

Active Canterbury News

We're Getting Through Together - Whāia E Tātou Te Pae Tawhiti

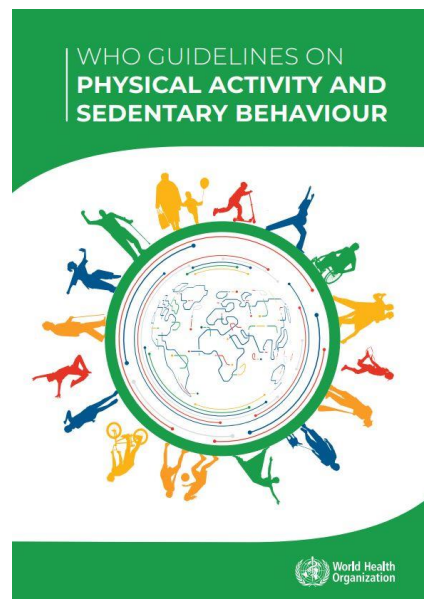
February 2021



Every Move Counts!

[The WHO recently launched new *Guidelines on physical activity and sedentary behaviour*.](#)

The Guidelines provide evidence-based public health recommendations for children, adolescents, adults and older adults on the amount of physical activity (frequency, intensity and duration) required to offer significant health benefits and mitigate health risks. For the first time, recommendations are provided on the **associations between sedentary behaviour and health outcomes, as well as for subpopulations**, such as pregnant and postpartum women, and people living with chronic conditions or disability.



The new guidelines recommend **at least 150 to 300 minutes of moderate to vigorous aerobic activity per week for all adults**, including people living with chronic conditions or disability, and an average of 60 minutes per day for children and adolescents.

“These new guidelines highlight how important being active is for our hearts, bodies and minds, and **how the favourable outcomes benefit everyone, of all ages and abilities**”, said Dr Fiona Bull, Head of the Physical Activity Unit which led the development of the new WHO guidelines.



Like to know more about the science behind the Guidelines?

This webinar is the first in a series that explains the evidence and research that underpins the new guidelines. The 'What's new', and 'New populations' part of the webinar are worth a watch, particularly if you support people with a disability or living with a chronic condition.

[The NZ Ministry of Health \(MoH\) is responsible for providing healthy eating and physical activity guidelines.](#) The current guidelines for adults are based on 5 key 'Activity Statements':

1. Sit less, move more! Break up long periods of sitting.
2. Do at least 2½ hours of moderate or 1¼ hours of vigorous physical activity spread throughout the week.
3. For extra health benefits, aim for 5 hours of moderate or 2½ hours of vigorous physical activity spread throughout the week.
4. Do muscle strengthening activities on at least 2 days each week.
5. Doing some physical activity is better than doing none.

The guidelines were updated in December 2020 to include advice for pregnant and breastfeeding women. Children and young people (5 to 17 years) are advised to accumulate **at least 1 hour a day of moderate to vigorous physical activity** (incorporate vigorous physical activities and activities that strengthen muscles and bones, at least 3 days a week).

[The Ministry of Health has specific guidelines for Older People](#) (aged 65 and over).



Summer Activity Providers Workshop attendees, November 2020

[Visit the Active Canterbury Training Videos page](#) to watch the 'Break out the Bands' presentation and download the free handout. There are a range of other training videos from previous workshops also available on the page.

Education, Training and Development

The Active Canterbury website is a great place to go to find out about upcoming education and training opportunities. Click on the link above to view resources and see what's coming up over the next few months.

Autumn Activity Providers Workshop

Date: Saturday 27th February 2021.

Time: 12.30 to 4.30pm.

Venue: Pioneer Recreation and Sports Centre, Christchurch.

Cost: Free! Registrations essential.

The main topic of this workshop is helping people with 'bad backs' - a very common issue. Physiotherapist Chris Roberts will explain the spine's basic structure, how it is supposed to work, what goes wrong and what key things you need to know to help your class participants manage. The workshop will include practical sessions on:

- **The Feldenkrais Method® - Neuroplasticity in Action:** This method involves slow gentle movements designed to bring your attention to your current movement habits. It also uses movement variation and constraints to find easy efficient actions and a decrease in pain;
- **Drumming good fun:** Steve Seth from Auckland will introduce us to the joys of drumming. Drumming is not only fresh and fun but it is a great fitness modality for any age group - particularly older adults; and
- **Meditation:** Your chance to experience some short and simple meditation practices that can be easily incorporated into your sessions.

[Register online now for the Autumn Activity Providers Workshop.](#) Registrations close **Friday 19th February**. Be quick as places are limited!

