



Government
of South Australia



be active.

Newsletter
3rd edition 2009

Foreword

Here it is - the end of another year. While many people are thinking about Christmas events, holidays and New Year resolutions, it is also a time to reflect on the happenings of 2009.

This year has been filled with a number of events that have significantly affected many South Australians - the terrible bushfires that raged through much of Victoria leaving many families without their homes and possessions; the panic and grief caused by the swine flu epidemic; and the devastating effects of the drought. I'm sure most South Australians have been influenced in some way by at least one of these events and we all have our stories to tell.

Researchers and psychologists report that one of the key factors in helping people deal with the negative aspects

Much of our focus on the benefits of physical activity and sport are centred on getting fit, losing weight and making our bodies stronger or healthier.

of such events is to find a positive opportunity in life. It seems that many of these opportunities can be found through involvement or participation in some form of physical activity or sport.

For example, celebrity cricket matches have been conducted for towns that have lost almost everything through the bushfires, allowing grieving communities to come together to cheer on their local sporting teams. Charity fun runs have been held as fundraisers to provide financial support for families that have to rebuild or deal with the loss of a loved one. And sporting clubs of all kinds are doing all they can to keep their ovals watered so they can still enjoy their sporting competitions.

Much of our focus on the benefits of physical activity and sport are centred on getting fit, losing weight, and

making our bodies stronger or healthier. Perhaps we need to think about some other benefits such as the capacity to strengthen a community. Communities tend to come together in times of difficulty, as highlighted previously, and so often this 'togetherness' comes via an involvement in physical activity or sport.

I encourage you to think about how your own personal involvement in physical activity and/or sport contributes to your sense of community. As you read the stories being shared in this edition, take time to reflect on how people are contributing to communities throughout South Australia.

All the best from the **be active** team.

Jeff Dry
Chair, South Australian Physical Activity Council

In this issue

- 2 Port Pirie - Lean and Green!
- 2 Creating Walkable Communities
- 3 Students' Active Lifestyles Rewarded
- 4 City-Bay Fun Run – Josh Muka
- 4 *be active* Tips
- 5 What is Your New Year's Resolution
- 5 *be active* WiseMove Mums
- 6 Recreation Link-up – Go Online!
- 6 Sport Under Lights
- 7 Beat the Heat
- 8 Youth Participation in Organised Sport
- 9 Learn to Surf at Berry Bay
- 9 Amy Gillett Bikeway – Stage One
- 10 *be active* @ Work
- 11 On Your 'Mountain' Bike!

Health

Port Pirie Regional Health Service Bike Pool – Lean and Green!

Port Pirie Regional Health Service 'Bike Pool' was launched on Wednesday 14 October on National Ride to Work Day.

The health service recently purchased three new bikes that staff can now access for travelling short distances around Port Pirie for meetings and visiting clients.

By avoiding the use of government vehicles for short-distance travel, staff will be promoting the **be active** message as well as reducing their impact on the environment.

The project has already seen numerous benefits for the staff and the organisation, including:

- improved staff health
- environmental responsibility - every litre of petrol saved reduces greenhouse gas emissions
- reduced spending on petrol – walking and cycling are low-cost activities
- creation of a healthy culture within the workforce
- improved employee morale
- role modelling the **be active** message to the community and other organisations.

The success of this project is the result of the newly formed working party, which has implemented the following components of the 'bike pool':

- the induction process
- bookings
- health checks
- method for addressing bike problems on the road
- method for securing the bikes
- bike problem reports
- participant registration forms.

The working party has taken responsibility for training staff to use the bikes. As a result, many of the staff that haven't cycled for many years are getting involved and cycling again.

For more information contact Tracey Stringer, Lifestyle Advisor – 'Do It For Life' program, Port Pirie Regional Health Service on 8638 4693.

Creating Walkable Communities

On Friday 20 November, the Office for Recreation and Sport (ORS) hosted a workshop with special guest Dr Rodney Tolley, an Honorary Research Fellow at the Centre for Alternative and Sustainable Transport, Staffordshire University. The event, organised by SA Health in conjunction with the Heart Foundation, gave participants from a variety of government departments and professional associations the opportunity to hear Dr Tolley speak on creating 'walkable communities'.

