

Active Canterbury News

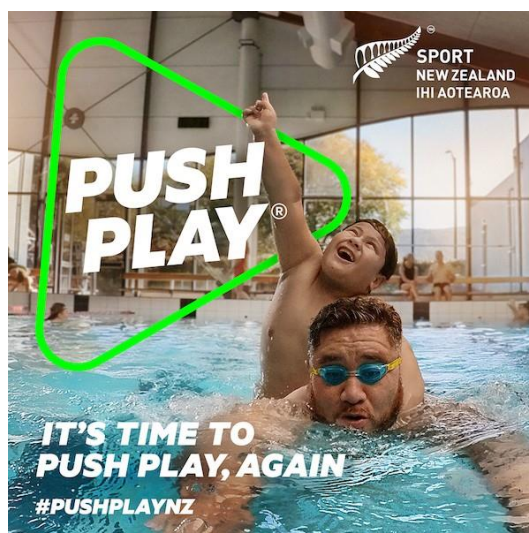
Mauri tu, mauri ora – An active soul is a healthy soul
July/August 2022



Play Wellbeing Bingo!

New research from Sport NZ's Active NZ survey shows that while physical activity rates have rebounded to some degree since the start of the COVID-19 pandemic, it isn't happening across the board. Lack of motivation was found to be a key barrier.

[Sport New Zealand recently relaunched its iconic 90's Push Play campaign](#) to address these findings. The aim is to get New Zealanders to add more movement into their day-to-day lives.



To support the Push Play message locally, the Active Canterbury Network has developed an activation called [Wellbeing Bingo](#) to encourage Cantabrians to start moving move! Participants choose from a Families/Whānau card or an Individual card. Each card has a total of 25 activities with a focus on exploring nature, visiting new places, trying new things and easy ways to move.

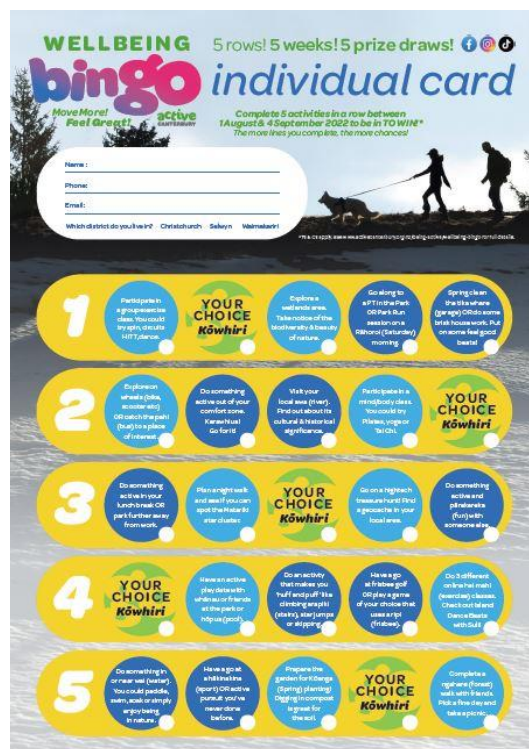
The aim is to complete 5 activities each week for 5 weeks. There are weekly prize draws and a final prize draw. Prizes include gym vouchers, free classes, pool passes, outdoor experiences, sports gear and spot prizes!

[Facebook](#), [Instagram](#) and [TikTok](#) will be used to promote and support the activation, with participants being encouraged to post pictures and videos of the activities they complete each week. Wellbeing Bingo starts Monday 1st August!

Get Involved! Get Social!

Wellbeing Bingo is designed to connect Cantabrians with local providers of sport, recreation, group exercise and physical activities. The card activities include participating in group exercise classes, having a go at a new sport or active pursuit, and doing online exercise classes! **Activity providers are encouraged to leverage off the Wellbeing Bingo promotions** by using the free digital marketing resources and connecting via social media.

Digital resources include a Facebook banner, social media profile images and email signature.



[These resources can be accessed via Dropbox](#) or contact us on the details below. Leading up to and throughout August and early September we will regularly be sharing posts and videos. We would love to share your posts too!



For latest updates LIKE and FOLLOW us on...

www.facebook.com/WellbeingBingo

instagram.com/wellbeingbingo

www.tiktok.com/@wellbeingbingo

Use hashtag #wellbeingbingo

GET READY TO PLAY!

[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.

[Kia Rite Hoha Workshop](#)

Date: Tuesday 26th July 2022.

Time: 9.15am to 2.30pm.

Location: Waimaero Fendalton-Waimairi Harewood Community Boardroom (4 Jeffreys Road, Fendalton).

Cost: \$35 per person for voluntary or not-for-profit organisations, or \$55 for Government or private agencies. Price includes a copy of the Kia Rite Hoea guide.

Guide on its own costs \$30 per copy (includes postage).

Kia Rite Hoea (previously named Get Set Go!) is a workshop to help you put your ideas into action. The tools in Kia Rite Hoea are user-friendly, ready to use immediately and will save you many hours of research and indecision.

Register at: www.ccc.govt.nz/news-and-events/running-an-event/community-workshops

[Drumming Workshop](#)

Date: Saturday 20th August 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.

Join Drums Alive Master Trainer Steve Seth, as he demonstrates how a simple movement – drumming – can be turned into a full body workout that will leave your classes and groups smiling, puffing, and feeling great. Drumming brings together drumsticks with an exercise ball and stand to create one of the most fun workouts you'll ever do!

