



## **Prolonged sitting erodes health, even for the active**

Did you know that even if we meet the recommended daily levels of physical activity, sitting for long periods of time boosts the likelihood of declining health?

[A recent study concluded that 'prolonged sedentary time was independently associated with deleterious health outcomes regardless of physical activity'.](#)



**Sit Less September** is a local campaign aimed at raising awareness about the importance of breaking up prolonged sitting and standing more. The average time spent sitting is now nearly 8 hours a day! We would love your help to share four key messages during September:

1. Just standing up more throughout the day can improve your health.
2. Standing up, sitting less and moving more is great for your mind and cognitive function

3. When you replace sitting with standing you reduce your chance of being overweight and obese
4. Sitting for prolonged periods is bad for your health *no matter how fit you are*.

Visit one the following websites for more information including **tips to reduce sitting time at work** and **helpful resources**:

- [Community and Public Health](#) or
- [Active Canterbury](#).

### Sit Less September Competition

Share your actions or ideas!

What have you done in your workplace to stand up, sit less and move more?

Email your actions and ideas to [Ann Vanschevensteen](#) during September to go in the draw to win a spot prize for your workplace.



30 September – 15 October  
[walkingFestival.co.nz](http://walkingFestival.co.nz)

The Breeze  
**Walking Festival**

“Put some spring in your step”



**Mark the dates! 30th  
September to 15th  
October**

[The Breeze Walking Festival is back](#) and it's going to be epic! Please help us spread the word.

[Programme out now!](#)

## Physical Activity News and Research

### [Effects of a physical activity and nutrition program in retirement villages](#)

This cluster randomised controlled trial aimed to determine if a 6-month home-based intervention could improve the physical activity and dietary behaviours of adults aged 60 to 80 years living in retirement villages. The physical activity and nutrition program was successful in improving body weight, engagement in strength exercises, increasing levels of moderate-intensity physical activity and consumption of fruit among retirement village residents.

## Poi for your health

[PhD student Kate Riegle-Van West is mid-way through trialling the cognitive and physical effects of poi use](#) on healthy adults over 60 years old. Ms Riegle-Van West comes from a background in circus and dance.

[Ms Riegle-Van West told RNZ Nine to Noon that poi is used all over the world](#) and can vary greatly from Māori poi practice. She said the art form could eventually be used for rehabilitation and well-being because it challenges mobility, balance, grip, strength, heart rate and cognitive flexibility.



**FREE**

**2017 Culturefest**  
Celebrating Selwyn's diversity

**SUNDAY 1 OCTOBER, 11AM–4PM**  
**LINCOLN EVENT CENTRE AND DOMAIN**

*Give your senses an experience to remember!*

**TASTE:** Food from India, Spain, Germany, England, Nigeria, Malaysia, Morocco, Jordan, Iran, Russia, Ukraine and more.

**HEAR and SEE:** Performances from China, Latin-America, Russia, Poland, Iran, India, Brazil, as well as the Takumi Japanese Drumming Group.

**TOUCH:** Experience games, activities, craft and so much more.

Logos: Christchurch Multicultural Council (Inc), growing strong communities | together, RESEARCH NEW ZEALAND 2025, Selwyn DISTRICT COUNCIL

## Education, Training and Development

### Don't Miss Selwyn Activity Provider Day

**Date and Time:** Saturday 14th October, from 12.30 to 4.30pm

**Location:** Lincoln Events Centre

We are excited to be running our next workshop in the Selwyn district. Award-winning activity provider Linda Miratana will be facilitating the session and sharing her ideas and hottest tips on themed classes, using music and running HIIT training.

[Visit the Active Canterbury website for more information](#) including how to register.

### Seniors Eating Well Snippets Training Session

We will be running a SEW Snippets training session as part of the Selwyn Activity Provider Day. The training is designed to help activity providers deliver simple nutrition messages to older adults. Attendees can loan a SEW kit with helpful resources after completing the training. **Registrations are essential.**

[Visit the Active Canterbury website for more information](#) including how to register.

## Get Set Go courses

Learn all there is to know about organising programmes and events.

**Date and Time:** Friday 27th October, from 9.45am to 2.30pm

**Location:** Fendalton Library/Service Centre (corner of Jeffreys and Clyde Roads)

[Get more information on this training workshop, including how to register.](#) You can also contact Jacqui Miller or Diana Saxton for more details or if you would like to run a customised workshop (03 941 8999 or [communityrecreation@ccc.govt.nz](mailto:communityrecreation@ccc.govt.nz)).

## Jolt Inclusive Dance Teacher Training

Jolt Dance is New Zealand's leading educational integrated dance company, providing classes, workshops and performance opportunities for people with disabilities.

**Date and Time:** Saturday 28th and Sunday 29th October, from 9am to 4pm

**Location:** Papanui High School (Langdons Road)

**Cost:** \$130 per person. An early bird discounted rate is available.

[Visit the Active Canterbury website for more information.](#) You can also contact Lyn Cotton for more information or to book your place (021 152 8600 or [lyncotton@hotmail.com](mailto:lyncotton@hotmail.com)).



**24–26 Nov 2017**  
**Auckland NZ**  
NZ's conference for the fitness & exercise industry



The Health Promotion Agency (HPA) Nutrition and Physical Activity programme is offering Community Partnership grants up to \$5,000 to support community projects that provide opportunities for children under age 5 to engage in active play. Community-



**Sunday 1st October**  
[The Hellers Pegasus Fun Run](#) offers a challenge within reach – 11km and 6km courses, plus a 2.5km lakeside loop,

**Tonic**  
conference

**Back to the Future!**  
9-10 November, New Plymouth  
[Tonic Conference is like an annual check-up for your organisation](#) and is full of practical ideas for becoming stronger, smarter and better equipped. If you want ideas and information about fundraising, volunteer management,

based groups and organisations are encouraged to apply for the one-off grant.

**Applications close midday on Friday 8th September.**

[Find out more about how to apply for these grants.](#)

which many families run together.

The cost of entry is \$15 for adults and \$5 for those under 12. Entry is FREE for under-fives.

[Get more details on the Sport Canterbury website.](#)

governance or non-profit marketing, Tonic

Conference is your one-stop shop. Truly practical workshops delivered by people who really know their stuff.



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We welcome your feedback and comments.