Dr Tolley is also the director of Walk21, which is a not-for-profit organisation that raises international awareness of walking issues and supports professionals in the delivery of best practice. Dr Tolley has a unique oversight of developing practice in walking in the UK, North America and Europe and has recently completed a number of projects in Australasia, including a Legible Cities study.

Dr Tolley's session focused on working with communities to develop best practice in providing environments where people choose to walk and to walk more often. The topics, such as working with diverse communities, addressing inequity, best investments and what makes the biggest difference in the short, medium, and long term, provided an interesting spin on the traditional views currently being employed within a community. The session also backed theories for the Health Department's Planning for Health and the South Australian Active Living Coalition.





Students' Active Lifestyles Rewarded

More than 27,700 reception to year nine students ran, kicked and bounced their way to an award in this year's Premier's **be active** Challenge.

*"The challenge encourages young people to **be active** for at least 60 minutes a day," Leah Cassidy, DECS Healthy Eating and Physical Activity Project Manager said.*

*"Even minor changes to daily activity levels can have significant benefits, and through the Premier's **be active** Challenge, our students are learning good lessons for life."*

Participation in this year's challenge was 14 per cent higher than last year, which is a great result and is a clear indication that young people want to get out and **be active**.

"Through this program, our schools are giving them that extra opportunity," Ms Cassidy said.

While the Challenge's real rewards are in the health benefits students receive,

there are of course some more tangible ones as well. Fifty high achieving schools in this year's Challenge were recognised at a reception held on 3 November at ETSA Park. Students from these schools were presented with a certificate and \$1000 of sporting equipment by Premier Mike Rann.

This year, students in the program were awarded medals – gold for three years of participation, silver for two and bronze for one year. More than 2000 gold medals, 10,000 silver medals and 15,000 bronze medals were handed out to Challenge participants.

Murray Bridge Special School had nearly 100 per cent participation, with 96 per cent of students completing thirty-one weeks of the Challenge!

*"The **be active** Challenge is one of the three pillars of the school's curriculum," said Barry Downard, the school's **be active** coordinator.*

"We expose students to games and activities that they would not necessarily be exposed to." Activities at Murray Bridge included a Monarto Zoo walk and skateboarding at Sturt Reserve.

"Students improved their skills and aerobic capacity and became more coordinated, which helped their learning in other curriculum areas," Mr Downard said.

Congratulations are due to all the students who took part in the Premier's **be active** Challenge in 2009 and the parents and teachers who supported and encouraged them to succeed.

The Premier's **be active** Challenge will commence again at the start of the 2010 school year.

For more information about the Premier's **be active** Challenge, visit www.pbac.sa.edu.au

News and Events

City-Bay Fun Run - Josh Muka

On Sunday 20 September, 29,722 participants ran, walked, strolled and rolled their way across the finish line at this year's City-Bay Fun Run in 12km, 6km or 3km events.

One of those competitors was Joshua Muka Sengimana, a refugee from the Democratic Republic of Congo. Josh had arrived in Australia only four weeks before the race. Aided by Luke Morrison from the ORS, Joshua crossed the finish line in 1 hour, 3 minutes and 29 seconds.



Joshua's running ability was first identified when Families SA Refugee Services took him to watch the Simba of Congo play soccer at the Murray Bridge Oval on 12 September. However, rather than taking an interest in the soccer match, Joshua ran around the field for two hours, barely breaking a sweat!

Kerin Cross, Senior Project Officer at the ORS, and Athletics SA assisted Joshua by linking him to Adelaide Harriers Athletics Club. The club has welcomed Joshua and helped set him up with appropriate shoes and clothes. Despite the language barrier, Joshua loves being part of the club, where he now trains three times a week.

be active Tips

Start Slowly

With daylight savings in place, it is easier to get out of bed in the mornings and it is still light after dinner. So, why not take advantage of the longer days and **be active**. Think of movement as an opportunity and not an inconvenience.

For those of you who are getting started on being active again, here are some tips to help ease you back into physical activity, without over doing it:

- Start out slowly and allow your body time to warm up.
- Do some basic stretching and build your activity sessions up over weeks not days. This will help you avoid muscle soreness and injury.
- Try a two to three minute jog to raise a light sweat.
- Take some time after your activity to do some gentle stretching of the muscles you've used. Hold the stretches for 10 - 20 seconds and repeat each stretch two to three times. This will help to avoid muscle soreness.

