

# Push Play *with* active CANTERBURY

## Welcome to 'new' Physical Activity providers

PPWAC HAS BEEN UPDATING ITS DATABASE. THERE ARE NOW OVER 150 PROVIDERS LISTED THAT RECEIVE THIS NEWSLETTER. SOME RECENT ADDITIONS INCLUDE:

Ascot Sit and Be Fit  
Catholic Tramping Club  
Tam O'Shanter Scottish  
Country Dance Club  
Bellydance for Community  
Mt Pleasant Pilates  
Tuesday Trekkers  
Lyttelton Tai Chi  
Seaside Dancers  
FutureGym classes  
...and many more!

We hope the support PPWAC can offer will be helpful to you in your efforts to get more people, more active, more often!

## Questions and answers



**Q: Who are Push Play with Active Canterbury?**

A: PPWAC is a partnership that reaches out to individual physical activity providers to support them in their work. Partner organisations include Sport Canterbury, Canterbury District Health Board, Christchurch City Council, Heart Foundation, He Oranga Pounamu, Selwyn District Council and the YMCA. These organisations realise that the work done by individuals working in the community make a big different to the physical activity levels and therefore the health of the Greater Christchurch population. One of the group's central functions are to support physical activity providers (that's you!) with professional development/networking forums and information sharing via this newsletter.

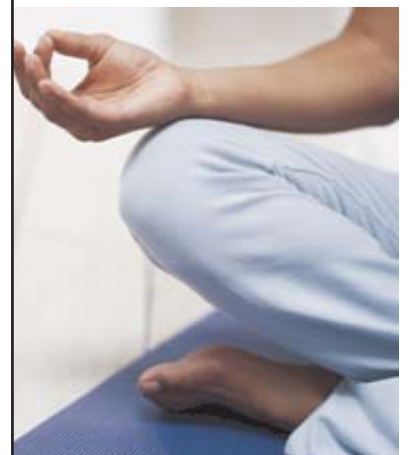
**Q: What is the Active Canterbury project**

A: A collaborative project funded by SPARC (Sport and Recreation New Zealand) and physical activity and health organisations in the greater Christchurch area which aims to increase physical activity levels of the population. Some of the tools developed by the project are aimed at physical activity providers like yourself. The Easy Promotion Tool enables you to make attractive fliers or posters to promote your programme. The Evaluation Resources enable you to find out if you are making a difference to the activity levels of your group. *Want to find out more: Come to a free "Introduction to Active Canterbury" session coming soon.*

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**PUSH PLAY**



# Action in Canterbury

## City 2 Surf 2008

Some of you may have taken part in this year's City 2 Surf and seen the Active Canterbury T-shirts worn by the Pacific Trust Team. Each year the Pacific Trust Canterbury (a health provider to Pacific peoples) sponsors 100 people from the Pacific community to participate in the City 2 Surf. This year the Trust received 150 registrations, the majority being families and youth group members. Kathy Culshaw of the Pacific Trust said "The great thing about the event is that we get our regular participants that turn up year after year but this year we got a lot of new faces to."

The tee shirts proved very popular and stood out with all three logo's, Active Canterbury on front, Pacific Trust on back and HEHA on the left sleeve.

The healthy lunch also proved popular after the event.

The Trust aims to support those who participated to continue being active through the winter months.



## Keeping Leeston Moving

Movement to Music classes have been running in Leeston for nearly 10 years thanks to the dedication of fantastic volunteers Vaunda Maynard and Jan McKay.



Having fun being active together at the Movement to Music Class at Leeston

Having graduated from the Christchurch Cardiac Club after heart surgery, Vaunda couldn't find a suitable class in her local community...so she started up her own. Jan joined in and ten years on they run three classes a week: Monday for the reasonably able and stable, Wednesday for the less mobile who may be seated and Thursday for those who want a bit more action!

Both Vaunda and Jan have received training through Net Fit NZ and PPWAC and Jan is also trained in Falls Prevention. They have accumulated a range of second-hand exercise equipment for their more able members, and classes feature weights, stretchy bands, scarves and a lot of Jan's favourite old music.

The local medical practice recognizes the effectiveness of the group and refers patients needing gentle exercise in a friendly environment. They are also on the Active Canterbury website and the Green Prescription referral list.

Selwyn District Community Activator Anna Heslop says the group is a great example of individuals working to meet a community need. "They're fantastic!"

# Action in Canterbury

## Look Who Is Using the Active Canterbury Tools!

**CHARETTE BOYCE OF MT PLEASANT PILATES RECENTLY CONTACTED US ABOUT HER USE OF THE EASY PROMOTION TOOL:**

I have had the pleasure and immediate benefits of using the on line formatted program on the ACTIVE CANTERBURY website ([www.activecanterbury.org.nz](http://www.activecanterbury.org.nz)) for creating a flier for my pilates studio.

I found the process extremely easy to use and within a matter of minutes I had printed a very professional, appealing item which I found instantly gratifying.

Every other morning I then went for an hours walk and did my delivery drop into the local letterboxes. (Ones that gave no indication they would not want my advertisement).

Due to the success of this promotional exercise I have had an increase in calls, more so than I have previously had with my other drop offs. I can only accredit this to the professional new look flyers and affiliation they had with the ACTIVE CANTERBURY identity.

Thank you for this wonderful service I can not recommend it enough to other professional physical activity providers.

