



Exercise by itself isn't always enough to take off the weight

[Evidence reported in the Cell Press journal Current Biology on 28 January](#) helps to explain why that is: our bodies adapt to higher activity levels, so that people don't necessarily burn extra calories even if they exercise more.

The results suggest it's **time to rethink the effect of physical activity on daily energy expenditure**, the researchers say. They are also a reminder of the importance of diet and exercise in supporting weight loss goals.

"Exercise is really important for your health," says Herman Pontzer of City University of New York. "That's the first thing I mention to anyone asking about the implications of this work for exercise. There is tons of evidence that exercise is important for keeping our bodies and minds healthy, and this work does nothing to change that 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."



Know someone looking for healthy eating and lifestyle support?

[Appetite for Life](#) is designed for people who are fed up with the yoyo cycle of dieting and want to feel normal around food. The courses are **free** and offer delicious food tasting each week plus a comprehensive participant book loaded with information, tips and recipes.

[Contact the AFL team to find out about upcoming courses.](#)

Education, Training and Development

There are some excellent training opportunities coming up! Make sure you register early as places are limited.

Pelvic Floor Matters® - A Seminar for Every Woman

Having a healthy functioning pelvic floor muscle is important for all women. This seminar is brought to you by Gratitude Fitness and Maree Frost Physiotherapy. Presenters are Vicki Zumbraegel – Personal Trainer and Registered Nurse, and Maree Frost – Physiotherapist specialising in pelvic floor health.

Date and Time: Monday 14th March 2016, from 7.30 to 9pm

Location: YMCA Christchurch City (12 Hereford Street, Christchurch)

Cost: \$15 per person

[Get more information on this seminar including how to purchase tickets.](#)

Shoestring Marketing Workshop from Exult

Shoestring Marketing is a one day workshop that helps organisations identify what marketing really is and how they can do it effectively on a limited budget.

Date and Time: Wednesday 6th April 2016, from 9.30am to 4pm

Location: Christchurch Community House (301 Tuam Street)

Cost: \$50 per person - thanks to a subsidy from Christchurch City Council.

[Get more information on this Exult workshop, including how to register.](#)

Mark the date! Saturday 28 May! FREE!

You won't want to miss this workshop! *Walking in their shoes* takes a close look at the de-conditioned members of our community.

[Join our guest presenter Stefan Ryan](#) and others, as they reveal to us what things they wish their fitness instructors had known when they started their long journey to health and fitness.

[Get more information on this workshop.](#)



[The City2Surf is coming up](#) on **Sunday 20th March.**

Sport Canterbury is sponsoring the popular 6km course. Contact them for training advice and support on **0800 ACTIVE.**

Supporting community activity providers

The Active Canterbury Network supports local community activity providers to deliver high quality programmes and activities. Our vision is to see local physical activity and group exercise providers delivering great classes and programmes, be well connected with others in this field, and having access to top notch education and training opportunities.

[Visit the Active Canterbury website](#) or contact [Nadine](#) to find out more about how we may be able to provide help and support.





Want to be better informed about the latest exercise industry research and science?

Join the Register of Exercise Professionals (REPS) and you can access Research Reviews on the latest exercise industry research and science.

The reviews provide summaries of peer-reviewed science, with an emphasis on practical application.

[Visit the REPs website](#) to find out more information and register.



[Don't miss PHITfest](#)

coming up on Monday 28th March.

It's a Pacific Island Community sports day designed to bring the community together through sport while promoting being active and healthy living.

There will be free activities and sports for the whole family.

[Email John Leo'o](#) for more information or phone 03 961 3046.



Give... Gear...Get... Great...

This is a great initiative aimed at rehoming good quality unwanted sports equipment.

DROP OFF your outgrown sports GEAR to the Beckenham Service Centre, 66 Colombo Street and then come and GET some new gear on 28 March at PHITfest at Centennial Park.

[Email Emma Pavey](#) or phone 03 941 5107 for more information.



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We welcome your feedback and comments.