

be active.

NEWSLETTER EDITION 3 2008

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FOREWORD

Well, the Beijing Olympics are over. Football jumpers, netball skirts and hockey sticks have been put away and our thoughts have turned to lazy days on the beach, backyard barbecues, and relaxing on the couch watching cricket and tennis on the television. Summer is a season enjoyed by most people regardless of their age, and with the extended daylight saving period introduced for the first time, we have even more opportunities to pursue of a range of activities that will contribute to either a healthier lifestyle or a more sedentary way of life.

Whatever summer means to you, there is no doubt that it provides a challenge to each of us to either go down the physical-activity path or to become a member of the 'couch potato' group. This edition of the newsletter highlights examples of individuals and organisations which have chosen to take the physical-activity path because they

have recognised the benefits such a decision can make to their lives.

While the stories shared in this edition are 'locally grown', they are representative of the same issues and programs throughout Australia. Recently, I was invited to attend a national community sport forum in Canberra coordinated by the Australian Sports Commission. The purpose of the forum was to gather the ideas and thoughts from participants from all across Australia who were representative of the myriad of organisations that conduct, coordinate and deliver sport and recreation programs to Australians of all ages. The federal government, through Federal Minister for Sport Kate Ellis, believes we need a new direction for how we support elite sport and the manner in which we use sport to boost participation and physical activity to help build a healthier nation.

The message from this forum was that every person, everywhere in Australia should have access to an affordable and safe opportunity to participate in community sport.

What we need is a community model for sport that will allow us to achieve this vision, but, more importantly, we need a community model for physical activity in general, as sport is only one avenue that people might choose.

I am excited that the South Australian Government, through the work of the Physical Activity Council, is working in partnership with government and community organisations to try and find solutions to address the many challenges that confront us in trying to create a society where participation in physical activity becomes a high priority.

Jeff Dry
Chair - South Australian
Physical Activity Council

HEALTH

Cycling, Health and the Environment

The health costs of inactive lifestyles, the environmental costs of pollution, and the economic cost of rising oil prices are all adding up to make cycling – for pleasure or transport – an increasingly attractive prospect. But, is enough being done to support this healthy choice?

The quotes below highlight the importance of creating supportive environments that create more everyday opportunities for people to **be active**.

"In order to ensure that the next generation of South Australians has high health expectancy, action is needed both on the classic determinants of health – such as equity and education – and on the 21st determinants, such as the obesogenic environment. There needs to be a strong focus on environmental change approaches that address our way of life."

Ilona Kickbusch, 13th Adelaide Thinker in Residence, 2007

"...organisations at all levels, and across the transport, urban planning, health, tourism, education and environment sectors, need to work together with industries, including bicycle industry, retailers, health professionals, educational institutions and other major travel trip generators to reallocate road space to walking, cycling and public transport, and to change our culture of car dependency."

Dr Mukesh Haikerwal, then federal AMA president, 2005

"...it is imperative that new suburbs are planned with active transport in mind, so that bike routes are laid down when the streets and sewers are mapped out."

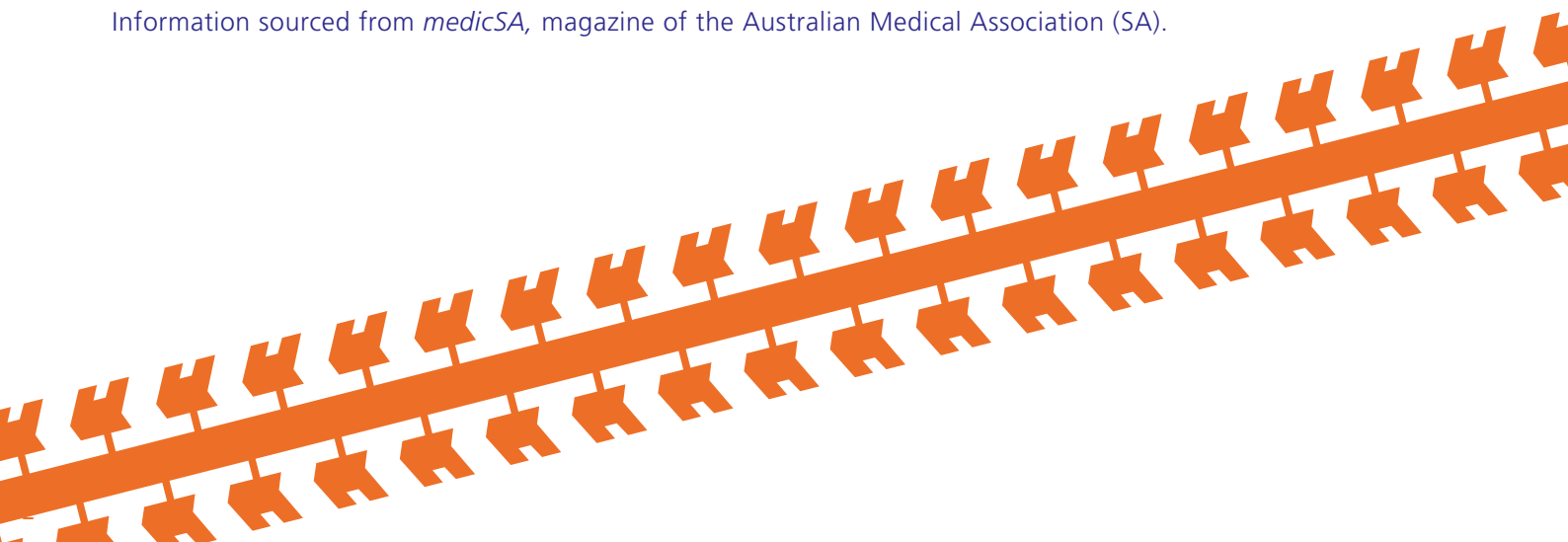
Senator Penny Wong, Minister for Climate Change and Water, 2007

