

Put some Spring in your Step!

‘Walking is the closest thing to a magic bullet for health’

– Graham Colditz, MD, Washington University, School of Medicine

The many benefits associated with walking are often quite understated, but on closer inspection, they really are quite remarkable! How can something we often think very little about make such a big difference to way we feel, our health, and our communities? This edition we'll be checking out these benefits in more detail. We'll also take a look at upcoming events, Nordic walking and free walking resources.



The Benefits of Walking

Walking provides a range of health and social benefits. It lowers the risk of cancer, heart disease, diabetes, stroke, arthritis and osteoporosis, helps keep weight in check and boosts your mood.

Preventing Chronic Disease

Physical activity is especially important in the prevention of chronic disease. There is strong evidence to show that chronic diseases can be prevented or delayed by being active and walking. The relationship is linear: increases in physical activity and fitness lead to improved health.

Regular walking also helps alleviate the symptoms of chronic disease and can boost recuperation.

Mental Wellbeing

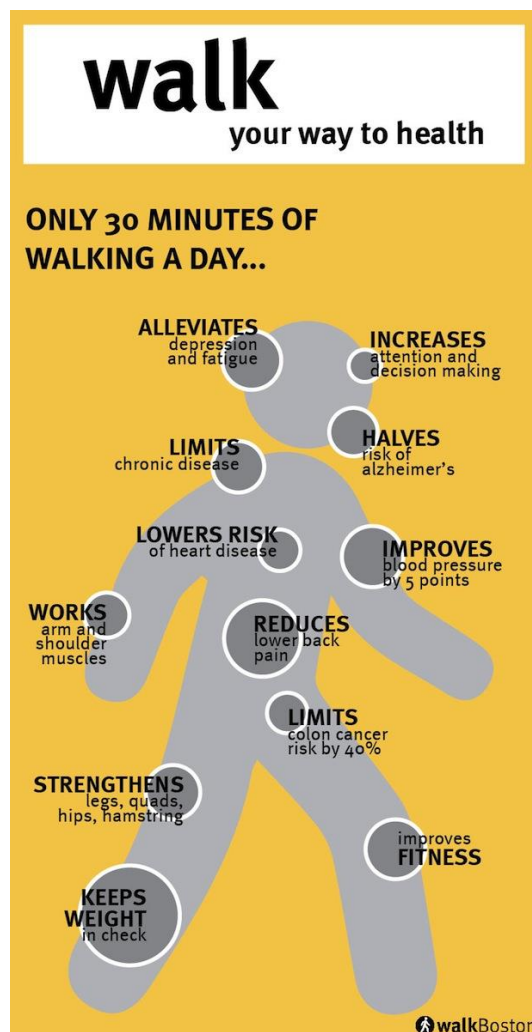
Walking has been clearly linked with a range of mental health benefits. A UK study showed that physically active people have up to a 30% reduced risk of becoming depressed. Other studies have shown that regular walking can reduce both anxiety and depression. Walking has also been linked to improvements in happiness, self-esteem, mood and sleep quality.

Social Connection

A walkable environment can help foster a sense of social connection and community within cities and neighbourhoods. People who walk are more likely to engage in conversation and develop friendships – particularly when car dependency is decreased. One study found that people living in areas with only 2,000 vehicles in use per day were three times more likely to have more friends than those living in areas with 16,000 vehicles in use per day.

For more information about the benefits of walking:

- [Benefits of Walking Summary - VicHealth](#) (August 2019)
- [Walk Your Way to Health](#) (WalkBoston 8/2012)



The Breeze Walking Festival

28 September–13 October 2019
ccc.govt.nz/walkingfestival

The Breeze Walking Festival is back in 2019 and gets underway on Saturday 28 September for 2 weeks. The festival brings the community together, promotes mental and physical wellbeing, and celebrates the great outdoors that Christchurch City, and parts of the Waimakariri and Selwyn Districts have to offer.

There are around 50 walks on offer that include a range of easy, medium and challenging routes, as well as walks celebrating children and cultures.

[Visit the Walking Festival webpage for more information.](#)

[Download a one-page calendar of all walks during the Festival.](#)

[Regular updates are also available on the Walking Festival Facebook page.](#)

Note: Some walks have limited numbers and must be booked.

Active Canterbury is a proud Festival partner.



Free Walking Resources

There are lots of free online resources available to help promote walking. They can be a great way to raise awareness about the benefits of walking or to encourage a regular walking habit. Check out the links below to see two of our favourites.

