

FOREWORD

Welcome to the spring/summer 2005 edition of the **be active** newsletter. Inside you will read about some of the many local initiatives supporting and encouraging physical activity in South Australia, and also find some great tips on how and where to **be active** during the spring and summer months. What a perfect time of year to **be active!**

A media campaign has begun involving radio, television, billboards, bus shelters and signage at sporting venues and events, encouraging us all to look for ways in our lives to be more active. Whilst the media plays an important role in motivating people to **be active**, you too can play a vital role in spreading the word by encouraging those you know to **be active** as often as possible, and in as many ways as possible.

Editor

be active with Vacswim this Summer!

The SA Water Vacswim program is an SA Government funded program for school children aged five years and up. The program provides participants with opportunities to develop a range of skills and positive experiences in the areas of water safety, confidence and competence in the water, personal survival activities, emergency procedures and basic swimming stroke improvement.

Vacswim is also a great way to keep your kids active over the holiday period! The program is conducted between 3 -13 January 2006 by qualified instructors in a controlled environment, located at school pools, public and private pools, beaches and lakes throughout South Australia. Enrolments are now open – call 8372 6044 or visit www.vacswimsa.com.

Spreading the *be active* Word



be active on Feeling Good TV Show

Keep your 'eyes' out for weekly **be active** stories in the current series of the popular Channel Nine lifestyle show Feeling Good, hosted by Troy Gray. The series is airing for 16 weeks on Saturday afternoons between 3 September 2005 and 4 February 2006. Weekly stories will focus on active and healthy lifestyles, and great ways for South Australians to **be active**.

be active on the Radio

Keep your 'ears' open for the latest **be active** radio ads now airing on stations across South Australia. These ads encourage children and young people, families, adults and workers to find as many ways as possible to **be active**. These ads can also be heard on the **be active** website!

be active Billboards

Look out for the billboards below around the streets of Adelaide. These billboards are encouraging us all to **be active** and reinforcing that adults need to find at least 30 minutes per day to **be active** and children and younger people need to find at least 60 minutes. But always remember that more is better!

GUESS WHO REALLY NEEDS THE EXERCISE?

Adults need to find at least 30 minutes a day to **be active**.
www.beactive.com.au



be active in SA

Local Government Update

City of Playford

The City of Playford is creating better health opportunities for older people through a range of accessible and supportive programs offering activities and services in the area. The Grenville Seniors Community Connections Hub, for example, is located in the heart of the City of Playford and is a vibrant 'one stop shop' providing physical activity opportunities for the mature age person who is looking to **be active**. The John McVeity Centre, located in the 'Peachey Belt' area, is another key facility used by the program to provide health and fitness related services to older people.

These programs are designed to motivate and encourage active ageing within a safe, comfortable environment.

Royal Adelaide Show - **be active** Arena

Once again, **be active** featured prominently at the 2005 Royal Adelaide Show. The Ridley Centre - known as the **be active** Ridley Centre for the duration of the Show - was dedicated entirely to physical activity. This presented an excellent opportunity to promote **be active** and the importance of being physically active.

The **be active** Ridley Centre featured an interactive activities area, a Yellow Brick Road collection point conducted by Triple M, 'Planet X' extreme sports display and clinics and approximately 23 booths, including sporting groups and commercial organisations. Extensive signage inside and outside the Ridley Centre ensured that the **be active** message was highly visible.

A 15 m x 10 m netted area (with a netted ceiling at 4.5 m) in the middle of the Ridley Centre was utilised by various sport and recreation groups for interactive activities.

A total of 15 sport and recreation organisations conducted arena sessions with show goers from 9.00 am to 8.00 pm daily.



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Image: Adelaide Green City

CITY BIKES are Rolling!

As we head towards the end of the year, why not enjoy a ride through the parklands, coast along the River Torrens, or visit the beautiful city gardens on a City Bike?

Adelaide City Bikes is the first Council operated bike scheme in Australia, and provides the first two hours of bicycle hire free of charge. This includes roadside assistance, so if a rider gets a puncture, someone will be out to quickly fix the bike.

Bicycles can be ridden anywhere within the city limits, providing a great opportunity to **be active** and enjoy the sights at whatever pace you like.

Why not ride a City Bike to North Adelaide with a friend and not only enjoy the benefits of physical activity, but also enjoy a pleasant social outing.

The initial hiring venue is located at Bicycle SA's offices in Hurtle Square, with several other venues, to be known as nodes, expected to come online in the next few months at convenient locations around the CBD. The scheme is available seven days a week and is operated by Bicycle SA.

For more information, contact Bicycle SA on 8232 2644 or download a brochure at:
www.adelaidecitycouncil.com/council/publications/Brochures/CityBike_Brochure.pdf.

be active - Let's go **Innovation Sites Project**

The **be active** Innovation Sites Project is part of the Department of Education and Children's Services (DECS) **be active** – Let's go initiative.

