



Is physical activity the cure for sitting disease?

Since writing about this topic last year, a lot more research has been undertaken. Latest findings suggest **we need to think of sitting as an important part of the wider problem of physical inactivity** – rather than being the “new smoking”.

Here's a summary of what the research is currently telling us:

- It's crucial to be physically active if long periods of sitting can't be avoided.
- Physical activity is important – no matter how many hours a day are spent sitting.
- [You'd have to cut back your sitting by many hours a day to achieve the same reduced risk of dying](#) from cancer and cardiovascular disease from doing even one or two exercise sessions a week
- **Doing at least one hour a day of physical activity a day** is enough to completely offset the increased risk of death from prolonged sitting.
- [The first priority is to reinforce the most evidence-based message: move as often as possible, huff and puff sometimes.](#)



Sitting Disease

This is a term coined by the scientific community. It's commonly used when referring to metabolic syndrome and the ill-effects of an overly sedentary lifestyle.

Moving from evidence to action

Activity providers, trainers and instructors have an important role to play when it comes to educating our communities about the importance of avoiding prolonged sitting. Here are **THREE** ways you can raise awareness and promote engagement with the key messages:

1. [Suggest ways your class participants, clients and attendees can build more incidental activity into their day](#) that will help compliment their time spent in structured activities.
2. Challenge your participants to come up with new and innovative ways to break up prolonged sitting such as:
 - limiting TV viewing time,
 - using a standing desk,
 - [doing a stair challenge](#), or
 - standing up every 30 minutes.
3. Reinforce the key message: **move as often as possible, huff and puff sometimes.**
[Studies show even a small amount of activity goes a long way](#) – for a short duration of time and at a low intensity.

[Visit the Just Stand website for more ideas, tools, resources and tips.](#)

Sit Less September...
stand up, sit less, move more



The Active Canterbury Network will be promoting the importance of taking regular breaks from sitting throughout September.

[Sit Less September](#) is all about raising awareness about the benefits of standing more often. It also aims to encourage workplaces to find ways to allow their staff who spend many hours a day in front of a computer to add physical activity to their daily routine.



[Education, Training and Development](#)

There are lots of fantastic training opportunities coming up over the next few months... and many are free or low cost. Don't miss our next Activity Provider Workshop coming up in October. We're trialling a new format and have a bunch of awesome speakers and practicals lined up. Hope to see you there!

[Get Set Go! Courses – Christchurch](#)

These courses run by the CCC Recreation Team are a fantastic way to learn all there is to know about organising recreation programmes and events. Great value at only \$35 for voluntary/not for profit organisations.

Date and Time: Tuesday 11th September 2018, from 9.30am to 2.30pm.

Location: Linwood Boardroom.

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

[FREE Seniors Eating Well – Snippets Training Session](#)

Grow your nutrition knowledge by coming along to this FREE session with a trained dietitian. The modules cover bone health, fibre and fluid, protein and healthy snacks. No previous nutrition knowledge required.

Date and Time: Thursday 20th September, from 12.30 to 2.30pm.

Location: Pegasus Health.

[Register online for this SEW Snippets workshop](#) or contact Nadine Milmine for more information (0274 621 262 or nadine.milmine@activecanterbury.org.nz).



[FREE Spring Workshop for Activity Providers](#)

Join Active Canterbury for an afternoon of ideas for activity providers in Christchurch. Network with other providers, participate in practical sessions and enjoy a variety of presentations.

Date and Time: Saturday 27th October 2018, from 12.30 to 4.30pm.

Location: Pioneer Recreation Centre.

[Register online for this Active Canterbury workshop.](#)

Topics to be covered include:

- Mental health and the role activity providers play with Michael Hempseed from The Collaborative Trust;
- Being tax savvy: The need to know issues for self-employed exercise professionals with Heather Anderson from Inland Revenue;
- Learning from the STEP model with Justin Muschamp from The Halberg Trust;
- All about dual tasking with Rebecca Logan from Sport Canterbury;
- The dangers of Repeated Forward Flexion (RFF)! with Kate Bryce from Physio Evolved;

There will also be practical sessions including gym stick, tai chi, dance and much more!

[FitEx Conference: 23rd to 25th November \(Auckland\)](#)

FitEx is the name for the conference for the fitness and exercise industry in New Zealand. This event features the latest in science and business for every facet and role within the fitness industry – from facility owners, though to exercise professionals (Personal Trainers, Group Exercise Instructors). Speakers include our very own Kris Tynan and Rebecca Logan. **Not to be missed!**

[Hauora Yoga Conference: 23rd to 25th November \(Auckland\)](#)

Mark the date! This three day educational event is happening in conjunction with the Fitex Conference. This conference aims to bring together the professional yoga community to connect, discuss, learn, innovate and practice together. Don't miss this exciting opportunity to educate yourself, practice yoga and be part of national discussions!



Signed up for the Super Heart Hoop Off! yet?

You can be part of breaking the NZ record for the most people hula hooping together on Sunday 28th October in Hagley Park!

The Super Heart Hoop-Off is being organised as a charity event to raise funding for The Heart Foundation, and to help support and raise awareness of heart health.

[Register individually, or as a family, or as a team.](#)

There will be prizes for the best dressed superhero costume!



NEW! Pre and post-natal section on the Active Canterbury website

Do you support mums-to-be and new mothers to be active?

[Point them to our NEW website section called 'Expecting and new mums'.](#)

There has been a lack of credible information available for this group and it is our aim to help provide mums-to-be and new mothers with the information they need to move safely during pregnancy and after they have given birth.

If you're a trainer: [REP's recently released a media release that covers exercise prescription advice for pregnant women.](#)



Sit Less Move More Resources!

[The Wellness website is a great place to find free resources](#) to help promote regular breaks from sitting.

It has links to a series of colourful posters, stair challenges and other tools to encourage office workers to sit less and move more.

[You can also order copies of the Sit Less Move More resources for free,](#) including a starter pack for offices.



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We welcome your feedback and comments.

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