current Checking for Prostate Cancer resource (MEH0008).



CHIC will be closed from Thursday 18th December 2008, and will reopen on Monday 19th January 2009. Orders received prior to Wednesday 10th December will be processed before closing.

**Free Health Resources. Supporting active and healthy lifestyles**

## More New Resources

The Ministry of Health has now translated for the following BreastScreen Aotearoa resources into Chinese, Hindi and Korean (please contact us for codes):

- BreastScreen Aotearoa(HE10102)
- Information for Women under 45 (HE10119)
- Now That You've Had A Mammogram (HE10117)



• When You are Recalled for Assessment (HE10118)  
These will be for Health Professionals only, and Japanese and Thai versions are only available to download from [www.healthed.govt.nz](http://www.healthed.govt.nz).

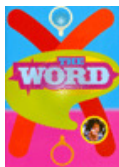
The very popular **Safe Sex on a Budget** resource (SEH0011) has been reprinted with a new look, and updated content.



## Revised and Deleted Resources

The following resources have been deleted:

- DRU0051 Take Charge Postcard
- HEP0003 What is Health Protection? A3 Poster
- MED0114 Free Check for People with Diabetes Poster (HE1146)
- OLP0002 Stepping Out with Confidence
- SEH0064 The Word Booklet - shown
- Be Burn and Fire Wise resources (in English, Te Reo Maori, Tongan and Chinese)
- I Love My City Posters (ADH0028, 30, 31)



- DRU0003 Methamphetamines - shown
- DRU0116 Having a Smoke, Having a Think (HE1109)
- GAL0002 Gay and Lesbian Youth Support
- MAH0033 My Baby will be Maori and Smokefree (HE8057).
- SEH0046 What is Genital Herpes? (HE1443).



Is Being a Girl a Pain? (ADH0034) from Endometriosis NZ, has now been retitled "All About Me".

Due to supply restrictions, CHIC will be limiting the quantity of Family Planning, and Family Education Network (FEN) resources to a maximum of 10 per month. Should you require larger quantities, please contact the supplier directly and there will be a charge involved. We apologise for any inconvenience that this decision may cause.

The following resources have been updated recently, with MoH resources revised in September 2008:

Visit us at [www.cph.co.nz!](http://www.cph.co.nz!)

### Awareness Dates

#### November 5+ a Day Month

- 1-7 Parkinson's NZ Awareness Week
- 7 Push Play Day
- 4-10 Leukaemia and Blood Foundation Awareness
- 9-15 SunSmart Week
- 14 World Diabetes Day
- 25 White Ribbon Day

#### December

- 1 World AIDS Day
- 3 International Day of Disabled Persons
- 5 International Volunteers' Day
- 10 Human Rights Day

**2009 Awareness Calendar will be available by the end of January.**

### Useful Websites

#### Parkinson's New Zealand

[www.parkinsons.org.nz](http://www.parkinsons.org.nz)

#### SPARC

[www.sparc.org.nz](http://www.sparc.org.nz)

#### Leukaemia and Blood Foundation

[www.leukaemia.org.nz](http://www.leukaemia.org.nz)

#### Diabetes Society

[www.diabetes.org.nz](http://www.diabetes.org.nz)

#### Are You Ok? - Preventing Family Violence

[www.areyouok.org.nz](http://www.areyouok.org.nz)

#### AIDS Foundation

[www.nzaf.org.nz](http://www.nzaf.org.nz)



**The staff of the Community Health Information Centre wish all of you a very Merry Christmas and a safe and Happy New Year**

We look forward to supporting you in 2009.

**From the Community Health Information Centre (CHIC) Staff: Sue, Lesley, Correna and Claire**

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