Note: If you have a chronic illness or you are worried about the risks of an activity, talk to your doctor before you start any extra physical activity.

Wear comfortable clothes

Wear loose clothes and supportive shoes. This will make your activity safer and more enjoyable. For specific foot problems and further advice on footwear, contact your local podiatrist.

Remember to wear a hat and sunscreen when out in the sun (especially in the middle of the day during summer).

A great reference to help you along the way is the Getting Started booklet, available online at www.beactive.com.au or you can pick up a copy at the ORS office at 27 Valetta Road, Kidman Park.



What is Your New Year's Resolution?

Each year as the sun comes out and our winter hibernation comes to an end, the roads see an increase in cyclists, local pools witness a return of the lap swimmers and the running tracks are transformed into hives of activity. This increase in activity provides an opportunity for all South Australians to improve their general health and well-being by kick starting their new year in a most positive fashion.

On Sunday 3 January 2010, people of all ages and fitness abilities will be making good on their promises to improve their fitness by participating in the 2010 Adelaide Resolution Run.

Race Director Steve Corrie said he is "expecting strong numbers at both 9km and the 4.5km events. The combination of great weather, the picturesque Linear Park track and people's desire to start the year right are sure to result in a wonderful day out."

Participants like Sue Dolling from Stonyfell have been in training since mid August. Sue says she is aiming to complete the 4.5km event with her daughter Katrina and granddaughter Sophia. In true family spirit, Sue's husband Honi is also competing on the day, choosing to run the 9km event, which involves two laps of the Elder Park course.

Steve says people can run, walk or do a little of both. "We are keen to cater for everyone, from experienced runners to those just starting out on the road to a more active life."

In a strong show of support, the 2010 Adelaide Resolution Run has been joined in its inaugural year by three high-profile Adelaide ambassadors: adventurer Duncan Chessell, radio

be active WiseMove Mums

WiseMove is a 10 - 12 week lifestyle program that encourages women to set goals and enjoy being active. It is an initiative of the ORS that aims to address the issues that affect women and, more specifically, the factors that may keep them from being sufficiently physically active. A holistic approach is taken by including physical activity into a woman's lifestyle with the aim of establishing a life-long pattern of physical activity.



O'Sullivan Beach Children's Centre wanted to help mums stay healthy while juggling the many demands of motherhood and offered the WiseMove program at the O'Sullivan Beach School.

WiseMove participants delivered pamphlets for the school as part of the walking program and also had a visit to a gym organised. As a result, four of the women joined the gym together. The program has helped mothers understand that physical activity can benefit them, their parenting and their relationships.

To celebrate their newfound enjoyment of being active, the participants entered this year's City-Bay Fun Run under the team name 'Wise Mums'.

For further information on the WiseMove program, contact Kerin Cross, Senior Project Officer, ORS on 7424 7711.

personality Jodie Blewett and sports journalist Mark Soderstrom. All three event ambassadors will be participating on the day and are aiming to raise funds for their chosen charity through the event's partnership with Everyday Hero.

For more information please visit www.resolutionrun.com.au or email active8change@gmail.com



Recreation Link-up - Go Online!

Recreation, sports, fitness, respite, giving, learning, personal development, social outlets - these are important activities that can be part of anyone's life. It's just that some of us face barriers that stop us from getting involved.

Recreation Link-up, which is an online recreation database that contains thousands of community activities all across Adelaide, is helping to break down those barriers. It is a new initiative of the YMCA that provides information and encourages involvement in local community activities for people with disabilities, those suffering mental illness, the elderly and other disadvantaged groups. Recreation Link-up aims to address barriers such as transport, finance, social isolation, lack of motivation, lack of information, attitudes towards participation,



inclusiveness and access.

Boosted by a \$5000 grant from the ORS and relying on volunteer and in-kind support, the database is now available on the YMCA of SA website (www.sa.ymca.org.au).

Recreation Link-up offers the option of further support and advice to users with its individualised Information Request

and Personal Recreation Plan options.

To help keep this database information up to date, volunteers with computer and customer service skills are invited to join the team at the head office in Seaton.