"Cycling is a carbon neutral, petrol-free form of transport; simultaneously helping Australians fight climate change and reduce fuel costs... Creating more cycle friendly communities can also play an important role in creating better places to live, work, raise a family and grow old."

'Cycling: Getting Australia Moving', the Cycling Promotion Fund, 2008

More information about cycling can be gained from the Cycling Resource Centre at www.cyclingresourcecentre.org.au

Information sourced from *medicSA*, magazine of the Australian Medical Association (SA).



EDUCATION

23,524 Take Up the Challenge

The Premier's **be active** Challenge has gone from strength to strength in 2008. Following the inaugural year in 2007 with 7457 completions from 141 schools, this year the program has trebled in numbers, with 23 524 completions from more than 250 schools.

Fifty of the state's high achieving schools were presented with a certificate and physical activity equipment to the value of \$1000 at the Premier's Reception at ETSA Park on 7 November 2008. The Premier was joined on the day by the Minister for Education and Challenge ambassadors. Challenge ambassadors will be visiting schools throughout November and December to present awards to students and to encourage them to maintain their physical activity behaviours.

Presentations began in the Riverland with Paralympian Katrina Webb. Katrina presented awards at Riverland Special School, Renmark Primary and Junior Primary and Cobdogla Primary. She also spoke with students about the importance of physical activity in daily life and how it can allow them to achieve so many things, including meeting people, making friends and living a happy and healthy life. Katrina also reinforced that everyone has the opportunity to **be active** regardless of their abilities and that students should take every opportunity they can to be involved in an active life.

Contact Mark Williams or Leah Cassidy on 8226 4308 / 8226 4386 for more information.



Photo supplied by the Murray Pioneer

be active PE Week

be active Physical Education Week 2008 was held from 10-14 November during week five of term four. The message promoted during the week was that becoming an educated nation, comprising active and healthy young people, is the best investment we can make for the future.

The week provided an opportunity for students, teachers, parents and other members of the community to participate in physical activity and to reinforce the benefits of regular exercise along with the skills and habits that are formed through quality physical education/activity programs. Many state sporting and recreation associations and local clubs were involved in localised come-and-try days.

In 2008, more than 50 000 students from approximately 200 schools in South Australia were involved in the week.

Some highlights of the schools' involvement were:

- The Yankalilla Area School organised a fantastic come-and-try day for Southern Vales and Fleurieu schools, linking schools with local clubs, facilities and community representatives. There were 14 different sports and physical activities offered.
- Port Lincoln Special School was involved in a celebratory PE Week activity on the Eyre Peninsula. Working with other small schools in the area, the Port Lincoln Special School featured activities such as table tennis, gymnastics, lawn bowls and hockey. Port Lincoln School has also undertaken the Premier's **be active** Challenge in 2008 and celebrated this achievement during PE Week.

be active Physical Education Week, coordinated by ACHPER (SA), offered South Australian school communities the chance to celebrate the importance of active and healthy living in our community.



be active TIPS

Dealing with Setbacks

Regular physical activity is important for everyone, but once you start to **be active** regularly you may find that something comes up that interferes with your routine. That's okay. The key is to treat these setbacks as temporary and to get going again as soon as you can.

When facing setbacks it might help to:

- Review the times that you are being active – are they practical?
- Try a new activity if you are battling with boredom.
- Set some new short-term goals if your routine has been broken.
- Use breaks like holidays to **be active** in different ways.
- Remember that physical activity can help beat the barriers of tiredness and stress.
- Find a friend with similar interests.

