

# Push Play with active CANTERBURY

## Welcome to 'new' Physical Activity providers

PPWAC HAS CONTINUED TO UPDATE THE DATABASE THAT LINKS IN WITH CINCH. THERE ARE NOW OVER 150 PROVIDERS LISTED THAT RECEIVE THIS NEWSLETTER. SOME RECENT ADDITIONS INCLUDE:

Lisa Ellen Mills: Surrendance  
Peninsula Tramping Club

Roger Chance:  
Chi Ball & Pilates

Wu Tao Dance

Paula Barrett; Margeret  
Adams: Senior Fitness Class

...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!

## YOU - The Source of All Information!

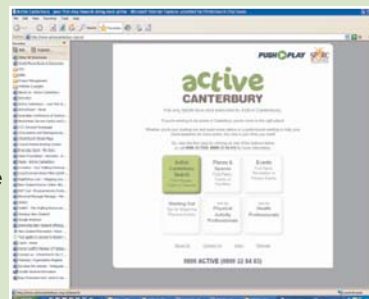
People leading exercise groups and classes often get asked lots of questions by the participants, for they see you as the source of all information on physical activity. Remember that you can get support through Active Canterbury to help answering those questions. Here's how:

- If someone is looking to be more active and is thinking about adding another class or group to their schedule you can direct them to the Active Canterbury website ([www.activecanterbury.org.nz](http://www.activecanterbury.org.nz)) to search for an activity and a location. They'll also be able to find out about walking tracks, places to ride bikes and parks and facilities in the "Places and Spaces" section. If they haven't got access to a computer they can get the same information by phoning 0800 228 383.

- The "Starting Out" section of [www.activecanterbury.org.nz](http://www.activecanterbury.org.nz) has lots of tips and information that you can pass on; or you could suggest that the participant access this themselves.

- Included with this newsletter are a bunch of flyers that you can distribute to your participants that tells them (and you!) all about what the website and the 0800ACTIVE number have to offer.

- In addition, there is an "Active Maori Directory" available that has clubs and classes that may be of interest to Maori participants. Contact Maria on 941 8145 if you would like copies sent to you to distribute.



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**PUSH PLAY**



# Action in Canterbury

## Saturday Morning Hot Soup at the League

Get your HOT He Oranga Pounamu SOUP Saturday mornings at the Canterbury Junior Rugby League Competition.

Winter is upon us and can be the time when we would like to hibernate because of the cold, darker mornings and nights, and in some places even snow!

Kia kaha and try to keep up those positive *ions* [charged electrons, atoms] and congratulations to those who are keeping to a regime of activity in some form.

The team at He Oranga Pounamu will be supplying free hot healthy soup on Saturday mornings at the Canterbury Junior Rugby League come rain, hail or shine! This is another of our Whanau in Action initiatives. Our aim is to support whanau to keep active even when the elements are against us.

Be sure to enjoy a FREE cup of HOT HEALTHY SOUP with the Junior League players and whanau at the Canterbury Rugby League Park.

*"I toru tekau miniti i a ra"*  
Live long, live well.



## Some Highlights...

- Nutrition Workshop: 40 attendees came to the recent free PPWAC workshop on Nutrition. The session began with a healthy lunch followed by an interesting and enjoyable presentation by Katy Patterson of eatfit. Evaluation Comments included:

*"Very clear, lots of information that is useful"*  
*"Fantastic especially covering the 'Basics'.*  
*Often we try to make it harder than it needs to be. It's easy! Good at reinforcing knowledge"*

If you missed out on this one we will be running another one later on in the year in the Waimakariri area. Watch this space!

- Smoke Free Day was celebrated at Wycola Park on Queen's Birthday weekend. Whanau of all ages were taking up the challenge to keep the park Auaahi Kore (smoke free) for the wellbeing of all tamariki who use the playground. He Oranga Pounamu ran a variety of Push Play activities.

## Up and Coming Events...

- Walks with Graeme Stanley will celebrate the 9th anniversary of the Active Christchurch Thursday thirty minute walks on September 11th. Well done Graeme! For further info phone 941-8999

- All Feet Can Dance: The Southern Centre, QE11 is a multisensory environment with exciting interactive equipment. The Centre runs "All Feet Can Dance", an inclusive and accessible programme which provides an opportunity for people with disabilities to participate in a creative movement class. This is a great way to push play and be active regardless of age or ability. For more information phone 941 7119 or email [southerncentre@ccc.govt.nz](mailto:southerncentre@ccc.govt.nz)

# Education and Opportunities

## Check this Out! Catch Fitness!

Catch Seminars was set up by Broni McSweeney, REP's, Cert F.I.T, LLB.

The name, Catch, refers to the transferring of information from one person to another, i.e. the ability for it to be 'thrown' as such, and for it to be received.