Contact Recreation Link-up for more information on 8200 2508 or rec.linkup@ymca.org.au

Sport Under Lights

A major upgrade to lighting at Port Augusta's ETSA Oval ensures that a range of sports can now be played at night. The \$180,000 upgrade, which includes four new lighting towers and lights, is part of the Sports and Recreation Master Plan (S&RMP) that will see ETSA Oval become a multi-use oval with sports able to be played at all times.

ETSA Oval is also now being watered efficiently via subsurface irrigation using reclaimed water from the Port Augusta Waste Water Treatment Plant (WWTP). It was reseeded with turf in December 2008 and ready for activity again in April of 2009. Port Augusta Council's **be active** Field Officer Craig Dearlove said the new lights and playing surface open up a range of options for local sport. "Given our climate here, playing at night is a better option for our athletes who play summer sports."

The light towers will also be upgraded further, with more lights added to meet the industry standard for night cricket. The Council is also supporting the Port Augusta Cricket Association in its grant application for a turf wicket to be installed at the oval. A further upgrade to facilities at ETSA Oval is still to occur as part of the S&RMP and Craig said sporting clubs will be involved in determining their infrastructure needs.



Beat the Heat

Being active safely in hot weather this summer

Summer is here, which for Australians means longer days, sunshine and the chance to participate in a wide variety of physical activities.

However, with these extra summer opportunities, there is also the issue of coping with the heat. And after the record-breaking temperatures in November, 2010 promises to be a scorcher. With that in mind, it is important to remember to be sun smart this summer and take the necessary precautions while being active. The following are some tips to help beat the heat when competing or training.



Drink Up!

- Drink plenty of fluids. Do not wait until you feel thirsty before you drink. Thirst is a poor indicator of fluid needs.
- Although water replaces fluids, sports drinks (containing four to eight per cent carbohydrate and small amounts of electrolytes) provide additional energy from carbohydrates, which can delay fatigue and enhance performance, especially during prolonged events and salts (electrolytes), which aid the rehydration process.
- Even if you do not need the extra fuel, flavoured drinks such as sports drinks encourage fluid consumption more than plain water and therefore lead to improved fluid balance.
- Sweat is mainly water and very little salt. Some people, however, may require additional electrolytes in their fluids to improve hydration, but they should only do so under medical supervision.

Golden Rules for Training and Competition this Summer

- Achieve a high level of physical fitness before exercising strenuously in competition or in warm weather.
- Exercise at moderate intensity in hot or humid conditions.
- Do not undertake hard exercise or exercise in hot or humid weather if you feel unwell or are recovering from recent illness.
- Drink water before and during exercise.
- Stop exercise if you feel unwell when exercising hard or if exercising in hot or humid weather.
- Stop other sport participants if they appear unwell, confused or show loss of skill and coordination.

To download the Beat the Heat brochure, Drink Up pamphlets, hot weather polices plus more information and guidelines, visit www.smasa.asn.au. Drink Up pamphlets are also available from National Pharmacies.

Youth Participation in Organised Sport (2009)

As recommended in the Physical Activity Guidelines for children and youth, it is important for children to undertake daily physical activity because it promotes healthy growth and development, is fun and it establishes a routine that could stay with them throughout their lives. Active play and organised sport provides opportunities to develop skills, build confidence, have fun with friends and make new friendships.

In the 12 months leading up to April 2009, the Australian Bureau of Statistics (ABS) collected information about the cultural and leisure activities of 5825 children. These figures were released in October 2009 and some interesting findings are listed below:

- In SA, girls had a higher participation rate (72.2 per cent) than boys (69.7 per cent). The ABS track participation in sport and/or dancing, recognising that many girls pursue dance as an active organised activity.
- Australian Rules football, netball, swimming and basketball were the most popular sports for South Australian youth.



- The participation levels across Australia in organised sport were highest among 12 -14 year olds at 73 per cent.
- Boys had a higher participation rate compared with girls in all age groups across the nation.
- Approximately 66 per cent (128,000) of South Australian children played a sport outside of school hours, which was organised either by a school, club or an association.

