

Active Canterbury News

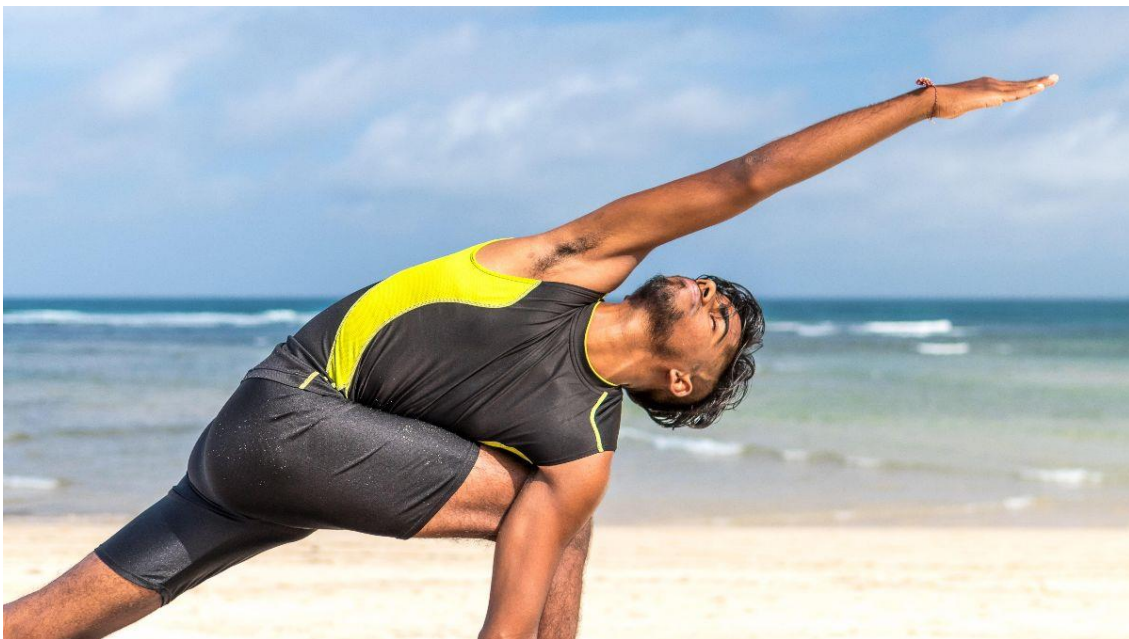
We're Getting Through Together - Whāia E Tātou Te Pae Tawhiti

March/April 2021



Physical activity is tied to healthy mental wellbeing

[Research from Sport New Zealand shows that physically active Kiwis are more likely to have good mental health.](#) A review of international literature submitted to the New Zealand Government Inquiry into Mental Health in 2018 showed that physical activity reduces the chance of experiencing depression by 10% in children (5-18 years), 22% in adults (18-64 years) and 21% in older adults (65+ years).



[The WHO produced Motion for your mind: Physical activity for mental health promotion, protection and care](#) – a 2019 report about the effects of physical activity on mental health. The report included a review of evidence for people with certain mental health conditions such as depression, schizophrenia and dementia. The evidence indicated a range of positive effects including improved mood, slowed cognitive decline, delayed disease onset, increased muscle strength, better physical fitness, control of existing non-communicable diseases (NCDs) and a decreased likelihood of developing other NCDs such as diabetes and obesity.

Given the many mental health benefits associated with being active, let's take a look at 3 practical ways activity providers can promote mental well-being and support people with a mental illness.

[These tips have been adapted from an article written by Alicia Saville.](#)

1. **Making the first meeting reassuring:** For some people, meeting a new instructor or stepping foot in a group exercise class is a terrifying prospect and one that they may have had to steel themselves to do. This can be exacerbated by preconceived ideas they may have about the fitness environment. Always try and see the 'first visit' through the eyes of someone new and provide lots of support.
2. **Understanding the effort:** When someone is in the grip of something like depression, it isn't as simple as just needing to be told to try harder. Learn how to spot when someone needs a gentle push or a pep talk to get their energy up and get them going at their best, and when someone is pushing themselves to their own current limits just to be there, and adjust how you deliver the activity or session accordingly.
3. **Goal setting:** If you have a class participant or client who has spoken to you about their mental health, you may be able to use goal setting to help them manage their condition. Through good communication, you can help your client or class participant to work towards their goals. The key to this is using positive reinforcement and discussing their progress on a regular basis.

Like to upskill and increase your mental health knowledge?

[The Mental Health Education and Resource Centre \(MHERC\)](#) is the leading local provider of mental wellbeing professional development and education. Upskill at one of their webinars and workshops covering a range of topics including mental illness and addiction.

***NEW* Mental Health Resources on the Active Canterbury website**

A survey of community activity providers undertaken in October 2020 found that having quick access to mental health information was something they would find helpful.

