

Active Canterbury News

Mauri tu, mauri ora – An active soul is a healthy soul

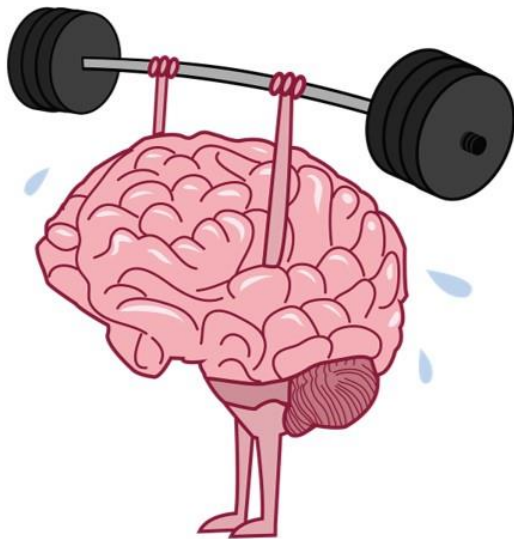
September/October 2022

active

CANTERBURY NETWORK

SUPPORTING PHYSICAL ACTIVITY PROVIDERS

PA has positive effect on the brain



With **Mental Health Awareness Week** coming up in October, it's a good time to take a closer look at the link between physical activity and the brain.

[A recent Science Daily article unpacks research that found moderate physical activity has a positive effect on the brain.](#)

The research is led by Dr. Ahmad Aziz and found that certain areas of the brain are larger in physically active individuals than in those who are less active.

"Our study results indicate that **even small behavioral changes**, such as walking 15 minutes a day or taking the stairs instead of the elevator, **may have a substantial positive effect on the brain** and potentially counteract age-related loss of brain matter and the development of neurodegenerative diseases. Older adults can particularly profit from modest increases of low intensity physical activity." says Dr Aziz.

[Learn more about Dr Aziz's research on the positives of physical activity on our brains.](#)

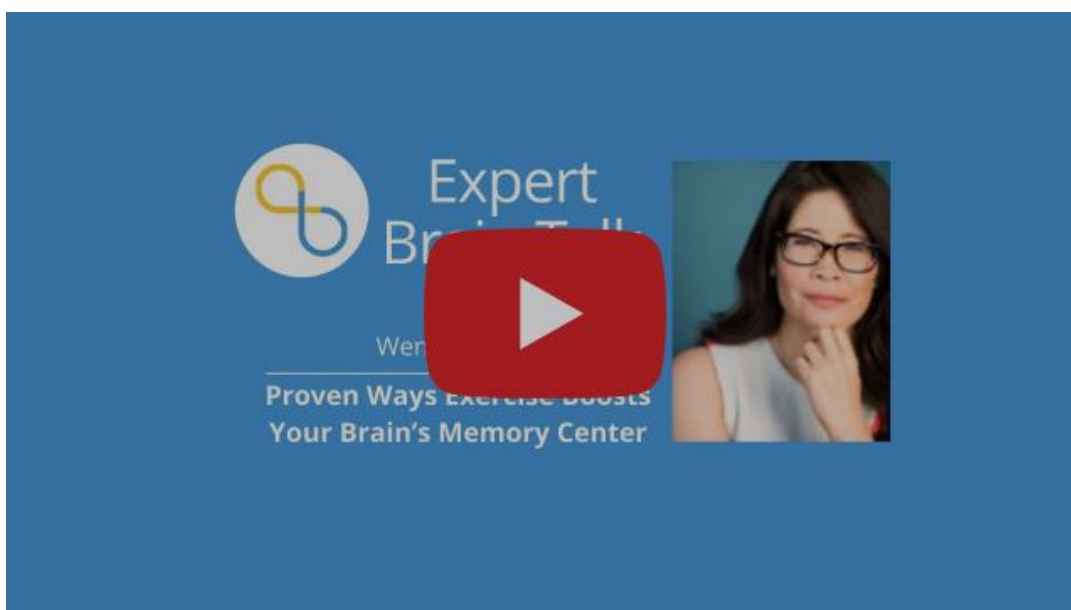


Not only does exercise promote brain health and prevent neurodegenerative diseases, but there **is increasing evidence that even moderate physical activity can improve mood and decrease anxiety**. Physical activity can support mental health by providing opportunities for socialising, making friends and being part of a community. It can also lift self-esteem, boost confidence and give a sense of positive achievement.

[Find out more about the links between being active and mental wellbeing](#) (Health Navigator).

Like to know more about the science behind exercise and the brain?

Check out the interview with Dr Wendy A. Suzuki below. Wendy's fascination with exercise and the effect of exercise on brain function was inspired by her own experiences of developing a regular exercise program in her own life. In 2009 she became a certified exercise instructor and since that time she has taught a form of exercise called intenSati.



Bingo Boosts Wellbeing!

[Wellbeing Bingo](#) wrapped up on Sunday! The activation was developed by the Active Canterbury Network to encourage Cantabrians to re-establish and develop new activity habits. It was great to see so many families, individuals and whānau from across Selwyn, Waimakariri and Christchurch pick up cards and Push Play! A big shout out to all the organisations, partners and supporters who provided prizes, distributed cards and shared information. THANK YOU!!

