

be active.

Australian Masters Games return to Adelaide

Over 10,500 people are expected to come from all over Australia and overseas to participate in the 10th Australian Masters Games in Adelaide from 7 to 16 October 2005.

The Games are a biennial event that encourage people over the age of 30 to *be active* by providing the opportunity to participate in sport, regardless of ability. The Games offer a range of over 60 sports, catering for people of all abilities, including people with a disability and those who have never competed.

Whilst the competition is an important element to some, there is a major emphasis on participation and the social interaction and spirit of camaraderie experienced by all involved. If competing isn't for you, join in the fun as a Games Volunteer and play a major role in delivering this exciting event.

To find out more including how to participate, call (08) 8202 0000 or visit www.AustralianMastersGames.com. Registrations close 5 August 2005.

Fact: In the last Australian Masters Games, a 97 year old man competed in an amazing six events, showing that age doesn't have to be a barrier!



An important part of the Physical Activity Council work involves monitoring the physical activity levels of South Australians. State physical activity surveys are conducted every three years for this purpose. The third of these surveys was conducted in 2004 and included new research into assessing the activity patterns among adults at work, details about who cycled for transport or recreation, and respondents' readiness to change their behaviour. So what did the survey results tell us?

Overall, about 50% of the population are still not sufficiently active to gain health benefits. This level seems to have been steady over the past six years. Other major findings included low levels of occupational activity and cycling to work.

However, about one-third of the population either think they are sufficiently active (when in fact they are not), or intend to become more active in the next six months. This group needs to be the focus of our efforts to increase overall participation rates for physical activity. A critical element of the strategy to do this involves education about what constitutes an active lifestyle and ways to motivate and sustain activity. This is the challenge not only for the PAC, but for all South Australians.

Dr Kevin Norton
Chair, Physical Activity Council
Research Panel

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be active is the South Australian message to encourage and support lifelong involvement in physical activity by more South Australians.

be active in South Australia

South Australian Physical Activity Survey Launch

A circular inset photograph showing two men wearing helmets and cycling gear riding a tandem bicycle on a grassy field. The man in the front is wearing a black jersey and shorts, while the man in the back is wearing an orange and white jersey and shorts.

The findings of the 2004 South Australian Physical Activity Survey were launched on Wednesday 13 April 2005, by Lea Stevens, Minister for Health, and Michael Wright, Minister for Recreation, Sport and Racing (pictured left, sharing a tandem bike ride before the launch).

The findings show that physical activity levels have remained fairly constant compared to previous surveys in 2001 and 1998. Whilst the situation has remained stable over the past six years, the survey results confirm that the challenge of overcoming physical inactivity is still there. The 2004 findings also conclude that respondents who undertook sufficient physical activity were more likely to be younger, male, and have a higher level of education. The most common type of leisure time activity was walking.

The survey results are now being used to inform South Australian policy directions related to physical activity. A series of short reports have also been developed to complement the full survey report and provide the findings in an easy-to-use, meaningful, topical and strategic manner. Find out more on www.beactive.com.au.

Indigenous Sports Expo

As part of its Indigenous Sports Program, the Office for Recreation and Sport recently conducted an 8-Sports Expo for 120 school-aged children who traveled from Yalata, Oak Valley and Tjun Tjuntjara Aboriginal communities. Teachers, Aboriginal Education Workers and parents supervised the students who were exposed to various sports, as well as other activities such as visiting the zoo and the beach.

Some of the group came from as far away as Oak Valley, which is approximately 976km by rail and 14 hours by road from Adelaide. State sporting organisations provided expert coaching for the children from junior primary to secondary students. The highlight for many on the trip was the football game between the Maralinga Lands and the APY Lands which was held as a 'curtain raiser' prior to the Port Adelaide and Essendon AFL game.