[A new section called Support the mental health and wellbeing of your clients](#) has been added to the Active Canterbury website to address this.



Mental health benefits: Alone or in a group?

The Conversation recently published an article asking the question: **is all exercise equally beneficial for your mental health?** The findings were interesting.

One study showed that a group of students who did group physical activity (either in team sports or informal fitness groups) had better mental health than those who exercised alone. The researchers concluded that the reason students exercising in groups had better mental health may have been because of the **social support network** they developed during group physical activities.



However, there is more to this question! Author Laura Healy also looked at other factors. She found research suggests that physical activity alone may not be as important as the reason **why** a person exercises. She says: *“We’re more likely to experience mental health benefits from exercise if the environment makes us feel that we have more choice and*

control, we feel more capable or likely to succeed, and when we have stronger connections to others”.

So is it better to exercise alone, or in a group? Healy concludes: “*In practice, there is some evidence that group-based activities might be more beneficial for mental health. But the reason a person is exercising, and the environment they’re exercising in, are just as important. Put simply, **choosing an activity you love** – whether it’s because you feel good at it, or it allows you to be part of a community – **will bring the best mental health boost.***”

Source: [Mental health: which is better – team sports or solo exercise?](#) The Conversation (1 January 2020). Laura Healy is Senior Lecturer in Sport Coaching at Nottingham Trent University.

Education, Training and Development

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

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).

Cost: FREE but registrations are 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.

[Find out more about this Seniors Eating Well session](#), including how to register.

***NEW for 2021* Share & Show Session**

Date: Saturday 20th March 2021.

Time: 10am to noon.

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

Cost: FREE, but you will need to register.

Share & Show sessions are an opportunity for local activity providers to turbo-boost their practical knowledge in a range of different areas. This first 2-hour session of a three part series will feature practical presentations on:

- fascial warm-ups;
- modified pilates for Osteoarthritis;
- things to do with bamboo poles (or similar); and
- simple ball drills.

The emphasis is on shared knowledge and learning together. Participation is compulsory!

Registrations close on Friday 12th March 2021.

[Mark the Date for FitEx Lite!](#)

The Exercise Association of NZ is excited to bring FitEx LITE back to Christchurch in 2021. This jam-packed one-day event is designed to offer world-class education opportunities for exercise professionals and movement practitioners of all types.

Date: Saturday 24th April 2021.

Location: Taiora QEII Recreation and Sport Centre (193 Travis Road).

Cost: \$245 for a Group Ex or Aqua Session Pass, and \$345 for an All Session Pass. A further discount is available for REPs and Exercise NZ members.

[Find out more about FitEx Lite in Christchurch.](#)

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. And it's FREE to list! Use the link below to add a new listing.

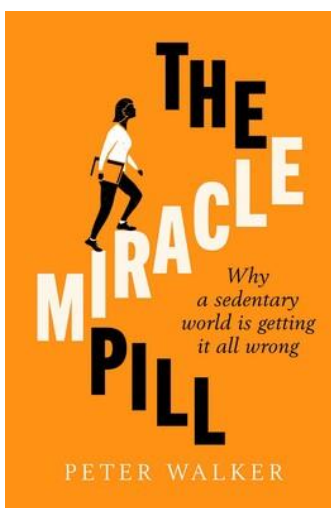
[Add your details to the Activities Directory.](#)



Christchurch's iconic fun run is back on Sunday 21 March 2021!

Choose either 6km or 14km to run, jog or walk with friends and whānau. Get a group together and get along!

[Visit the City 2 Surf website for more details.](#)



Daily activity used to be an integral part of daily life

Humans are now more static and sedentary than ever before. Peter Walker is the political correspondent for the Guardian in London, and a regular commentator and broadcaster on issues including active living and health. His new book is ***The Miracle Pill: why a sedentary world is getting it all wrong.***

[Hear Peter Walker talk about his new book](#) with Kathryn Ryan at Radio NZ.



Trek the Trail for the Mental Health Foundation

Lace up your hiking boots and trek a section of the Te Araroa Trail to support the Mental Health Foundation.

Trek ANYWHERE along the trail, trek AS FAR as you can, trek WHENEVER it suits you ANYTIME during February and March.

You can sign up for a solo hike or register with a friend and take on the challenge together. The funds you raise while trekking the trail will help the Mental Health Foundation to tautoko/ support Kiwi's around the country.

[Find out more about the Trek the Trail Challenge](#), including how to sign up.



Activity providers wanted for Te Pou Toetoe: Linwood Pool

Did you know that Te Pou Toetoe: Linwood Pool will be opening later this year?

[The new facility in Linwood](#) will include pools, outdoor courts and a large multipurpose room with kitchen suitable for group fitness, classes or educational workshops.

Christchurch City Council is looking for activity providers, groups or organisations who would like to use these spaces and is keen to hear from anyone interested in running classes or programmes.

[Email the CCC to register your interest.](#)



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We welcome your feedback and comments.