If you're looking for something new that will get everyone moving - this is it!

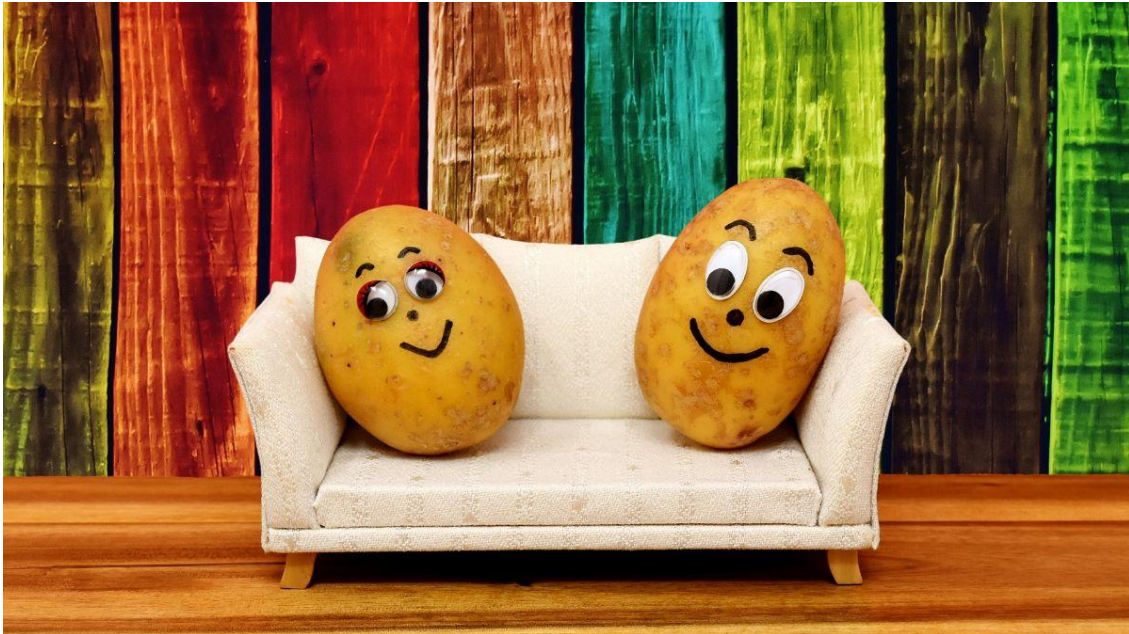
Register online by Friday 12th August at:

www.activecanterbury.org.nz/training/drumming-workshop.



Inactivity costing economy \$2.3b a year!

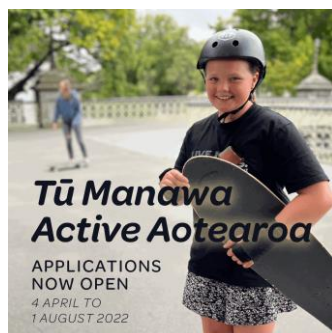
[Newshub recently reported on the findings in a Deloitte report into the cost of inactivity](#) – commissioned by the international fitness industry. The report found that it costs the New Zealand health system \$530 million a year – \$440 million of which is borne by the public health system and picked up by the taxpayer.



Grassroots, Pacific-led holistic health programme: Understanding engagement

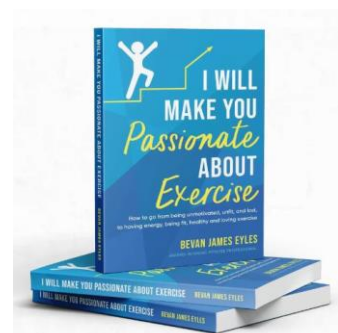
[The Brown Butterbean Motivation programme](#) is acclaimed for successfully engaging with Pasifika at a grassroots level.

A group of researchers recently studied the



Tū Manawa Active Aotearoa provides funding for programmes or projects delivering play, active recreation and sport experiences for tamariki and rangatahi. These may be new or already operating.

Applications for round two are now open until Monday 1st August 2022.



Award-winning fitness Professional Bevan James Eyles has just released a new book

[I Will Make You Passionate About Exercise](#) is aimed at people who don't like to exercise.

[He recently spoke with Jesse Mulligan on Radio NZ National](#) and

programme to understand how it engages with participants and why it is successful. The findings indicate that BBM's holistic approach and responsiveness to perceived community needs may contribute to its sustained success.

It addresses many factors impacting participants' lives and social determinants of health as well as its core business of exercise and diet change.

[Read the BMJ journal article on engagement with Brown Buttabean Motivation.](#)

Research shows there are some groups who are more at risk of missing out or being less active, including those living with a disability, in higher deprivation communities and girls and young women. Programmes or projects that reach these groups will be prioritised.

[More information is available on the Sport Canterbury website](#) or by phoning 03 373 5060.

explained how people who love exercise tend to share an "infrastructure" which makes the practice habitual.

He says "people who don't exercise don't have that infrastructure in place, and then when they try to bring exercise in, they kind of do everything wrong because they do it at levels that are way too hard, they're just lost and confused".

The book is not only for those who struggle with exercise but provides valuable insights for activity providers and exercise professionals.



WELLBEING
bingo
Move More!
Feel Great!

active
CANTERBURY

Starts 1st August

Let's Play

5 rows! 5 weeks! 5 prize draws!

Mauri tū,
mauri ora.
An active soul
is a healthy soul.

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We welcome your feedback and comments.