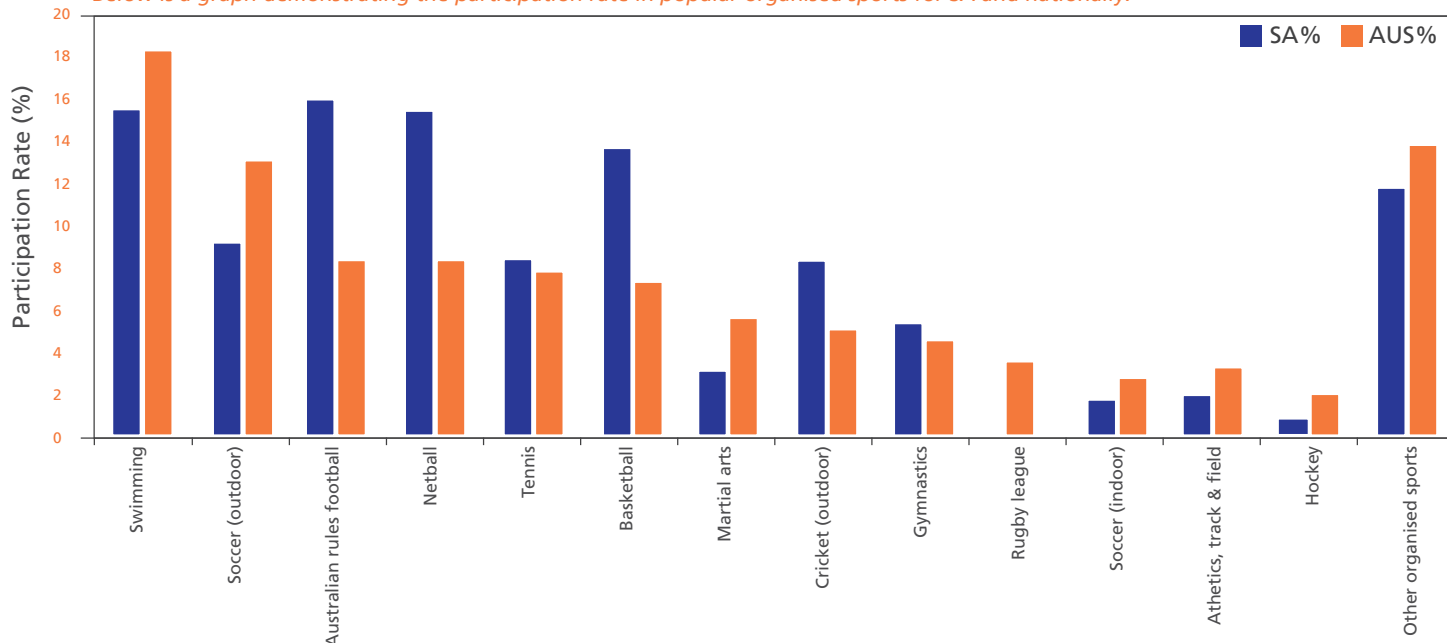
- Across Australia, an average of five hours in a school fortnight were spent playing or training for organised sport.

Below is a graph demonstrating the participation rate in popular organised sports in SA and nationally.

For more information or to view the report, click [here](#) or visit www.abs.gov.au.

Popular Organised Sports with Youth 2009

Below is a graph demonstrating the participation rate in popular organised sports for SA and nationally:



Learn to Surf at Berry Bay

The spectacular coastline of lower Yorke Peninsular Berry Bay near Corny Point provided the ideal venue for Surfing SA's Indigenous Learn to Surf program on 24 - 25 October 2009.

A solid one-metre swell with offshore winds gave 30 Indigenous surfers from Point Pearce, Port Augusta and metropolitan Adelaide plenty of power to refine their surfing skills.

Mark Harris, Neptune's Surf School, and Surfing SA coaching staff provided accredited coaching.

"It is excellent to see large attendance from the country areas," said Mark. All surfers showed improvement by last session on Sunday.

"This is a tremendous opportunity for the Indigenous youth from Port Augusta because the biggest wave we get is from a passing speed boat," comments Russell Coulthard, Indigenous Sports Development Officer. "It is also an opportunity to experience a different environment and a break from more traditional sports and engage different motor skills."

On the next surfing camp, Dave Miller, the Indigenous Education Officer, will give tuition in traditional Aboriginal culture.

Sponsorship is granted through a funding stream provided by the ORS to encourage greater participation in sport and physical activity. Further camps are now continuing as part of the 12-month program.

Source: Yorke Peninsula Country Times

Amy Gillett Bikeway – Stage One

Oakbank to Woodside

The South Australian Government has begun construction of a 32-kilometre shared-use path along the abandoned railway corridor through the Adelaide Hills from Oakbank to Mount Pleasant. The route will ultimately link nine small rural communities along the length of the path to schools, shops and other community facilities.