Local Government Update

Local Government continues to play a vital role in addressing the physical activity issue. The City of Port Adelaide Enfield, for example, is working with the local community to develop sustainable models of physical activity delivery. PasSport to Participation is a physical activity program run by primary school sports coordinators during school hours in the Parks region. At the end of each semester, schools within the area meet centrally to participate in inter-school games and celebrate participation in physical activity. This activity is conducted by local sporting clubs and State sporting associations and is the result of the initiative of local schools and the Westwood Urban Regeneration Project with Council's assistance.

The Office for Recreation and Sport has recently developed a resource to assist sport and recreation organisations develop a better understanding of the roles and responsibilities of Local Government in sport and recreation provision. For a copy of this guide, contact the office on 8416 6677.



South Australia

Launch of the Australian Physical Activity Recommendations for Children and Young People

On 29 April 2005, the Australian Physical Activity Recommendations for Children and Young People were officially launched in South Australia at the Stamford Plaza Hotel. The launch was followed by a forum, which included presentations by Dr Jo Salmon (Deakin University) and Mr Trevor Shilton (Heart Foundation WA), who were key contributors to these recommendations. The forum provided an overview of the recommendations in relation to the **be active** Physical Activity Strategy for South Australia, and explored ways to best promote and use the recommendations. The day was a great success with 122 people attending from a diverse range of sectors and organisations.

Check out the forum report and further information on the recommendations at the Centre for Health Promotion website www.wch.sa.gov.au/chp.html. For information about the upcoming regional forums in Murray Bridge, Mount Gambier, Port Lincoln and the Riverland, contact Natalya Giffney at the Centre for Health Promotion on (08) 8161 7777 or email giffney@mail.wch.sa.gov.au.

be active Find 30 at Oakbank

For those who attended the Oakbank Racing Carnival over Easter, you may have noticed the **be active Find 30** message being promoted at the event. A raceday package was dedicated to this message, encouraging the adults in the crowd to find at least 30 minutes of moderate physical activity per day most days of the week.

The package featured naming rights of the last race on Easter Monday as well as walking tours taken by John Letts. In addition, customers parking in the most distant car park at Hallelujah Hill (at least a brisk 10 minute walk away) were offered free parking, plus a ticket they could redeem for a **be active Find 30** drink bottle.



Active Australia Schools Network

The Active Australia Schools Network (AASN) assists schools in developing physical activity plans which encompass school ethos, links to the community, and the essential teaching and learning associated with physical activity. By providing resources and advice, the network is now flourishing in SA with over 300 schools being active members. This represents over 37% of all SA schools with some now in their sixth year of membership. These schools have made significant increases in the level of advocacy for and implementation of physical activity programs. Last year, 12 Active Australia Cluster Coordinators were appointed and worked across the State to serve members of the AASN at the local level.

To find out more about the network, call Damian Leonard on 8416 6713.



City to Bay 3km Event!

For the first time in 2005, the City-Bay Fun Run has incorporated a new 3 km event to encourage families and even grandparents with their grandchildren to be involved in the City-Bay Fun Run on Sunday 18 September.

If the traditional 12 km has always been out of reach, then this is a great opportunity to **be active** in one of Adelaide's premier annual events.

Participants can catch the tram (which stops at the assembly area) to Morphettville Racecourse for the start of the 3 km. If you choose to drive, parking is available at the Morphettville Racecourse main car park off Morphett Road. All entrants will receive certificates, race bags and a Sunday Mail newspaper when leaving the compound on Colley Terrace.

The **be active**- Find 30, 3 km is a great way to **be active** that day!

For more information, visit www.city-bay.org.au, phone 8232 6184, or look out for the entry forms in The Sunday Mail.

Recreation and Sport Industry Conference

The 2005 State Recreation and Sport Development Conference 'On Top of Your Game' was conducted by the Office for Recreation and Sport in May 2005 to share ideas, information and expertise with relevant organisations, clubs and volunteers in the industry.

Attended by over 300 people, guests enjoyed presentations from speakers such as Wayne Jackson, formally CEO of the AFL, Jan Stirling, Coach of the Australian Opals Basketball Team, Dr John Irvine, Child Psychologist, and Bruce Davis, a motivator and leader.

