



Local activity providers have a key role in recovery

[Mary Walker is introduced to us in a recent Stuff article](#) titled Zero motivation? Completely exhausted? It's you and many others, say experts. She has been "so tired" for months. "I just feel lethargic," she says. "I haven't got any motivation, because I can't plan things like I normally would."

Mary's experience is not unique, people everywhere are experiencing emotional "ups and downs", low levels of motivation, fatigue and stress.



The good news is that activity providers are well positioned to make a big contribution to the recovery effort. Routines and structure play an important role in helping people cope with uncertain times.

*"When times are tough, it's normal to feel a bit worried, frustrated or overwhelmed. As we recover, going back to basics and focusing on the things we **can** control, can really help" – Source: All Right? website.*

We also know there is a strong correlation between physical activity and increased wellbeing, as well as lower rates of depression and anxiety.

[The 5 Winning Ways to Wellbeing framework](#) is a great place to start as we look at **what actions activity providers can take** to help the people and communities they support get through. The British government contracted the New Economics Foundation back in 2008, to come up with a set of actions that improve personal wellbeing.



They found that building five actions into day to day lives is important for the wellbeing of individuals, families, communities and organisations. The five actions are:

- **Connect**, me whakawhanaunga
- **Be Active**, me kori tonu
- **Take Notice**, me aro tonu
- **Keep Learning**, me ako tonu
- **Give**, tukua

Building Winning Ways into Your Activities

Here are 4 ways to weave these ideas into your classes, groups and programmes:

1. Support the development of strong social relationships by creating opportunities for attendees to connect. Consider providing a cuppa after class, celebrate important milestones like birthdays, set up a phone tree
2. Take special notice of any new people that come along to your class or activity and make them feel welcome. Encourage your attendees to practice mindfulness, gratitude and restorative approaches
3. Learning, remaining curious and setting goals is important for all ages. Introduce new movement ideas to your class or group regularly, build in some brain gym exercises, encourage goal setting each term
4. Cultivate a spirit of generosity and a team orientation - enter an event together, organise a working bee for someone who is unwell, support a charity

[Get more ideas on how to share these concepts](#) (Mental Health Foundation).



Looking for ways to share the wellbeing message?

The Mental Health Foundation has **free** book marks, postcards, posters and stickers available.

[View MHF wellbeing resources and place your order.](#)



How to Deal with Challenges and Maintain Your Passion

Activity providers and fitness professionals are not immune to feelings of depression, anxiety, stress and low mood. Instructor mental health is the key for longevity and long-term job satisfaction. In the current COVID-19 environment, restorative practices and strategies have never been more important for instructors, personal trainers, and exercise leaders.

[ACE-certified personal trainer and yoga instructor Nancy Korf has put together a helpful article](#) that brings together the combined wisdom of 40+ instructors who share their personal tips for managing low patches. Her article includes short term tips covering Compartmentalizing, Self-Care & Relationships and Positive Self-Talk, and longer term tips including Asking For Help and Determining Whether You Need A Break from Teaching.

[The All Right? team also have some good suggestions on simple things you can do](#) to give your wellbeing a boost.



Hikitia Te Hā is a series of simple te ao Māori breathing exercises that anyone can learn.

Focusing on our breathing calms the body and mind and is a helpful practice for feeling more present and mindful.

New Promotion Encourages Cantabrians to Return

[The Active Canterbury Network has launched the 'Guess Who's Missing? You!' campaign.](#)

The promotion is designed to **encourage Cantabrians to reconnect with their local activity provider** and return to the exercise classes and groups they attended prior to lockdown.

While many people have come back, there is a group who are still quite fearful about leaving home and nervous about navigating the 'new normal'. Other people have had a massive change in routine or are unsure if activities have restarted. It is this group that the campaign wants to reach.

Guess WHO'S MISSING...? YOU!

Chinese Square Dancing Group

Support your local activity provider and rediscover the benefits!

active CANTERBURY

The promotion will run throughout July and will be promoted online and via social media.

[Visit the Active Canterbury Facebook page for the latest updates.](#)

[Education, Training and Development](#)

Community Exercise Foundation Course

Date: Saturday 22nd August 2020.

Time: 8.30am to 4pm.

Location: North New Brighton Community Centre, Christchurch.

Cost: \$30 per person or \$50 for 2 people from the same organisation.

This one-day workshop is suitable for leaders of group exercise in a community or church setting, as well as new or inexperienced leaders who want to build confidence. No previous exercise or instruction experience is required.

[Get more information on Active Canterbury website](#), including how to register.

Spring Activity Providers Workshop (FREE)

Date: Saturday 29th August 2020.

Time: 12.30 to 4.30pm.

Location: Pioneer Recreation Centre, Christchurch

Delivering safe exercise options to pre and post-natal and other groups for whom pelvic floor weakness is an issue is the main topic of this workshop. There will also be sessions on Pharmacology and the valuable role pharmacists play within Canterbury healthcare; Square dancing with Lyn Prentice; Hikitia Te Ha with Vaea Coe and Top Tips from award-winning instructor Danielle Mather.

Registrations open on the Active Canterbury website from Monday 20th July 2020.



[The initial results of a global survey investigating the effect of COVID-19 restrictions on physical activity](#) and wellbeing have been released.

Walking, online workouts and cycling were the big winners.

The research team is now looking to see how exercise habits have changed since conditions have gone back towards normal. They hope to see regular exercise



[The Greater Christchurch Sport & Recreation Guide is undergoing a revamp!](#)

The project is a collaboration between Active Canterbury and Sport Canterbury. The new branding will help raise the profile of the Guide in the community.

Would you like to list your details in the Activities (Classes, Groups, Programmes) part of



NZ gyms and exercise facilities have reached about 85 to 90 percent of pre-COVID levels, according to an ExerciseNZ survey. This shows the exercise industry is resilient when it comes to economic downturns.

The amazing bounce back efforts by exercise professionals, gyms and facilities includes numbers of people participating in

becoming a habit that sticks for some.

the directory?
[View the online form to list in the Guide.](#)
It's free to join and simple to complete.

activity, revenue and new sales.

[Read the article on the survey in the exercise sector on COVID-19 recovery.](#)



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We welcome your feedback and comments.