

Active Canterbury News

Keeping Physical Activity Providers Informed

February 2020



Learn, Grow, Connect in 2020!

When was the last time you attended a training day, a conference, read a research article or spent time with someone you consider a role model or mentor?

Learning and development takes time and energy, and it will sometimes take you out of your comfort zone, however it will also likely energise, inspire and open new doors and opportunities. And the good news is, **it has never been easier** for activity providers to tap into learning opportunities.





You might be thinking, but I'm only a volunteer, or this is just a side-gig, or I only do this part-time... there's no real benefit for me investing in training and development? Interestingly, feedback from activity providers who attend our workshops (many who fit these categories), suggests there are **many benefits that accrue from upskilling and networking**. Some have discovered hidden talents which have led to a new career path, others have taken on new leadership roles or decided to complete formal qualifications, while many say they feel less isolated and more confident. So whether you are a volunteer or a qualified exercise leader, make time to learn, grow and connect this year.

[Find local Training & Development Opportunities](#)

[Find REPs Recommended Education Providers](#)

[Find Continuing Professional Development Providers](#)



Although many people equate learning and development with professional qualifications, **there are lots of other ways you can keep up-to-date and keep learning**. Some examples include:

- Reading professional journals, books, research papers, or articles;
- Coaching, mentoring, training courses, conferences and webinars;

- Doing voluntary work;
- Research activities, blogging and publishing articles;
- Training others and giving presentations or speaking at a conference; or
- Joining committees, professional associations, and participating in industry forums.

[Education, Training and Development](#)

[Summer Activity Providers Workshop](#)

Date and Time: Saturday 28th March 2020, from 12.30 to 4.30pm.

Location: Pioneer Recreation Centre.

The main topic is 'Do's and Don'ts when working with older adults'. This session will be a collaboration with the Sport Canterbury '[Live Stronger for Longer](#)' team and will cover key exercise considerations to allow attendees to plan and instruct a safe and effective class for over 65s. The workshop also includes sessions on the *5 Winning Ways to Wellbeing*, *Square Dancing* and a chat with *Group instructor of the Year 2019 Danielle Mather*. You will earn 2.5 CPDs if you attend the entire workshop.

[Register online to attend this workshop](#). **Attendance is free but registrations are essential.** Registrations close on Friday 20th March at noon.

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

[Pelvic Floor Focus Workshop](#)

Date and Time: Friday 20th March 2020, from 9am to 4pm.

Location: The Studio (Rutland St Church, Christchurch)

Cost: \$75 for REPS Members, \$149 for Non-Members.

The aims of this workshop are:

1. To understand basic anatomy and function of the pelvic floor and core.
2. To be aware of the types of dysfunction of the pelvic floor and core.
3. To learn how to screen patients for pelvic floor dysfunction.
4. To know how to apply Pelvic Floor Safety when developing an exercise programme.

You will earn 5 CPDs if you attend the entire workshop.

[Download the pdf application form for this Pelvic Floor Workshop](#).

[FitEX LITE](#)

Date and Time: Saturday 4th April 2020, from 9.45am to 6.15pm.

Location: Taiora QEII Recreation and Sport Centre.

FitEx LITE is designed to offer world-class education opportunities for exercise professionals and movement practitioners of all types via a one day event in Christchurch that's jam-packed with opportunity and education. The day will include: 14 world class presenters, 21 sessions delivered in three streams, covering a full

range of topics on exercise, the science of performance, business, group exercise and aqua.

FitEx LITE is a must attend for Personal Trainers, Gym Instructors, Group Exercise Instructors and anyone who works in the exercise industry. Over \$1000 value for as little as \$249!

[Register online for FitEx Lite in Christchurch.](#)



Community Exercise Foundation Course

Mark the date! This course is coming up on Saturday 23 May, 8.30am to 4pm at the North New Brighton Community Centre in Christchurch. The cost is \$50pp.