The recreation and sport industry plays a key role in providing physical activity opportunities for the community. This has been supported through another round of funding through the Move It! Making Communities Active program.

This unique program provides financial assistance to recreation and sport organisations to help them develop new projects and initiatives that target inactive people in South Australia. This funding program aims to get more people, more active, more often, and partnerships with other organisations are encouraged.

The latest round of grants is now open and closes on 22 July 2005. For more information, visit www.recsport.sa.gov.au.



Indoor Sports

As the colder months arrive on our doorstep, don't lay dormant. It is a great opportunity to enjoy the benefits of physical activity indoors. That's right...INDOORS!

With a large variety of sports to choose from and the choice of either joining a team or forming your own, it is no wonder that indoor sports are



becoming so popular. In fact, indoor sports are ideal for friends, work colleagues and other members of the community to get together and enjoy themselves while at the same time being physically active.

Indoor sports also offer a vast range of competitions including social, childrens, mens, womens and seniors - its versatility makes the indoor arena suitable for virtually anyone. So avoid the couch, **be active** and join an indoor sports team today!

For further information on indoor sports in your local community, contact Michael Miller at Indoor Sports South Australia Inc on 8384 1244 or email: ica-mv@senet.com.au.

Eat Well & be active

Being healthy not only requires getting enough physical activity into your life, but also balancing this with healthy eating. Eating well can contribute to good health and a general sense of wellbeing, as well as providing the important nutrients the body needs. Eating well for infants, children and young people is particularly important and contributes to their physical and mental growth and development.

To eat a healthy diet, follow these simple tips:

- Eat a variety of foods every day from the following food groups:
 - bread, cereals, rice, pasta, noodles;
 - vegetables, legumes, fruit;
 - milk, yoghurt, cheese;
 - lean meat, fish, poultry, eggs; and
 - nuts.
- Choose only sometimes, or in small amounts, other foods that do not fit into these food groups, such as margarine, oil, chocolates, soft drinks and junk food.
- Consider the amount of food on your plate and stop eating when you have had enough.
- Remember to drink plenty of water!

The South Australian Department of Health has recently established the Eat Well Be Active Community Initiatives to promote healthy weight in children, young people and their families by making it easier to eat well and *be active*. The initiatives, funded for \$1.5 million over three years, not only support families to take up healthy lifestyle habits, but also help make the environments in which they live and learn more supportive of healthy eating and physical activity choices.

Eat Well Be Active initiatives are based in two communities - Morphett Vale (southern metropolitan SA) and Murray Bridge (rural SA), and implemented by Noarlunga Health Services, of Southern Adelaide Health Service, and Murray Mallee Community Health Service, of Hills Mallee Southern Regional Health Service.

The initiatives will work in the range of settings that children, young people and their families live and learn such as child care settings, schools, neighbourhoods, recreation areas and community groups.

For more information contact Nadia Mastersson, on (08) 8384 9232, or Nadia.Mastersson@health.sa.gov.au.



Feedback

What would you like to see in future editions of this newsletter?

If you want to see more (or less) of something, or you have an interesting story, event or a favourite activity, then we would love to hear from you!

Leave your feedback or comments on beactive@saugov.sa.gov.au or call the editor on 8416 6702.

An electronic copy of this newsletter is available at www.beactive.com.au.

If you would like to add your name to our electronic mailing list for future editions of the newsletter, please e-mail beactive@saugov.sa.gov.au.

Getting Started New Edition

A revised edition of the **be active Find 30** Getting Started booklet is now available. It includes the latest information on practical ways to start to combine regular physical activity with healthy eating.

This is an ideal resource to assist a range of people such as general practitioners, health care workers and fitness instructors who can motivate inactive adults into being active.

Copies are free. To find out more call 8416 6677 or visit www.beactive.com.au



Government
of South Australia

be active.

www.beactive.com.au