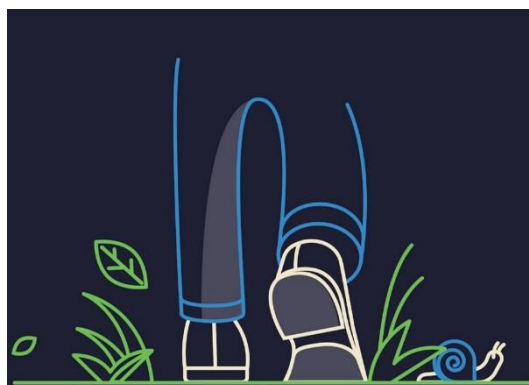
[The Living Streets Aotearoa website also has links to a range of helpful resources.](#)



Stair Climbing Challenge

Compete against your colleagues, other teams in your workplace, other organisations in your building, or just challenge yourself!

[There are five different destinations to climb](#) – choose one, or gradually climb your way to all five.



Make your own Walking Poster

The All Right? Walking Poster Generator allows you to create a poster with a starting point and the times it will take to walk to three awesome locations nearby. [Get started making your own walking poster](#). You will be able to download and print off your created poster.



Throughout the month of September, the Active Canterbury Network will be promoting the 'Sit Less, Move More!' message. Did you know... sitting for prolonged periods is bad for your health no matter how fit and active you are? We would love your help to spread the word.

[Check out the free resources and helpful tips on the Active Canterbury website.](#)
[Follow the AC Facebook page for regular updates.](#)

Nō reira e Tu Tātau! So let's Stand Up for Yourself!

[Education, Training and Development](#)

[Get Set Go Workshop](#)

Date: Tuesday 17th September 2019.

Location: Boardroom at South Christchurch Library

Cost: \$35 per person for voluntary or not-for-profit. \$55 per person for Government or private organisations.

Get Set Go! is a workshop to help you design a programme or event that suits your community. It is an essential course for organisers of community recreation programmes and events. Contact Jacqui Millar or Diana Saxton for more information or group rates (03 941 8999 or communityrecreation@ccc.govt.nz).

Move for Mental Health: The Power of Exercise

Date and Time: Saturday 28th September 2019, from 9.30am to 3pm.

Location: The Tannery (Woolston).

Cost: Earlybird special \$80 per person – limited to 50 places. Otherwise \$100 per person.

This compelling one-day workshop is for movement specialists who want to provide effective interventions for people with mental health conditions. The workshop is a ground-breaking collaboration between physiotherapists and exercise professionals. Email Kris Tynan for more information and to book (kris@eamnz.com).

[Pelvic Floor Focus Workshop](#)

Date and Time: Friday 4th October 2019, from 9am to 4pm.

Location: The Studio at Rutland Street Church.

Cost: \$75 for REPs professionals. \$149 for non-members.

ContinenceNZ are running their pelvic floor focus workshop in Christchurch - due to popular demand. You must register and pay before Monday 16th September to secure a place.

Mark the date! Spring Activity Providers Workshop

Date and Time: Saturday 9th November 2019, from 12.30 to 4.30pm.

Location: Pioneer Recreation Centre.

This free workshop is open to all activity providers in Canterbury. Keep an eye on the Active Canterbury website - more details coming soon.

greater christchurch
sport & recreation *guide*

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

Simply click on the button overleaf 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 Greater ChCh Sport and Rec Guide



Kiwis Not Walking Their Dogs Enough

SPCA research has found Kiwis aren't walking their dogs enough despite believing they should be doing it seven times a week. The findings showed 60% of Kiwis think a dog should be walked at least seven times a week, **but less than 30 per cent of dog owners are actually doing so.** "Dog walking is so beneficial – mentally and physically – for the dogs and their owners.

Getting out on daily walks is so critical for the mental wellbeing of dogs, and helps to prevent obesity and behaviour problems" says SPCA CE Andrea Midgen.

Source: [NZ Herald](#)



Banks Peninsula Walking Festival 2019

This festival celebrates the stunning scenery and intimate communities of Banks Peninsula. The walks will take place over the weekends in November (2 & 3, 9 & 10, 16 & 17 and 23 & 24).

The event is designed by local people who love to share their passion for this special place with people from the wider community.

[Programme available on the Banks Peninsula Walks website](#) or from outdoor stores, libraries and Lyttelton, Little River and Akaroa Information Centres.

You must register for the walks on Eventfinda.



Get In The Know About Nordic Walking

Nordic walking was originally a summer training regime for cross-country skiers. It's based on using specially designed walking poles in a way that harnesses the power of the upper body to propel you forward as you walk. It's now a recognised way to turn a walk into whole-body exercise that can be done by anybody.

[Studies have shown that Nordic Walking can benefit people with Arthritis and lower joint injuries](#), and can help improve physical function for fibromyalgia patients more than a lower intensity walking programme.

Like to find out more about Nordic Walking?

[Visit the New Zealand Nordic Walking website](#) to connect with local certified instructors, find out more about the health benefits, view upcoming events or sign up for newsletters.



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We welcome your feedback and comments.