[The Wellbeing Bingo Facebook page will continue to highlight local activities, facilities and providers](#) until the end of September – to keep the momentum going.

If you would like to promote a class, activity or group on the page please message us via Facebook, or email the team (news@activecanterbury.org.nz). #KeepPlaying



[New research is adding further weight to the argument that prolonged sitting may be hazardous to your health.](#) An international study surveying more than 100,000 individuals in 21 countries found that **people who sat for six to eight hours a day** had a **12-13% increased risk** for early death and heart disease, while those who sat for more than eight hours daily increased that to a sobering 20 percent.

Sit Less September...



To help remind Cantabrians to take regular breaks from sitting, we will be promoting a range of key messages on the [Active Canterbury website](#) and [Facebook page](#) during September. Help us spread the word by sharing these with your friends, whānau, clients and groups.

- Break up sitting time for at least a few minutes every half an hour.
- Too much sitting has been linked to disease.
- Your mood improves if you move.
- Even if we exercise regularly, the rest of the time that we spend not moving can be bad for us.

[Check out the Just Stand website for more ideas and helpful tools.](#)

[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.

[Tai Chi for Health Workshops - Christchurch](#)

Tai Chi for Health programs are accessible for just about anyone. They are easy-to-learn and safe and effective for health. Dr Paul Lam and a team of tai chi and medical experts created these programs by combining authentic traditional tai chi, up-to-date medical knowledge and teaching methods.

- **1-Day Tai Chi for Arthritis Part 2 Instructor Training Workshop** (Friday 28th October 2022).
- **2-Day Tai Chi for Energy Instructor Training Workshop** (Saturday 29th and Sunday 30th October 2022).

[Visit the Smiling Dragon website for more information](#) or contact Master Trainer Tai Chi for Health Institute, Tamara Bennett (taichi@smilingdragon.co.nz or 021 255 1087).

[MGM Instructor Pathway Certification](#) (delivered online)

Take your passion and make it a career. The MGM Instructor Pathway is the only implementation program of its kind that not only shows you exactly how to create and deliver group fitness classes like a pro, but how to get people moving for a healthier lifestyle.

Next course starts on Monday 10th October 2022.

Early bird price ends 18th September 2022 – a one-off fee of \$497.00 AUD.

Email info@mygroupmove.com for more information.

[Online Courses from Exercise As Medicine](#)

Exercise as Medicine is based in Christchurch and offers online courses that are accessible and affordable. The courses are designed for exercise professionals and activity providers who want to upskill around long-term health conditions and exercise. Current courses include:

- Joints and Bones;
- Prostate Cancer and Exercise;
- Kidney Disease;
- Parkinson's Pro; and
- Diabetes and Obesity.

All courses are delivered online. Level 1 courses require between 2 to 5 hours online. Level 2 courses take between 5 to 8 hours.



Master Drummer Steve Seth demonstrates different drumming styles and movement patterns at the Active Canterbury Drumming Workshop held on 20th August.



Biketober Festival of Cycling is on throughout October 2022.

Whether you cycle already, would like to give it a go or just want to join the fun, there will be something for you.

[Find out more about Biketober in Christchurch](#), including how to get involved and upcoming events.



How often you do it, or how much?

[New research indicates a little bit of daily activity could well be the most beneficial approach](#), at least for muscle strength. It also suggests you don't have to put in a mountain of work every day!

Professor Nosaka from from Edith Cowan University (ECU) believes **there needs to be more emphasis on the importance of making exercise a daily activity**, rather than hitting a weekly minute goal.

"This research, together with previous studies, suggests the importance of accumulating a small amount of exercise a week, rather than just spending hours exercising once a week" he says.



[Mental Health Awareness Week](#)

(MHAW) starts Monday 26th September and runs until Sunday 2nd October.

The theme for 2022 is **Reconnect with the people and places that lift you up – hei pikinga waiora**.

Whether it's reaching out to someone you have lost contact with, visiting a place that's special to you or getting outside in nature, the Mental Health Foundation would love to see everyone engaging with these messages!

[A helpful guide with tips on how to bring MHAW to life](#) in your workplace, school or home has been put together.

Other resources, stories, a What's On calendar and more are also available.



Changes to Green Prescription Service

After over 25 years of delivering GRx in Greater Christchurch and Ashburton, Sport Canterbury will no longer be delivering this programme.

[A new Healthy Lifestyles | Pae Ora programme](#) will be provided in its place **from September 2022** by Waitaha Primary Health, Tangata Atumotu Trust, Whānau Whanake and Purapura Whetu Trust.

The new referrals process is currently being finalised with the new providers.

Details on making referrals to the new service will be available for primary care through Canterbury HealthPathways.

[Find out more about these changes on the Sport Canterbury website](#).

Stay active with us on
facebook

active
CANTERBURY

 facebook.com/ActiveCanterburyNZ



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

We welcome your feedback and comments.