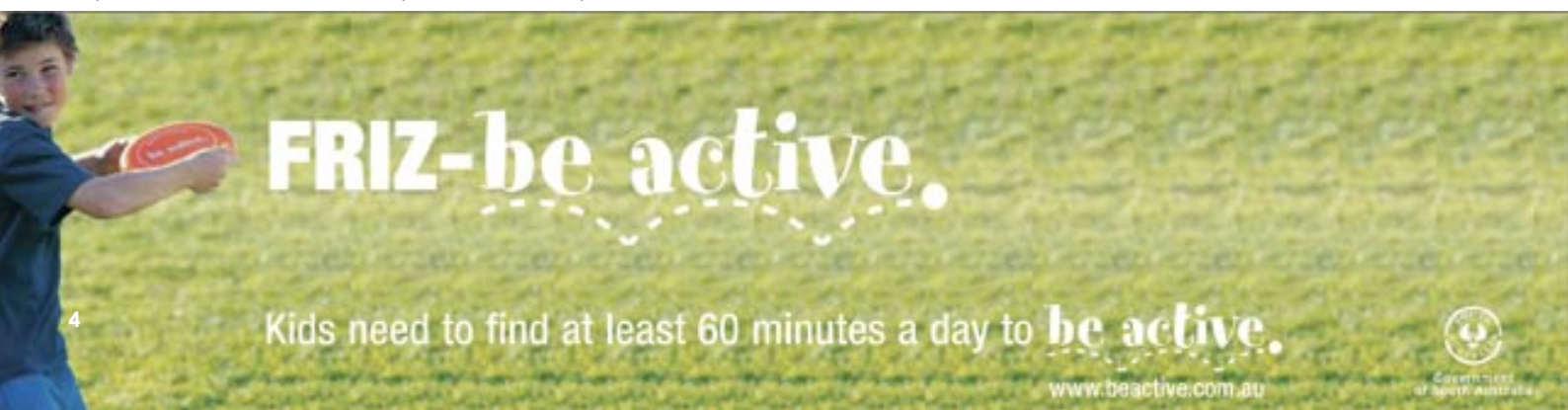
This new project aims to:

- o Engage physically inactive children and young people in physical activity at school and in the community.
- o Investigate the effects of physical activity on student engagement, retention, behaviour management and academic performance.

The following ten sites were selected to participate in the program: Cranston St Kindergarten, Augusta Park PS, Pt Lincoln Junior PS, Craighburn PS, The Pines C-7 School, Pt Lincoln PS, Henley HS, Gladstone HS, Pt Lincoln HS, and Wirreanda HS.

These participating sites are implementing a process that looks at their teaching practice in the field of physical activity, thereby building a capacity for change. The process has challenged teachers to facilitate movement between various levels of change including the use of new and revised material and activities, the use of new skills, teaching approaches, styles and strategies, and changes in beliefs, values, ideologies and understanding of their teaching practice and themes.

For more information contact Rick Baldock on 8226 4386.



Coast Park Trail

A 70 km linear park, called the Coast Park Trail, is being developed along the Adelaide coastline from North Haven to Sellicks Beach.

This State Government initiative is being developed in stages in partnership with Local Government and will link the many natural features and attractions along our coast including:

- Sand dunes at Largs North and Port Noarlunga
- Cliffs at Hallett Cove and Aldinga
- Numerous cafes, restaurants and tourist precincts
- The historic jetties and coastal centres at Semaphore and Henley Beach
- And of course, the famous beaches and foreshore areas like Glenelg, Semaphore, Henley and Brighton.

The Coast Park Trail will also link to the River Torrens Linear Park so that eventually people will be able to cycle or walk along the Torrens Linear Park from Athelstone right down to West Beach, and then continue their journey either north or south along the Coast Park Trail. Once complete, people of all ages and abilities will be able to walk or cycle on an off-road trail along the whole length of the metropolitan coastline.

The Coast Park Trail is another fantastic place to be active, with thousands of people already using it for recreation by walking, cycling or jogging.



be active in SA



City to Bay 2005

This year's City to Bay Fun Run saw the successful introduction of the '**be active** Find 30' 3 km event. Hundreds of participants enjoyed the perfect weather and journeyed up Anzac Highway from the 3 km start at Morphettville Racecourse, finishing at Colley Reserve. Participants included parents, grandparents, young children, and even people dressed up as Stormtroopers! Most agreed it was the perfect opportunity for those who wouldn't normally trek the traditional 12 km Fun Run, to find time for 30 minutes of physical activity for the day and be part of this great South Australian event!

be active Tour 2006

The 2006 **be active** Tour is being staged on Friday 20 January and offers everyone the chance to **be active** and pedal their way over the Stage 4 route of the Jacob's Creek Tour Down Under.