For more **be active** tips you can download the **be active** getting started booklet from the publications page of the **be active** website, or order multiple copies from the merchandise page (www.beactive.com.au).



Stroll with a Stroller

It is vitally important for mothers and babies to get out and about and lead active lifestyles right from the beginning. Role modelling an active lifestyle is crucial for the next generation and one of the most important things we can do for our children.

Pram walking groups are a great way to **be active**, meet other new mothers and have fun! Set aside 30 minutes a day, organise a group, choose a suitable walking route that is pram friendly and finish off with a treat like a picnic or coffee. If organising a pram stroll seems a little daunting, why not visit your local early childhood development centre

(www.childrenscentres.sa.gov.au/pages/childrenscentres/home), library or community and neighbourhood centre (www.canh.asn.au) and ask if there are any groups of mums getting together for pram walking in your local area.

For more information, you can download the Stroll with a Stroller guide from the publications page of the be active website (www.beactive.com). It provides a step-by-step guide to setting up a pram-walking group.



NEWS & EVENTS

Mid North *be active* Sports Libraries

It's now easy to **be active** in the Mid North with the opening of five **be active** sports libraries throughout the region. The concept provides the public with an opportunity to borrow a range of sport and recreation equipment otherwise inaccessible to them.

The wide range of equipment on offer at the libraries caters for everyone, including children, teenagers, adults, families and grandparents.

Available equipment includes:

- basketballs
- netballs
- footballs
- soccer balls
- rugby and grid iron balls
- tennis racquets
- badminton sets
- totem tennis sets
- softcrosse sticks
- golf putting kits
- pop-up soccer goals
- bocce sets
- cricket sets
- frisbees
- baseball gloves and balls
- exercise DVDs and mats

Five **be active** sports libraries are operating throughout the region:

- Port Pirie Public Library - Ph: 8632 1649
- Flinders Mobile Library - Ph: 8662 2305
- Jamestown School Community Library - Ph: 8664 2713
- Peterborough High School and Community Library - Ph: 8651 2523
- Orroroo Health Centre - Ph: 8658 1222

*For more information, contact your local participating library or health centre or email Brad Breeding, Mid North **be active** Field Officer at bbreeding@pirie.sa.gov.au*



Port Lincoln Finds its Sports Ability

The positive impact of sport for people with disabilities was evident during an Office for Recreation and Sport (ORS) visit to Port Lincoln. Disability Education Officer Carolyn Pickering ran Sports Ability and Sports Connect sessions for an excited group of parents, students, disability agencies and sport organisations at the baseball club at the Ravendale sports complex.

Sports Ability is a sport program for people with a disability. According to Carolyn, parents at Port Lincoln said that Sports Ability was exactly what they have needed for a long time. They also said that having the opportunity to share such a positive experience with their child was priceless.

"The sessions were designed to support the community-driven idea of setting up an after-school program utilising Sports Ability, and in the long term to build in links to sports such as gymnastics, baseball, athletics and table tennis for participants," Carolyn said.

"As a first-time presenter of Sports Ability, I was overwhelmed at the excitement and joy from both parents and their children as they participated in a variety of activities."

Carolyn said the long-term aim through the Sports Connect framework is to build links from this group to other sports in Port Lincoln. The ORS will work with state sporting organisations, **be active** field officer Mark Fisher, and the local community in building an inclusive community hub in Port Lincoln.

For more information about Sports Ability contact Tara Andrews on 7424 7792 or email andrews.tara@saugov.sa.gov.au



Skoda Breakaway Series

The Tour Down Under is now the first event on the UCI Pro Tour Circuit. Participants can ride the same route as the professionals in the Skoda Breakaway Series, which includes the Mutual Community Challenge Tour held during Stage 4 of the Tour Down Under and the Mutual Community mini tour for kids held prior to the Down Under Classic.

There are three distance options to choose from for The Mutual Community Challenge Tour on Friday 23 January. It's a challenge, not a race, with the ultimate satisfaction coming from riding under the official finish arch. Riders can form a team of five or more and keep track of each other along the way. The event also forms the second leg of the Mutual Community Double Challenge. Participants in both *The Advertiser* City to Bay and Mutual Community Challenge who register for the Double Challenge go in the draw to win a trip for two to France to see the Alps to Paris leg of the Tour de France in 2009 or a trip to London to see or compete in the London marathon!