*"Thanks Charette - Glad to hear the tool had been both easy to use and resulted in a good response." Ed*



## Check this Out! Catch Fitness!

**GREAT TRAINING OPPORTUNITIES FOR PHYSICAL ACTIVITY PROFESSIONALS**

Catch Fitness provide low-cost workshops, seminars and publications for Personal Trainers and Group Fitness Instructors in Christchurch. Sessions happen throughout each month with a range of times and topics to suit all. Sessions are usually held on Fridays, once a month - a "down" time for most instructors.

Of interest to Group Fitness Instructors is their 2 days of workshops, on Saturday June 21st and Sunday June 22nd where a huge variety of practical and theoretical sessions will be on offer. All sessions can be individually booked and all are eligible for continuing education credits and there is a FREE forum that everyone can attend.

Catch Fitness also recently established GFNZ which will assist in supporting Group Fitness Instructors throughout New Zealand from the end of May 2008.

For more information:

Email - [info@catchfitness.co.nz](mailto:info@catchfitness.co.nz)

or check out the Website -

[www.catchfitness.co.nz](http://www.catchfitness.co.nz)

# Hot Off the Press

## Putting the FUN back into Exercise!

THE FOLLOWING IS AN ARTICLE FROM KATHLEEN BLYTH, A COMMUNITY GENTLE EXERCISE INSTRUCTOR, WHO RECENTLY ATTENDED THE GETNZ ACTIVE CONFERENCE HELD IN AUCKLAND IN NOVEMBER LAST YEAR. SHE ATTENDED A LECTURE TITLED 'PUTTING THE FUN BACK INTO EXERCISE' BY JUSTIN TAMSETT THAT SHE WAS KEEN TO SHARE WITH YOU. ADAPT THE IDEAS AND ADVICE TO SUIT YOUR GROUP.

**As Group Exercise Instructors, Personal Trainers, Fitness Professionals and Health & Wellness Coaches; We are often asking ourselves "How can we create ways of putting the fun back into exercise"? and How can we achieve this, in a way that, will - encourage our client/s to want to come back for more?.....**

We as fitness professionals need to find ways of Creating Fun with Exercise, thus in-turn making the experience of exercise an enjoyable and rewarding one, giving them the enthusiasm to want to come back for more... With this in mind, we really need to know what the Fun in Exercise stands for:

- F** Familiarity with your equipment and services
- U** Uniqueness for your club, members/clients and team
- N** Novelty-create a theme

Why not try THEMES with REWARDS and INCENTIVES? Here are some ideas:

- "Tour De France" (21 day programme)
- **Olympics** (Target distance in programme, Gold-Silver-Bronze Medals) ie: Rower, Treadmill, Bike or a walk in the fresh air?
- **Run for a Cause** (walk, run, shuffle) each for 1km and donate the money to that cause ie: Cancer
- **Group Fitness Passport** (card with boxes to stamp, ie: Attend x number of times in x number of weeks)
- **Step the Empire State Building** (estimate number of steps and how long it would take over x amount of weeks)
- **Lotto** (have sixty Ping-Pong balls and get clients to pick a number, reward for attendance ie: 6 times in 6 weeks)
- **Round the Club/Gym in 30 days** (make up card and give a stamp, go into the draw to win a Fruit Basket - Healthy option or other prize)
- **Commit to a "Get Fit" Programme** : testing clients at the beginning of the month and then 1/2 way through and again at the end. (Everybody that has shown improvements and has come 8 times in that month goes into a prize draw)

**REMEMBER YOU CAN HAVE FUN WHILE EXERCISING THATS WHAT ITS ALL ABOUT! Not the "PAIN AND TORTURE".**

(Source: "The GetNZ Active Conference 2007" - Lecturer, Justin Tamsett "Putting the fun back into Exercise")

UPCOMING TRAINING DATES TO DIARY...

FOR A GREAT SELECTION AND VARIETY OF ACTIVE EVENTS, CHECK OUT THE ACTIVE CANTERBURY WEB-SITE: <http://www.activecanterbury.org.nz/Events/>

may

**THURSDAY 1st, 9.30am-12.30pm**  
**Get Set Go!**

Refer to flier inside newsletter.  
Contact Jacqui Miller, ph 03 941 5333

**FRIDAY 16th, 1.30-3pm**  
**Active Canterbury Introduction**

Beckenham Service Centre  
Evaluation Resources; Easy Promotion tool;  
Website. Contact Maria 03 941 8145  
Refer to flier inside newsletter.

June

**THURSDAY 5th, 9.30am-12.30pm**  
**Get Set Go!**

Further details inside newsletter.  
Contact Jacqui Miller, ph 03 941 5333

**THURSDAY 12th**  
**Nutrition and Physical Activity Forum**  
**(Agencies for Nutrition Action)**

Free Forum! Information should be available soon on [www.ana.org.nz](http://www.ana.org.nz)

## Websites...

CHECK OUT THESE WEBSITES FOR TRAINING OPPORTUNITIES

[www.catchfitness.co.nz](http://www.catchfitness.co.nz)

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

## Keeping in touch...

We welcome your comments and feedback. Please contact:

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**Maria Moran** - Active Canterbury Project Manager, ph 03 941 8145, email [maria.moran@activecanterbury.org.nz](mailto:maria.moran@activecanterbury.org.nz)



If you would like to receive this newsletter by email, please contact Nicola.



## PUSH PLAY WITH ACTIVE CANTERBURY PARTNERS...