Close to 2,000 people of all shapes, sizes, ages and fitness levels donned their exclusive **be active** jersey and participated in 2005 – and it's expected to be even bigger this year.

Choose between three distances – a 154 km distance starting at Strathalbyn, a 93 km option from Goolwa, and 24 km ride from Delamere – all finishing in Yankalilla.

So get your bike out of the shed, start pedalling, and we'll see you on the 20th of January!
Visit www.tourdownunder.com.au for more information.

Coonawarra Get Active!

Workers across Coonawarra have taken steps to **be active** with the completion of a 10 Grand Steps program.

The Coonawarra Health Action Group (CHAG) initiative has been embraced at a range of Coonawarra wineries and cellar doors this year, including Yalumba, Leconfield Coonawarra, Hollick Wines, Katnook Estate, Rymill Coonawarra, and Naracoorte's Russet Ridge.

Participants wear a pedometer to record their steps each day, which are recorded in a logbook. The project's aim is to increase the number of steps each day and to have accumulated and maintained a level of 10,000 steps a day by the end of the project's four-week cycle.

The program was strongly supported by both workers and management at places such as Russet Ridge winery, who were all enthusiastic and keen to take part.

Extending beyond the program, Russet Ridge also replaced the staff biscuit tin with a fruit bowl to encourage healthy eating.

The project has been highly successful at raising awareness of how much physical activity people are getting (or not getting), and providing options for healthy life changes.

CHAG now plans to run further 10 Grand Step projects in Coonawarra.

Spring and Summer Walking Trail

Walking is such an enjoyable way to **be active** and also allows us to reacquaint ourselves with our environment, and spend time with friends and family. South Australia has hundreds of trails which allow us to **be active** all year round – and many of these are waiting on our doorstep for you to discover!

Morialta Conservation Park, for example, is conveniently located 12 km north east of Adelaide and is considered a bushwalkers paradise. The First Falls walking trail takes visitors through the heart of the spectacular Morialta Gorge, lined with towering cliffs and the 30 m First Falls. There are three waterfalls in the park, which run after autumn and winter rains. The trail is suitable for wheelchairs and strollers and is an easy 1.6 km return trip.

The First Falls Plateau Hike is another highlight of the park. This short, steep walk passes Giants Cave and offers spectacular views of Morialta Gorge's towering cliffs, the Adelaide Plains, the city and the coast as well as providing views of the First Falls, which flow in autumn and winter. This loop trail is 2.5 km long, and takes up to 1.5 hours. As you can see from the photo, Morialta is a stunning, and convenient, place to **be active**!

Visit the **be active** website and check out Trails SA's 40 Short Walks publication.



Physical Activity and FALLS

Falls are a particular problem for people over the age of 65 years. In fact, one third of people in this age group suffer injuries from falls ranging from minor bruising to broken bones and even death. It is also a significant cause of acquired disability and loss of confidence.

Did You Know?

- Falls can result in serious injuries which reduce your mobility and independence.
- Only a small proportion of falls are caused by tripping, slipping or 'not being careful' – MOST are the result of health or lifestyle factors.
- Falls can be prevented.

Falls prevention is about realising that you can influence your own mobility and independence.

Falls Can Be Prevented!

For more information about falls prevention, visit:
www.activeageingsa.net.au/welcome.html
www.health.sa.gov.au/healthy-ageing-nutrition

The Value of Physical Activity

Societal trends and general ageing processes can cause significant decreases in people's physical activity levels. A lack of physical activity can cause stiff joints, weakened muscles and poor balance, which can lead to an increased risk of falls. Simple everyday recreational physical activities such as walking, gardening, vacuuming, bowls, and Tai Chi can assist maintenance of muscle strength and balance, and significantly reduce the risk of falls.

All adults should aim for 30 minutes or more of moderate intensity physical activity on most days, remembering that more is better. Start slowly and build up gradually. Talk to your doctor, drink plenty of water and stretch your muscles before and after exercise.



be active in SA

Spring/Summer Activity

Night bowls



Lawn bowls, perceived by many as a sport for the mature aged, is fast gaining popularity with all age groups through the introduction of 'night bowls' - a sport proving to be a huge hit with social groups, younger people, and families. Welcoming to any age and ability, it's no wonder people are heading down to their local club to tackle the greens.

Another great part of night bowls is that you do not need to be a bowls expert to get involved, as there are plenty of friendly club members who are willing to show you the ropes, and no uniform is required to participate, unless you want to don on the whites!

Night bowls varies between clubs, but it is low cost and the bowls are provided so there is no need to purchase any equipment. So why not make the most out of your nights, be active and enjoy the company of family or friends over a fun game of bowls.

For more information, contact Bowls SA on 8234 7544 or email bowls-sa@bowls-sa.asn.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.

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