Seniors Eating Well - Snippets Training Session

Date: Tuesday 9th March 2021.

Time: 12.30 to 2.30pm.

Location: Pegasus Health (401 Madras Street - off Dollans Lane), Christchurch.

Cost: FREE - Registrations essential.

SEW Snippets is a **customised teaching resource** that is easy to use and designed to help activity providers deliver key nutrition messages to older adults. The modules cover bone health, fibre and fluid, protein and healthy snacks. You can loan a SEW Snippets Resource Kit for FREE to deliver the information to your groups and classes after completing this training.

[Get more information or register for this training session.](#)

Mark the date: *NEW* Share & Show Session!

Date: Saturday 20th March 2021.

Time: 10am to noon.

Venue: Neighbourhood Trust (64 McFaddens Road, St Albans, Christchurch).

New in 2021, these sessions are designed to support activity providers through the sharing of new ideas, providing leadership opportunities, and networking. Each 'Share & Show' will involve 2 to 3 local activity providers leading a practical session, with the emphasis on delivery techniques, and practical ideas that others can adapt or use in their classes and activities. More details and registration information will be added to the Active Canterbury website and Facebook page in the next few weeks.



[Exercise as Medicine NZ \(EAM\) has online courses](#) for exercise professionals that are accessible and affordable. The courses are designed for providers wanting to upskill around long-term conditions and exercise. Current courses include: Joints and Bones, Prostate Cancer and Exercise, Kidney Disease, Parkinson's Pro, Diabetes and Obesity. Level 1 courses take 3 to 5 hours to complete and 5 to 8 hours for Level 2 courses.

Top 10 Worldwide Fitness Trends for 2021



[The results of the ACSM's Health and Fitness Journal® annual worldwide survey](#) were released in early January. Over 4,300 health and fitness professionals ranked 41 possible trends on a scale of 1 to 10. The COVID-19 pandemic made a big impact on the 2021 survey.

#1 Online training which was #26 for 2020. This trend uses digital streaming technology to deliver group, individual, or instructional exercise programs online.

#2 Wearable technology. It was the no. 1 trend since it was first introduced on the survey in 2016 (the only exception was a drop to no. 3 in 2018) and includes fitness trackers, smart watches, heart rate monitors, and GPS tracking devices.

#3 Body weight training. Body weight training appeared for the first time on the trends survey in 2013 (at no. 3). Body weight training uses minimal equipment, which makes it an inexpensive way to exercise effectively.

[Read more about these trends in the ACSM's 2021 Fitness Trends article.](#)

GREATER CHRISTCHURCH Sport and Recreation Guide

The Greater Christchurch Sport & Recreation Guide is a great way to promote your activities - classes, groups and programmes - plus make it easy for new people to find out about what you have to offer. It's FREE to list! Click the link below to add a new listing.

[Add your details to the Activities Directory](#)

We need your help to spread the word!

We would love to list as many local activities as possible. If you know someone running a community class, or group please pass on information about the Directory and encourage them to be part of our shared vision:

More People **Kia Nui Ake** More Active **Kia Kaha Ake** More Often **Te Tokomaha Ake**



How Credible Is Online Physical Activity Advice?

[Not very according to a recent study in Translational Journal of the ACSM!](#)

Web articles are a popular source of health-related information among adults – with the Internet being a preferred source of physical activity information for many.

Unfortunately, Internet-based educational materials may undermine physical activity efforts by **promulgating advice that is inconsistent** with the established physical activity guidelines.

[Read the full article on online physical activity advice.](#)



[The Live Stronger for Longer project](#) was established in 2017. It supports independence and injury prevention in the 65+ age group.

Sport Canterbury is the lead agency for the Canterbury DHB region and has been working with activity providers over the past 3 years to help them become accredited providers.

Accredited classes must meet 9 agreed criteria and the needs of the community they serve.

Like to become accredited?

[Contact the Sport Canterbury team for more information.](#)

Unite against COVID-19

Preparedness Key in Current Environment

With the recent COVID-19 community outbreak in Northland, it is more important than ever that activity providers have in place a contingency plan **should there be a local outbreak or lockdown.**

- Make time to review your health and safety practices;
- [Check Alert Level requirements on the COVID-19 website;](#)
- Explore, test and refine online delivery options (if you haven't already); and
- **Connect with credible industry organisations** like [Exercise NZ](#) and [REPS NZ](#) for latest advice.



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To get in touch with Active Canterbury please contact:

Nadine Milmine - Active Canterbury Network Coordinator

Pegasus Health (Charitable) Ltd

Phone: 0274 621 262

Email: nadine.milmine@activecanterbury.org.nz

We welcome your feedback and comments.