For the Mutual Community mini tour for kids on Sunday 18 January, children will be split into two age groups, 6 to 8 and 9 to 12 years, with each age group getting 20 minutes to ride as many laps of the special mini tour track as they can. This is their chance to show off their cycling skills while being cheered on by the Tour Down Under crowd lining the track.

For more information on both events and to register visit www.tourdownunder.com.au/2009/?q=Skoda+Breakaway+Series



Nunga Little Athletics Championships

More than 550 indigenous children from across the state recently took part in the Nunga Little Athletics Championships held at Santos Stadium. The children participated in have-a-go sessions in the morning, with the championships being held in the afternoon. The fact that there were showers throughout the day didn't stop any of the children from participating in any of the events, which included the 100m sprint, long jump, shot put and sprint relays. Tiny Totts activities were also held on the track and field area. Federal Minister for Sport Kate Ellis attended the event, accompanied by State Minister for Youth Paul Caica. At the end of the day all the participants were rewarded with a **be active** show bag.

Contact Jeremy Johncock on 7424 7607 or email johncock.jeremy@saugov.sa.gov.au for more information about the Indigenous Sports Program.



Photo supplied by Jo Day

World Tennis Challenge (WTC) *be active* Challenge



WTC participant and 1987 Wimbledon Champion Pat Cash

The WTC *be active* Challenge is aimed at becoming the world's largest tennis participation event. Hosted by Tennis SA and Tennis Seniors SA, the *be active* Challenge will see more than 2000 people converge on Adelaide to take part in a variety of competitive and social tennis events. The Challenge will be open to people between the ages of five and 85 and will run from 7-16 January 2009.

The events will include the City of Salisbury \$10 000 Australian Money Tournament, featuring the next generation of international players, and the WTC Lord Mayor's Cup, which will feature both competitive and social doubles divisions for players of all ages and abilities.

And, of course, there is the Australian Seniors Team Tennis Championships, which features a four-person teams events for players aged 35 years and older. The week will be the biggest tennis participation event on the Australian tennis calendar in 2009 and will feature Australia's newest tennis event, World Tennis Challenge, over three nights from 14-16 January 2009.

During these three days and nights, fans and players in the WTC *be active* Challenge will be able to watch some of the legends of the sport take to the court with some of the current ATP players. Each night there will be the opportunity for players to meet and mingle in the WTC players' village on the fringe of the River Torrens and soak up the atmosphere of a world-class event.

For more information visit www.worldtennischallenge.com/active.html or contact participate@worldtennischallenge.com

2009 Brighton Jetty Classic

The Channel 7 Brighton Jetty Classic is being held on Sunday 1 February 2009. It is the largest ocean swimming event in South Australia. In 2008, 1200 swimmers entered the event. Prizes are awarded for all events, with cash prizes for the Channel 7 Brighton Jetty Classic Open 1500 Event and the Wallspan Kitchen Connection Fast Lap. For more information visit www.brightonjettyclassic.com

The *be active* open water swimming program runs as a lead up to the event from November through to January. Participants between ten and 70 years of age are encouraged to join in and *be active* as they are taught the skills to swim in the open water events (400m or 1500m) at the Brighton Jetty Classic.

All participants need to be able to swim; however, level of ability will be different for everyone. These sessions commence on Saturday 1 November 2008 and will be held every Saturday through to 31 January 2009. The sessions start on the beach at 2.45pm and finish at 3.45pm. Participants are also encouraged to participate in the 4 o'clock swim event, which is coordinated by the Brighton Surf Life Saving Club.

For further information about this program, please contact the *be active* coordinator for the Brighton Jetty Classic on 0422 928 733.



Introducing Gavin Wanganeen- Ambassador for Youth Opportunity



In my new role as the Ambassador for Youth Opportunity, I will be working with the state government to promote a healthy lifestyle and positive life choices for young people. In particular, I will be supporting programs and initiatives in the areas of health and wellbeing, economic and financial literacy, learning and earning, public safety, civic responsibility and leadership.

My involvement with young people will extend beyond the realm of sport, recreation and physical activity, but, as you can imagine, I am passionate about the importance of keeping active and its place in a healthy lifestyle.

This column will become a regular feature of the **be active** newsletter and will discuss important events or issues related to young people and their engagement in physical activity.

I can personally attest to the contribution sport has made to my life. As an elite Australian Rules footballer, I was fortunate to be able to pursue sport as a career, but you don't have to be in the AFL or in the Olympics to benefit from being physically active. Since my retirement from the AFL, I've played soccer. I'm in a team with my mates. While having fun, I'm keeping myself fit.

I also make sure I spend lots of time outside with my children, running around, kicking the football or just generally being active. It's important for them to **be active** and for me to lead by example.