This exciting foundation course is suitable for leaders of group exercise in a community or church setting, plus new or inexperienced leaders who want to build confidence and come away with practical ideas to use in sessions. No previous exercise or instruction experience is required - just a passion for connecting with people in their communities and delivering safe and suitable classes and activities.

Contact Active Canterbury Network Coordinator Nadine Milmine for more information or to express your interest (nadine.milmine@activecanterbury.org.nz or phone 0274 621 262).

Online registrations open at the start of March.

[The City 2 Surf](#) is a great way to encourage teamwork and build community. Gather your class members, workmates and friends together.

[Training information is available on the City 2 Surf Facebook page.](#)

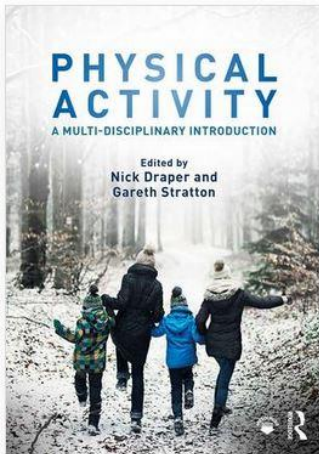


ACSM's Top 10 Fitness Trends for 2020



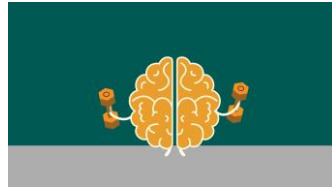
[ACSM recently released the results of its worldwide fitness trends survey](#) – now in its 14th year. Over 3,000 health and fitness professional ranked 38 possible trends on a scale of 1 (least likely to be a trend) to 10 (most likely to be a trend). The top 3 trends for 2020 are:

1. **Wearable technology.** Wearable technology was again the no. 1 trend as it has been since 2016 (the only exception was a drop to no. 3 in 2018) and includes fitness trackers, smart watches, HR monitors, and GPS tracking devices.
2. **High-intensity interval training (HIIT).** These exercise programs typically involve short bursts of high-intensity bouts of exercise followed by a short period of rest. HIIT was no. 1 in the survey for 2014 and 2018 (dropped to no. 3 in 2016 and 2017) and has been in the top 5 between 2014 and 2020.
3. **Group training.** Defined as more than five participants, group exercise instructors teach, lead, and motivate individuals through intentionally designed larger in-person group movement classes. In 2017 group exercise training made the top 20, appearing at no. 6 followed by no. 2 in the 2018 and 2019 surveys.



[University of Canterbury \(UC\) exercise science expert Professor Nick Draper recently edited a new book](#) examining the causes of, and solutions to physical inactivity. According to Professor Draper, there is no quick fix for physical inactivity. **“The simple answer is: there is no simple answer,”** he says. “Physical activity is different for children, for adults, for older adults, for people who are obese. So the solutions have to be specific and people must enjoy the activity. We need innovative approaches to promotion and intervention tailored to every age range and environment.”

[Read the full media release.](#)



Increased levels of physical activity can significantly reduce the odds of depression,

even among people who are genetically predisposed to the condition, according to a new study from researchers at Massachusetts General Hospital (MGH).

The team reported that individuals who engaged in at least several hours of exercise each week were less likely to be diagnosed with a new episode of depression, even in the face of high genetic risk for the disorder.

"Our findings strongly suggest that, when it comes to depression, genes are not destiny and that being physically active has the potential to neutralize the added risk of future episodes in individuals who are genetically vulnerable," says the lead author Karmel Choi.



[A new study published in the Journal of Personality and Social Psychology](#)

found a way to keep people engaged in their goals even after the pride of triumph has worn off: **seeing the goal as a journey, not a destination.**

The researchers found that thinking about goals as a journey can help us maintain good habits even after we've reached our target. The journey groups were more likely to take immediate actions to stay on track, like signing up for an exercise program or doing reading that would further their education.

When the researchers checked in with them days or months later, they had stuck with their habits better than the other two groups.



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We welcome your feedback and comments.