



## Motivation to Move!

When you love to be active and exercise, it can be hard to understand why other people don't feel the same way! However, for most people, exercise is not a natural or easy thing to do - even when they know it's good for them! Why is this?



Nicky Pellegrino provides some excellent insights in her recent Listener article 'Survival of the Fittest' – in the 15th-21st January 2022 issue (Why We Hate To Exercise – Expert advice on how to stay motivated). She interviews Harvard paleoanthropologist Daniel Lieberman, who has spent time observing the Hadza, a hunter-gather society living in northern Tanzania. Lieberman comments, "We've created a world in which physical activity is now voluntary and so we have to do this very strange, abnormal thing that runs counter to our basic fundamental instincts - unnecessary, unrewarding physical activity".

He goes on to say that while we are "hardwired to conserve energy", there are strategies we can employ to "drum up the motivation to move". These include:

1. **Making it necessary;**
2. **Making it fun;** and
3. **Making it social.**

Lieberman also believes it is helpful to know that it **takes time and consistent effort** before you start to experience a feel-good factor. Read on for tips on how to weave these strategies into your classes, groups and programmes.



## Ways to motivate your clients and participants

### Necessary

Signing up for an event, putting in place a commitment pledge or contract, or finding an accountability buddy are good ways to make activity necessary. Lieberman believes one of the most important factors is **to do it socially**, like being part of a running group. As an activity provider or instructor, you can help provide support by encouraging group members to sign up for events, providing information on how to set up a commitment pledge (check out the site [stickk.com](http://stickk.com)), or creating opportunities for participants to buddy up and be accountable.

### Social and Fun

As group exercise instructors know, a key reason people come to class is for the social aspect. Being active with others can boost motivation as it creates social interaction and connection. It's also fun and encouraging, making the experience pleasant and rewarding. This **social obligation motivates people** to attend regularly. There are lots of ways instructors and trainers can create fun social interactions such as themed classes (St Patricks Day, Valentines Day, Christmas), celebrating birthdays and offering a cuppa after a class or session.

### Realistic

We all know that starting a new exercise programme or beginning again after a break can be tough. For someone starting out, it usually takes around 2 weeks before they start to feel the benefits and generally about **2 months of consistent work** before they start to experience a feel-good buzz after exercise.

[Instructors and trainers can help support new people by explaining what to expect,](#) providing steady achievable exercise progressions, and being encouraging.

---

## COVID-19 Resources and Support

[Exercise NZ has developed a comprehensive framework](#) to assist the exercise industry operate safely within the current Covid-19 environment. The document includes a helpful FAQ section for Orange and Red settings (pages 16-17). Paid members can contact Exercise New Zealand for support regarding understanding this document and/or implementation questions. This offer also extends to individuals who are registered with REPs and/or members of Yoga New Zealand who have questions.

[Get more information on the Exercise NZ website.](#)



[Sport New Zealand have also put together a helpful 'at a glance' guidance document](#) for play, active recreation and sport under the Red traffic light setting.

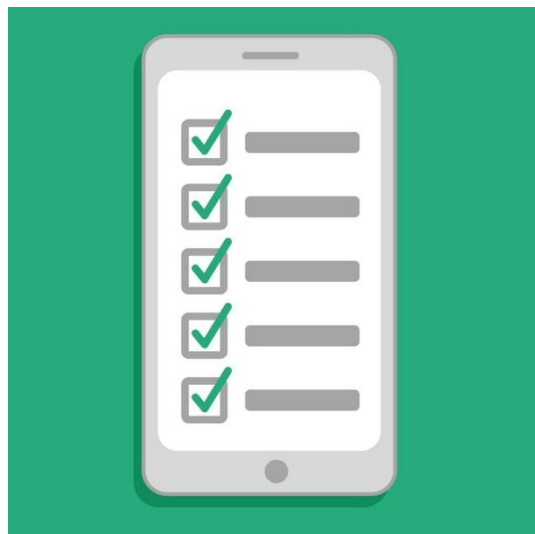
[The full guidance document from Sport NZ is also available.](#)

---

## Are your details correct?

2022 is here and we're in the process of checking that the newsletter database is up to date!

Please take a moment to use the unique link below to check your contact details are complete and correct. We would also love to know what activities you provide and any topics you would like to see in future editions. We look forward to providing an improved user experience this year!



**Copy and paste this link into your browser:** <https://activecanterbury.us4.list-manage.com/profile?u=2374a34a3e205c835387d11d0&id=70d95d7cd1&e=5dac65cae2>

From there you can check and update your personal profile.

---



**Can you make a career from teaching group fitness classes?** Monash 'Outstanding Contribution to the Industry' 2019 award winner, Australian fitness presenter of 2018 and 2016 New Zealand Educator of the Year, Marietta Mehanni says ABSOLUTELY!

