



The low-down on bone health

When we think about exercise, we often focus on improving fitness levels and strengthening muscles. However, there is another key aspect that activity providers should keep in mind - the role exercise plays in **building strong healthy bones**. Did you know that the primary determinants of bone density over which we have control are frequency, intensity, duration and type of physical activity, as well as calcium and vitamin D intake?

According to trainer Megan Riddington, 'Good bone health is often considered relevant only to older adults with their increased concerns about osteoporosis, falling and the potentially debilitating effects of breaking a bone. **Bone health is important to people of all ages**, and taking care of it is one of the most valuable ways of increasing quality of life in your older years'.

[Check out Megan's paper 'Strong bones, strong future'](#) for more information and exercise prescription advice about how you can help your class participants and clients develop and maintain strong bones – published in the Resource Library of the Australian Fitness Network.



Become an Approved Strength and Balance Programme

ACC, the NZ Health Sector and Regional Sports Trusts have joined forces to support the development of Approved Community Group Strength and Balance Classes throughout New Zealand. The aim is to help reduce the number of falls in our older population.

Sport Canterbury is working alongside local activity providers to help them meet the required criteria to become an Approved Strength and Balance Programme. There are a range of benefits associated with becoming an approved class.

[Download an information sheet for more information.](#) You can also contact Rebecca Logan on 03 373 5043 or rebecca.logan@sportcanterbury.org.nz.



[Education, Training and Development](#)

Community Exercise Foundation Course

Dates: Saturday 7th and Saturday 14th April - plus some self-directed learning.

This exciting two-day foundation course is suitable for leaders of group exercise in a community or church setting, plus new or inexperienced leaders - no previous

exercise or instruction experience required. The course will cover exercise and group instruction fundamentals. Cost is \$50 per person.

[Get more information on this course, including how to register.](#)

Free Seniors Eating Well - Snippets Training Session

Date and Time: Thursday 3rd May, from 12.30 to 2.30pm.

Location: Pegasus Health.

[Seniors Eating Well \(SEW\) Snippets](#) is a customised teaching resource designed to support activity providers deliver key nutrition messages to older adults in an exercise class or programme setting. Trained providers can loan a SEW Snippets Resource Kit for a maximum of 6 weeks at a time. This kit includes: a delivery plan, visual teaching aids, interactive resources, nutrition pamphlets, and helpful online links and resources. Click on the link above for more info and to register.

Registration essential.

Free Activity Provider Workshop – Christchurch

Mark the date! The next workshop for activity providers is coming up on Saturday 26th May at Pioneer Recreation Centre in Christchurch.

Join us for a smorgasbord of informative and practical sessions including the fabulous community based [EzyMovez - dance fitness group](#) from Auckland.

[Get more details or register on the Catch Fitness website.](#)

Workshop is worth 2.5 CPDs when attending the entire session. **Registration essential.**



NZ Register of Exercise Professionals (REPs)

[REPs](#) operates a registration body for exercise professionals, exercise facilities and education providers in New Zealand. We were very fortunate to have Exercise NZ CEO, Richard Beddie present at our Waimakariri Activity Provider Day recently about REP's and Health and Safety. Richard talked about a variety of different scenarios where being registered with REPs would benefit community activity providers - particularly in regards to insurance cover.

[Take a look at the benefits of REPs registration.](#)

Becoming REPs registered or taking steps towards registration is a good move if you are running exercise classes in the community!

[View the REPs application form.](#) Phone 0800 55 44 99 during office hours to speak to someone from REPs (Monday to Friday from 9am until 5pm).

[You can also go to the contact us section on the REPs website.](#)



Common questions about REPs

I don't have any formal qualifications, but I do know what I am doing – where do I fit in? If you wish to REPs register and have relevant industry knowledge, competency and skill, but don't hold a qualification on the REPs list, REPs has a Recognition of Current Competency (RCC) process available.

I only run a couple of community classes a week - is it worth it? REPs registration includes a range of benefits. A key one for community activity providers is insurance cover.

[Check out the REPs Information Sheet on insurance](#) to find out more about the different types of cover and read a list of FAQ's. Contact REPs for more advice.

I would like to complete a formal qualification - which ones are recognised by REPs? REPs have reviewed a wide variety of qualifications and put together a register of the ones that meet a specific criteria.

[View the full list of REPs recognised training providers.](#)

THE STAR
CITY2Surf
Sunday 18 March 2018
#Areyouupforit? 14km, 6km Fun Run



10th to 18th March

Parks Week is an annual celebration of the role that parks play in keeping our communities and natural environment healthy.

[Find out about Parks Week events from the ChCh City Council](#) or how to get involved.

[You may also like to promote or take part in the Nature Play Challenge](#) with your whānau.

Download the activity sheet, visit different parks and try out all the fantastic nature activities. There are prizes to be won!



National Day of Walking

Mark the date:

Wednesday 14th March!

Walk2Work is a programme created by Living Streets Aotearoa to encourage people to get out there, leave the car behind and walk to work, or use public transport for part of their journey and walk the rest of the way.

[The health benefits of walking are well known these days](#) but walking to work also saves money, is good for the environment and results in a more productive workforce.

[Get more details on Walk2Work Day.](#)



Exercise Association Roadshow 2018

Don't miss this great training opportunity coming to Christchurch on Wednesday 20th June.

There is a great line up of speakers including international presenter, author, master instructor and coach John Polley, plus Richard Beddie (CEO of ExerciseNZ), and Stephen Gacsal (Registrar at REPs).

[Register online for the Exercise Association Roadshow](#) – get fantastic early-bird prices before Friday 18th May.



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We welcome your feedback and comments.

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