

Active Canterbury News

Keeping Physical Activity Providers Informed

February 2019



New Directory Taking Shape!

[The new Activities Directory launched in November 2018 is shaping up](#), with many activity providers taking advantage of the opportunity to list and promote their classes, groups and programmes for free. The aim of the Directory is to create a **'one stop information hub'** where it is quick and easy for people to search for, and connect with, activity providers across Canterbury. The listings are searchable by activity type and locality, making it easy for people to find providers in their local area.

[Check out the FAQ section on the Sport Canterbury website for more information.](#)



Haven't listed your activities yet? It's not too late!

Simply click on the button below to be directed to the online form.

greater christchurch sport & recreation *guide*

[Add my details to the Activities Directory](#)

[Education, Training and Development](#)

[Free Summer Activity Provider Workshop](#)

Date and Time: Saturday 23rd February 2019, from 12.30 to 4.30pm.

Location: Pioneer Recreation Centre.

You won't want to miss this workshop! It's packed full of fantastic presenters and practical sessions especially for community activity providers. **Registrations are open NOW** – but be quick as places are limited. Contact Workshop and Training Coordinator Kris Tynan for more information (021 262 8886 or kris.tynan@xtra.co.nz).

[Shoestring Marketing \(FREE\)](#)

Date and Time: Thursday 7th March 2019, from 5.30 to 7.30pm.

Location: West Melton Community and Recreation Centre.

This workshop is organised by the Selwyn District Council, and will give you tools and strategies for raising your profile so that the community knows who you are and what you do. This is a practical workshop full of simple ideas that you can immediately put into practice. RSVP early to ensure you don't miss out by contacting Michael Heywood at the SDC (03 347 1837 or 027 702 2191).

The Exercise Association Roadshow 2019: Mark the date!

Date and Time: Wednesday 19th June 2019, from 9am to 1pm.

Location: Venue in Christchurch TBC.

Cost: \$99 per person for ExerciseNZ or REPs members. \$149 for non-members.

The Roadshow is designed to help grow and support businesses in the exercise industry. There will be two streams, a mini keynote session, two sessions delivered by industry guru Ian O'Dwyer, and a round table discussion with the featured presenter and industry leaders. Early-bird pricing ends 1st May 2019.

[Find out more about the Exercise Association Roadshow 2019.](#)



[Community Exercise Foundation Course](#)

Date: Saturday 9th and 16th March 2019.

Time: 8.30am to 3pm both days.

Location: North New Brighton Community Centre (88 Marine Parade).

If you'd like to grow your exercise knowledge or develop your delivery skills then this introductory course is for you! No previous exercise or instruction experience required. Cost is \$50 per person (heavily subsidised).

[Register online for the Community Exercise Foundation Course](#) or contact Workshop and Training Coordinator Kris Tynan for more information (021 262 8886 or kris.tynan@xtra.co.nz).

ACSM's Top 10 Fitness Trends for 2019



[ACSM's Health & Fitness Journal®](#) recently released the [annual results of its worldwide fitness trends survey](#) – now in its 13th year. The top 3 fitness trends for 2019 are:

1. **Wearable Technology:** Includes fitness trackers, smart watches, heart rate monitors and GPS tracking devices.
2. **Group Training:** Intentionally designed, larger, in-person group movement classes (more than five participants) lead by group exercise instructors.
3. **High-Intensity Interval Training (HIIT):** Short bursts of activity followed by a short period of rest or recovery. Despite concerns expressed by some fitness professionals, these 30-minute or less sessions continue to be a popular form of exercise.



The Health Promotion Agency (HPA) recently launched the 'Let's play every day' campaign aimed at parents and whānau of children under five. There are 3 key messages:

1. **Play with your kids** – it's fun and helps with their learning and development
2. **Provide your kids with lots of opportunities** to play, both alone and with others, indoors and outside, and in ways that move all of their bodies
3. **Play doesn't need to be formal, structured or cost money.**

[Download free posters and find out more about this campaign.](#)



Autism and fitness: breaking down barriers

PT Amy Webster writes in her article - "*It's imperative that we encourage people on the autism spectrum to participate in fitness and sporting activities*".

Research shows that people with autism are less likely than others to participate in sport or physical activity due to factors related to the condition. Amy wants to encourage exercise leaders to embrace this demographic.

[Amy Webster has put together some useful strategies to help autistic people feel included in physical activity.](#)



Loneliness is a problem that affects people from all walks of life. Meaningful connections can be harder to come by in an increasingly digital age, and more difficult to maintain. Research shows that sport and physical activity **can help reduce individual and community isolation**, by bringing people together and reducing feelings of loneliness. The growth of group exercise highlights this trend.

[Get more insights on physical activity and loneliness.](#)

[Check out an article on how exercise environments can support the development of healthy social ties.](#)



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We welcome your feedback and comments.