[Learn five key steps from Marietta that will help you on the journey](#) if you are interested in finding out what it takes to become a successful group fitness instructor.

[Find out more about Marietta Mehanni.](#)

## **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.

**IMPORTANT: Due to the changing COVID-19 situation, we cannot guarantee that the training opportunities listed on the Active Canterbury website will go ahead as scheduled. Please check with the course organiser for latest updates.**

### **Autumn Activity Providers Workshop**

**Date:** Saturday 12th March 2022.

**Time:** 12.30 to 4.30pm.

**Location:** Pioneer Recreation and Sport Centre (75 Lyttelton Street).

**Cost:** FREE, but registration essential.

**CPDs:** You will earn 2.5 CPDs if you attend the entire workshop.

#### **PROGRAMME:**

##### **Knee Essentials**

As a director of You First Physio, MAP provider and GLAD practitioner there's not much about knee exercise and rehab that Cate Broderick doesn't know. This session will cover the most common knee issues you are likely to encounter in the older adult demographic and what practical advice and exercise options you can provide.

##### **Island Dance Beats**

Ōtautahi knows how special Suli Tuitape is, so it was no surprise that he took out not one but two Exercise New Zealand awards in December – Group Instructor of the Year (own choreography) and Community Instructor of the Year. Get your hips and lips ready as you experience some sizzling Island Dance Beats with him.

##### **Red or Blue Head**

Renzie Hanham is a hugely experienced mental skills coach who has worked with a wide range of individuals and teams. In this session you will discover how to tap into the 'head' that serves you best in difficult and challenging situations both personally and professionally.

## Managing difficult situations

All instructors and trainers face challenges and difficult situations at times. It could be that you find yourself running late for a class or maybe you need to teach a class, but your body is not feeling great – what should you do? This session is an opportunity to bring along your questions and get advice from other experienced instructors.

[Register online to attend this Autumn Active Canterbury workshop.](#)

Registrations close at noon on Friday 4th March. A waitlist will be in place.

This workshop will be delivered under the COVID-19 Protection Framework.

# GREATER CHRISTCHURCH Sport and Recreation Guide

[Jump online and fill in the form to add your details](#) if you haven't added your details yet. It's easy, free and a great way to promote your classes, groups and activities.

[View our new promotional video](#) and feel free to share on social media! #sportrecguide

## Top 10 Worldwide Fitness Trends for 2022



AMERICAN COLLEGE OF SPORTS MEDICINE  
HEALTH & FITNESS JOURNAL

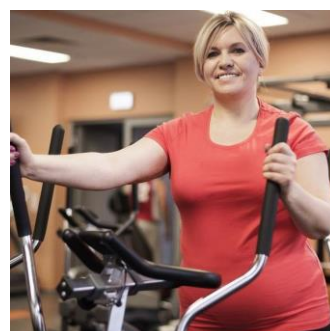
ACSM recently announced the **top**



## Dust off your bike!

[The Aotearoa Bike Challenge](#) is a national bike initiative, run by the NZ Transport Agency, with the aim of encouraging more Kiwis to cycle.

Last year, 2,402 organisations took part, 24,716 participants signed up, 4,410,528km were ridden and 252,032kg CO<sub>2</sub> saved!



VicHealth recently held a workshop with a focus on getting more women active. The workshop covered new research and outlined **simple changes activity providers can make** to help more women get active. There were 4 key research findings:

1. Women are highly motivated by wanting to feel good.
2. Women's experiences are impacted by all



## worldwide fitness trends for 2022!

More than 4,500 health and fitness professionals ranked 43 possible trends on a scale of 1 to 10.

The top 3 were:

1. Wearable Tech
2. Home Gyms
3. Outdoor Activities

The results are not surprising given the impact of COVID-19 on gyms and recreation facilities.

[Learn more about these trends and access free resources.](#)

It's a **fun and free challenge** open to everyone! It doesn't matter if you ride every day or haven't been on a bike in years, you can ride anywhere anytime in February to take part. There are prizes to win for riding and encouraging your friends and colleagues to ride too!

Whether you're a seasoned cyclist or just starting out, this challenge is for you!

*Kua takoto te mānuka*

those they interact with when they are getting active – social interaction is important.

3. Inconsistency is the key point of consistency with women's physical activity journeys.
4. Women expressed feelings of being unsafe in certain environments.

[You can watch the workshop on YouTube...](#)or

[Check out this 3-minute read that summarises the research.](#)



Copyright © 2022 Active Canterbury, All rights reserved.

**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](mailto:nadine.milmine@activecanterbury.org.nz)

We welcome your feedback and comments.