"Catch Fitness provide ongoing workshops, seminars and publications for Personal Trainers and Group Fitness Instructors. Sessions are very affordable for community providers at around \$25 per seminar and happen throughout each month with a range of times and topics to suit all. Recent training topics have included: motivation and coaching skills, Olympic lifts; seated exercise; incorporating stretching exercises; and "Motivating the Motivator"

For more information:

Email: [info@catchfitness.co.nz](mailto:info@catchfitness.co.nz)  
or visit [www.catchfitness.co.nz](http://www.catchfitness.co.nz)

## Physical Activity Instructor Needed!

### Are you looking for a challenge??

The Pacific trust is planning to provide exercise classes for the Fijian community. This class is to be aimed at families. *We need an instructor!*

We are looking for someone who is:  
Fun and able to adapt to a variety of ages and abilities.

Qualified and specializes in aerobic type classes.

**Time:** Two weekly sessions - Evening (during week) and Saturday mornings

For more information please contact Kathy Culshaw, Nutrition and Physical Activity Health Promoter, Pacific Trust Canterbury on 9770270 or 027 491 0451.

## Netfit Community Coach Comes to Christchurch! For the FIRST Time!

This is a great opportunity for anyone wanting to up-skill themselves in order to lead safe and effective exercise classes in their local community. The two day course, run by Netfit and supported by SPARC, is especially designed to be "user friendly" for anyone wanting to become a great coach and leader of classes, regardless of their previous experience.

A variety of different organisations in the North Island have successfully attended the course including:

The Tongan Health Society - *"How great & a blessing to participate in this, fantastic awesome sessions"*

Waitakere Green Prescription - *"Excellent presenter – easy to understand different sections of training"*

Otahuhu Youth Group - *"This course was wonderful. Information, participation, assessment all great"*

Sport Wanganui – *"I believe this training is very valuable. It has given 10 of our community leaders a great deal of knowledge enabling them to safely lead gentle exercise activities in their community environments"*

The course will run on July 30th and July 31st here in Christchurch and is only \$185 per person.

If you have further questions or would like a registration

form please contact:

Trish at Netfit on 0800 835538 or email her on [trishm@netfit.co.nz](mailto:trishm@netfit.co.nz)

Visit the Netfit website [www.netfit.co.nz](http://www.netfit.co.nz) for further information about other 'gentle' community based training including 'Active Living' 'Sit and Be Fit' 'Upright and Active' and Aqua workshops.



# Hot Off the Press

## Physical Activity = Longer Life!

Dr. Steven Blair is an internationally recognized authority on exercise and its health benefits. Dr Blair was among a team of University of South Carolina researchers who reported that seniors who get a regular dose of physical activity live longer than unfit adults, regardless of their body fat. He states that:

Fitness not fatness is the main driver in mortality figures for all types of conditions, in all ages.

Over the past few decades the need for physical activity at home and at work has been engineered out of people's daily lives.

In the future, recommendation for physical activity levels may include the recommendation to "Not sit for more than an hour at a time" as this is likely to improve health outcomes.

So, tell your older clients to keep being active, to strive to eat healthily and not to get disillusioned or give up if they're not losing as much weight as they would like because being active has great health benefits!

(From an interview discussing an article from: Journal of the American Medical Association. Dec '07)

## WEBSITES to Check Out!

The following website can be connected to from [www.activecanterbury.org.nz](http://www.activecanterbury.org.nz) or directly.

**Map My Run:** [www.mapmyrun.com](http://www.mapmyrun.com)  
This website allows you to check up on exactly how long that run (or walk or cycle) was that you just completed! Type in the start address - or just "Christchurch" and a postcode will usually do - then choose your units (miles or km's). Use your mouse to plot the route and you'll find out the distance. It's quite easy (and fun!) once you get the hang of it.

**ActiveSmart:** [www.activesmart.co.nz](http://www.activesmart.co.nz) ACC (Accident Compensation Corporation) have developed this great website that gives you a personalised online training plan, and nutrition tips and information. It gives you advice on what to do and helps you keep track of what you have done. It is great for keeping you motivated and best of all it is easy to use and it's FREE!!

## Questions and answers

**Q: What is the CINCH database?**

**A:** CINCH stands for Community INformation CHristchurch. CINCH has been in existence for well over a dozen years. It is a database of over 6,000 community organisations and activities that is maintained by Christchurch City Libraries. It includes information on groups and organisations for people interested in everything from Aberdeen Angus cattle to Zen Buddhism.

The Active Canterbury website ([www.activecanterbury.org.nz](http://www.activecanterbury.org.nz)) links to this extensive database to enable people to easily find your groups, clubs and classes.

## International Parks and Recreation Conference comes to town!

The 2008 International Federation of Park and Recreation Administration Asia Pacific Congress is being held in Christchurch from 16-18 September 2008. The congress's focus is the role of parks and recreation connecting people and places. There is an array of incredibly talented recreation professionals speaking including international experts.

Visit [www.ifpra2008.com](http://www.ifpra2008.com) today to find out more.

## Keeping in touch...

We welcome your comments and feedback. Please contact:

**Nicola Crossley** - Health Promoter, Nutrition & Physical Activity, Community & Public Health, ph 03 378 6789, email [nicola.crossley@cdhb.govt.nz](mailto:nicola.crossley@cdhb.govt.nz)

**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...

