

be active in the City



Turn up for five and win...



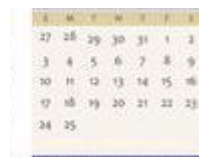
Congratulations to all that have attended the first few weeks of Zumba and Group Training. With a weekly average of around 300 people for Zumba and 70 for Group Training, the word has spread about how fun it is to *be active* in the City. **Here is your chance to win some great prizes** for taking part in the next five weeks of either Group Training or Zumba!

Simply participate each week, collect your sticker from the *be active* canopy and on the final session bring along your entry form with all the stickers to go into the draw. Prizes include health club memberships, merchandise and *be active* packs. Print out this newsletter and keep a hold of your entry form! Remember, just by participating you are winning!

How much physical activity should you be doing?

Medical experts recommend that adults should do at least 30 minutes a day of moderate physical activity on most days of the week. These types of activities increase your heart rate, but they don't necessarily make you huff and puff. Three sessions of 10 minutes a day can be just as beneficial, which makes it easier to include as part of your everyday life.

For weight loss or extra health benefits, you should consider including a few sessions a week of around 60 minutes of moderate to vigorous activity. These types of activity should get your heart rate going and make you huff and puff! Zumba and Group Training are good examples of these.



Turn up for five and win...

Name: _____

E-mail: _____

- Attend Group Training OR Zumba
- Collect your sticker each week
- Bring this section (with the stickers) to the last session for your chance to win great prizes!



1 March (Zumba)
or
3 March (Group Training)

8 March (Zumba)
or
10 March (Group Training)

15 March (Zumba)
or
17 March (Group Training)

22 March (Zumba)
or
24 March (Group Training)

29 March (Zumba)
or
31 March (Group Training)

ZUMBA experience...

"There were so many people there it didn't matter if you were completely unco. Also you didn't even realise you were exercising it was just fun. It was awesome to be part of a collective experience"

GETTING STARTED

STEP 1: Choose the right time for you

Think of the time to be more active that you can stick to. Remember, small changes to your daily habits can amount to a big step towards regular physical activity.

STEP 2: Find an activity that suits you

Build upon what you already do. You may like to try different activities like Zumba or Group Training. Give it a go for a few times to see if it is something you enjoy.

STEP 3: Set yourself a goal and work towards it

Start with short-term goals. They are a great way to move towards being more active. For instance, set the goal of going for a walk or jog three times a week. Even if you only walk for 10 minutes at lunch, you have met your goal. Next week you might aim for 15 minutes. Group Training and Zumba could be one of your goals!

Day	Best time of day	Activity chosen	Goal set (how long)	Rewards planned	Achieved (Yes/No)
1					
2					
3					
4					
5					
6					
7					

STEP 4: be active sensibly

Start out slowly and allow your body to adjust. If you haven't done much activity recently, then start out lightly and try to incorporate shorter (2-3 minute) bursts of more energy to get the heart rate up a little. If you have any chronic illnesses or are worried about the risks, talk to your doctor before you start any extra physical activity.

STEP 5: Record your activities

Keep a record of your daily progress and reward yourself (not with food) for achieving your goals. If you haven't met your activity goals, think about ways you could improve.

Group Training experience...

"The trainers were really understanding and supportive. I had never done anything like it before and had so much fun!"

If you know someone that could do with a little more activity or fun in their day, encourage them to come along and *be active* in the City. Remember www.beactive.com.au or www.cityofadelaide.com.au/beactive