



What matters most?

You may have wondered where the best place to put your focus is if you deliver community exercise. What are the most important things to consider when you are planning a session or delivering a class? Local expert Kris Tynan has narrowed it down to just THREE key things. She encourages activity providers to use the following principles to guide the development and delivery of their programmes and classes:

1. **Get 'em moving;**
2. **Do no harm, and**
3. **Create a FG factor.**



Let's unpack these principles a little more...

Movement = Health! [We know from the research that even a small increase in physical activity has many positive spin-offs](#) – especially for people who are inactive or sedentary. Make it a goal to get all your participants involved by modifying the activities to suit

different ability and fitness levels. [Consider your playlist if using music and what songs will appeal to your group.](#)

Duty of Care: [You have a responsibility for the health and safety of the people in your class](#) as the instructor or class leader, and must take action to identify and minimise risks. This includes checking the environment (e.g. community hall) and providing clear instructions about the class content (i.e. who it is suitable for, intensity). Having an up-to-date first aid certificate (which includes CPR) is also important.

Endorphins and Connectedness: When people feel good (FG) about something, they are motivated to keep coming back. [Endorphins \(or "happy" hormones\) are released when we exercise and make us feel good.](#) Ensure everyone is exercising at an appropriate level and be mindful of new people. Also aim to create a sense of belonging. Learn everybody's name and provide social opportunities such as a cuppa after the session. And most importantly, have fun!



Seventeen local activity providers completed the 2-day Community Exercise Foundation Course in April. Congratulations to all the attendees!

[Education, Training and Development](#)

[Free Activity Provider Workshop - Christchurch](#)

Date and Time: Saturday 26th May, from 12.30 to 4.30pm.

Location: Pioneer Recreation and Sports Centre.

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

This workshop is suitable for students, new providers and those more experienced – worth 2.5 CPDs when attending the entire session. **Registration essential.**

[Spread the Word Workshop](#)

Date and Time: Friday 18th May, from 9.30am to 2pm.

Location: Boardroom at the Fendalton Library (corner of Jeffries and Clyde Roads).

This workshop is your guide to promoting community recreation programmes and events. Cost is \$35 per person for not-for-profit or voluntary organisations or \$55 for Government or private agencies.

Contact Jacqui Millar or Diana Saxton for more information or group rates (03 941 8999 or communityrecreation@ccc.govt.nz).

[Exercise Association Roadshow 2018](#)

Don't miss this great training opportunity coming to Christchurch.

Date and Time: Wednesday 20th June, from 9am to 1pm.

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

[Register for fantastic early-bird prices](#) before **Friday 18 May!**



Tell more people about your activities!

[The Active Canterbury Facebook page](#) is all about telling Cantabrians about the plethora of physical activity opportunities available in our region... and we would love to tell our followers and friends MORE ABOUT the fantastic community classes on offer! **We invite local activity providers to send us a short (10-20 second) video about their class or programme** – mobile phone quality is fine.

Tell us what you offer, when and where, and who you cater for (seniors, women, men, disabilities etc). Send your video to: news@activecanterbury.org.nz or contact Nadine on the details below.

If you have your own Facebook page and a video ready to go, please send a request to our page and we can then share it.



Become an approved Strength and Balance Provider

Sport Canterbury is helping support local activity providers to make their classes into an Approved Strength and Balance Programme.

Contact Rebecca Logan on 03 373 5043 if you support seniors to be active and would like to discuss how to get involved.

[Check out the Live Stronger For Longer website](#) for more information.

[Download an information sheet on the nine criteria set by ACC.](#)



We all know tuning in to music that makes you feel good is a popular motivational technique. Now a new study has added more credence to this.

Researchers from Brunel University in London **found those who listened to music while completing a walking-based activity showed that they experienced 28% higher enjoyment** than those who didn't listen to anything, and 13% higher enjoyment than another group that listened to a TEDTalk podcast.

Source: [Australian Fitness Network](#)



June is Men's Health Month!

The aim is to raise awareness of preventable health problems and encourage the early detection and treatment of disease among men and boys.

[The Men's Health Trust NZ website has good information about the importance of being active](#) and tips on how to get started. There is also helpful info on other 'Living healthy' topics.

Encourage men attending your classes or programmes to visit the website.



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We welcome your feedback and comments.

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