



## Create a Sense of Belonging



A sense of belonging improves motivation, health, and happiness. If your class participants or group members feel like they're part of a community, they'll keep coming back, and they'll be more likely to recommend your activities to co-workers, family, and friends.

A strong sense of community makes your class or group more than just a place people go to be active; it creates a supportive and teamwork-oriented culture.

[The American Council of Exercise \(ACE\) recently asked eight group fitness instructors to share the valuable lessons they've learned](#) (some the hard way!) through their years of teaching to groups. Instructor Amanda Vogel shared some key insights into the area of belonging:

*"When I first starting teaching group exercise, I thought participants wanted instructors who could cue perfectly and stay on the musical beat and phrase. As I matured as an instructor, I realised that those skills are only tangentially important to the group exercise experience. Participants join fitness classes for many reasons, but I have found that **what keeps them coming back is a feeling of belonging,***

*regardless of their skill level or fitness abilities. One of the most important things an instructor can do is to help every person feel that he or she belongs in the class".*



## Practical Ways to Create a Sense of Belonging

To build a sense of belonging requires effort and intentionality. Here are FIVE simple things you might like to try:

1. **Learn the names of all your group members:** We feel more valued and respected when someone remembers our name. When you use someone's name, it shows you see that person as an individual.
2. **Celebrate major milestones:** Going the extra mile really leaves an impression and highlighting special dates or occasions is a great way to show your class members and clients that you care. Share birthdays, weddings or other special dates that help create talking points and shared experiences.
3. **Use social media:** Facebook is a great way to share information and help your group/s interact outside of the class or activity. Try and identify someone in your group who could help set up a closed page. The page can then be used by the group to share events, training tips and inspirational quotes which promotes a real sense of belonging.
4. **Provide an opportunity to socialise:** Providing a cup of tea/coffee and some healthy snacks at the end of a class or session is a great way to help your participants get to know each other better. For some groups like young mums/dads and older adults this time can add significant value.
5. **Instil confidence:** When people feel confident, their authentic selves shine through and that's when real, genuine bonding happens. This will help foster an environment for everyone to just be themselves.

# greater christchurch sport & recreation *guide*

## Have you listed your details in the new Activities Directory yet?

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

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

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



## Incidental activity back in the spotlight

From washing the car to climbing stairs or carrying groceries, each of these activities is an opportunity for short sharp bursts of 'High Intensity Incidental Physical Activity' – **HIIPA** for short. Bringing the science of high intensity interval training (HIIT) into everyday life could be the key to helping unfit, overweight people get more of the exercise they need to improve their health, according to an international research team.

*“Regular incidental activity that gets you huffing and puffing even for a few seconds has great promise for health,”* said team member Professor Emmanuel Stamatakis.





The authors propose that significant health benefits could be gained by doing three to five brief HIIPA sessions totalling as little as five to 10 minutes a day, most days of the week.

*"The beauty of HIIPA and the idea of using activities we are already doing as part of everyday life is that it is much more realistic and achievable for most people".*

[Read the full Science Daily article on this HIIPA research.](#)

Journal Reference: [10.1136/bjsports-2018-100397](https://doi.org/10.1136/bjsports-2018-100397)



**Date and Time:** Saturday 18th May 2019, from 10am to 5pm.

**Location:** Taiora QEII, Christchurch

The Exercise Association of NZ is excited to bring the first ever FitEx LITE Conference to Christchurch. This jam-packed one-day event is designed to offer world-class education opportunities for exercise professionals and movement practitioners of all types.

[Find out more about FitEx Lite in Christchurch](#), including session information and how to register.

## **Education, Training and Development**

### **FREE Winter Activity Provider Workshop**

**Date and Time:** Saturday 15th June 2019, from 12.30 to 4.30pm.

**Location:** Pioneer Recreation Centre.

Warm up this winter by coming along to our next FREE workshop for community activity providers. The afternoon will include opportunities to network, hear from industry experts, find out about latest innovations, and participate in practical demonstrations. You'll also gain 2.5 CPDs if you attend the entire workshop.

## [The Exercise Association Roadshow 2019](#)

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

**Location:** The Tannery (3 Garlands Road)

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.

## [Community Exercise Foundation Course](#)

**Dates:** Saturday 22th and 29th June 2019.

**Time:** 8.30am to 3pm both days.

**Cost:** \$50 per person.

This exciting 2-day course is specifically designed for leaders of group exercise who run classes and programmes in the community. This could be at a church, at the local community hall, on the marae, or in an outdoor space. If you are a new or inexperienced leader, this course will help you to increase your knowledge of exercise and develop new skills.

Contact Workshop and Training Coordinator Kris Tynan for more information (021 262 8886).



**The nationwide Jennian Homes Mother's Day Fun Run/Walk returns this year on Sunday 12th May 2019!**

The event is offering families across the country the chance to have fun on Mother's Day, get active together and support the Heart Foundation along the way. The Christchurch event starts at 9am in South Hagley Park.

[Find out more about the Jennian Homes Mother's Day Fun Run](#), including how to register.



### Funding to activate young women

[Two new funds designed to get more young women physically active through play, active recreation and sport have just been launched.](#)

Sport New Zealand is investing a total of \$3 million over the next three years to support projects designed to get more young women physically active and develop leadership opportunities through play, active recreation and sport. Applications close on:

- **Friday 17th May** for the Young Women's Activation Fund, and
- **Monday 27th May** for the Innovations for Young Women Fund.



### REPs Media Releases

The NZ Register of Exercise Professionals (REPs) puts out a media release as part of their fortnightly e-news. These releases include tips, information, scientific research and tools designed to help you grow your knowledge.

Recent topics include:

- Tips to Ageing Healthy,
- The Health Benefits of Exercise for Kids; and
- Lacking a Good Night's Sleep?

[Visit the online REPs library to view previous releases.](#)

[Check out the REPs Facebook page for regular updates.](#)



### June is Men's Health Month

Men's Health Month aims 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.

Sport Canterbury is working with local providers to offer some **free men's only classes** during June.

[Keep an eye on the Sport Canterbury website for more details.](#)



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We welcome your feedback and comments.