The bikeway will also be used by walkers, joggers, horse riders, etc and will be named after elite South Australian cyclist and rower Amy Gillett, who was tragically killed in a road-training accident in Germany in 2005.

The State Government has provided one million dollars for Stage One between Oakbank and Woodside. This five-kilometre section starts approximately 500 metres north of Oakbank and finishes adjacent to the bowling club in Woodside. Additional shoulder sealing on Onkaparinga Valley Road will be undertaken to



link Oakbank and Woodside to the bikeway. Stage One is expected to be completed in early 2010.

The bitumen path will be approximately two and a half metres wide. Four new footbridges will be built over water courses along the path, utilising the existing historic concrete railway bridge abutments.

Additional shoulder sealing on both sides of Onkaparinga Valley Road will

also be undertaken to link Oakbank and Woodside to the bikeway.

It is hoped that this shared-use path will encourage many local community members and tourists to appreciate the beautiful scenery and surrounds of the Adelaide Hills, keep them safe from traffic and provide another opportunity to **be active**.

Workplace

be active @ Work

The **be active** @ Work online project is a South Australian Government initiative of the ORS that is all about encouraging the South Australian workforce to be more active more often.

be active @ Work online is an evidenced-based online system that is interactive and tailorable. It has been developed to help support individuals, community groups and organisations to achieve a sustainable increase in physical activity.

Today's world of modern technology, increased reliance on motorised transport, and increased demands at work and home has meant that as a community we do much less physical activity than we used to. In fact, only half of South Australian adults are doing enough physical activity, and there has also been a concerning decline in the level of physical activity in children.

As most South Australian adults spend so much time at work, the SA Physical Activity Council and the Government of South Australia have identified the workplace as a central setting for encouraging physical activity.

Throughout 2006, the ORS delivered a Workplace Physical Activity Pilot Program involving 15 organisations across the state in metropolitan and rural communities from a range of industry sectors. The ORS is now building on the findings from the pilot and developing a more strategic and integrated approach. More specifically, the second phase is aiming to integrate workplace physical activity with employer outcomes and contribute to South Australian Strategic Plan outcomes in areas such as industrial relations, labour productivity, work health and safety, and work-life balance.

be active believes its ability to influence the workplace setting in the long term has the greatest potential by working in partnership with the Department of Health and specific workplace industry leaders (i.e. SafeWork SA, WorkCover SA, SA Unions, Self Insurers Association, and Business Leaders to name a few) that have the capacity to influence physical activity in the workplace, and that can assist organisations to achieve their productivity, health and safety outcomes.



Trails

On Your 'Mountain' Bike!

South Australia's newest piece of cycling infrastructure was opened in November - a state-of-the-art four-cross (4X) course at Eagle Mountain Bike (MTB) Park. The 300-metre long, eight-metre wide track featuring large jumps, drops, rocks and berms complements the existing downhill, cross country and trials courses at the venue.

With the addition of this world-class 4X course, South Australia has, for the first time, the capacity to host all five disciplines of the sport at the very highest level at one central venue.

The \$70,000 4X project, which includes upgraded cross country and trials courses and new spectator areas, re-confirms Eagle MTB Park as one of Australia's

premier off-road cycling facilities.

Earlier this year, Mountain Bike Australia (MTBA) chose South Australia to host the SRAM Australian MTB Championships from 2010 to 2012.

Mountain bike riding is increasingly popular both here in Australia and around the world. It is a hugely challenging sport for participants and an exciting spectacle for non-participants. During the six-day championships, it is predicted that up to 10,000 spectators will come to watch the 900 riders that will be competing.

The SRAM 2010 Australian MTB Championships, being held in January, will decide the national men's, women's,

junior's and other category champions in each of the five main disciplines of mountain biking - Cross Country Olympic (XCO), Short Course Cross Country (XCC), Downhill (DH), Four Cross (4X) and Trials (OT).

This action-packed event is happening in our own backyard so why not go along and take the family to witness one of the fastest growing sports in the world. You will be thrilled by the constant excitement of the unknown and marvel in the daredevil antics and courage of the riders.

For more information, visit the event website at www.eaglechamps.com.au