As Ambassador for Youth Opportunity, I will be actively encouraging the young people I meet to join a team, go to a gym, or go for a bike ride or a walk. My message will be that it really doesn't matter what you do or at what level you do it at, just make sure you make regular physical activity a part of your life. You'll be the winner in the long run.

Variety SA Kickin4Kids Program

Variety SA's Kickin4Kids is a 12-month program designed to raise money through a number of exciting initiatives for children in need in South Australia. In 2009, Kickin4Kids will include a schools kickathon.

The schools kickathon, which is suitable for children from reception through to year 12, encourages students to kick a ball in pairs between each other (Aussie rules or soccer) for good health and raise sponsorship money per kick for Variety.

Students will seek sponsorship through their communities with each successful kick raising money for children in need. Schools will have up until the end of term 2 (3 July 2009) to run their kickathons. The school that raises the most money will win \$5000 for new sporting equipment and receive the opportunity to run onto AAMI stadium pre-match at a Crows v Power Showdown game! The top three fundraising schools will be presented with a framed guernsey signed by the Crows or the Power players and five new footballs. The official launch will take place in February 2009. For more information visit www.varietysa.org.au



Andrew McLeod (Adelaide Crows) and Troy Chaplin (Port Power) with Variety recipient Daniel.

2008 City to Bay Attracts Record Numbers

A record 28 769 entrants made this year's City to Bay the biggest in the event's history. As many as 50 000 people gathered at the Glenelg foreshore after the run in 21°C weather to mingle with participants who crossed the line running, walking, in wheelchairs and pushing prams. Organisers hope the completion of roadwork on South Road will allow more runners to take part and push entries beyond the 30 000 mark next year.

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Spinefex Sports Carnival

In early September, Kane Harrison from the ORS travelled to Oak Valley in the Maralinga Lands with Indigenous Sports Officer Jack Johncock to help conduct the 2008 Spinefex Sports Carnival. This annual carnival brings indigenous students together from across the area for two days of sports and activities. Students from Yalata and Oak Valley primary schools showed off their talents in a range of sports including football, netball, soccer, hockey and athletics. Most of the events were conducted on dirt grounds and played barefoot.

The carnival was a great opportunity for Kane to admire the athletic talent of the children participating. It also gave him a chance to talk to the students and school leaders from the Yalata and Oak Valley primary schools about **be active** and to learn about the issues facing the region. "The kids are very active. The challenge is maintaining that level of activity as they get older," Kane said.



2008 *be active* Recreation and Sport Industry Awards

The 2008 *be active* Recreation and Sport Industry Awards were presented on Wednesday 5 November. The awards recognise and reward the achievements and innovation by individuals and organisations that promote good practice across the South Australian sport, outdoor recreation, community recreation and fitness sectors.

The awards aim to stimulate the sport, active recreation and fitness industries to adopt innovative and effective practices that will improve their performances and the quality of their services. They also provide the opportunity for organisations of all sizes to reflect on their past and current achievements and to set the scene for future development.

Exercise and Eating Well Makes a World of Difference



The Australian Government Department of Health and Ageing recently funded the Multicultural Communities Council of SA (MCCSA) to run Exercise and Eating Well Makes a World of Difference, a Healthy Active Australia Community and School Grants Program for youth in the South West Region of Adelaide.

In the first stage, MCCSA worked with students from schools in the Marion Alliance: Ascot Park, Clovelly Park, Forbes and Marion primary schools. The students identified healthy aspects of nutrition and physical activity brought to South Australia by culturally and linguistically diverse

The winners were:

1. The Minister's Award for Recreation and Sport: **Bicycle SA**
2. *be active* Award for Community Physical Activity Initiatives: **Enfield City Soccer Club**
3. The Messenger Community Newspapers Volunteer Management Award: **SMOSH West Lakes Junior Football Club**
4. Organisational Management Award: **West Croymden Junior Football Club**
5. Safety Initiatives Award: **Sports Medicine Australia - SA Branch**
6. Event Award: **Victor Harbor Triathlon and Fun Run/Walk**
7. Innovative Programs for Specific Population Groups Award: **Royal Life Saving Society - Australia (SA Branch)**
8. Creating Elite Pathways Award: **Surfing SA**
9. Recreation and Sport Education Award: **Salisbury High School**
10. Facility Award: **Northern Areas Council**



Winners of the Minister's Award for Recreation and Sport: Bicycle SA

communities. They used this information to develop practical strategies to encourage other youth to adopt healthy lifestyle practices. These schools respectively selected the Greek, Sierra Leonean, Indian and Lebanese communities.

The students picked one food and one activity from their selected community and showcased their findings at an expo in the Cooina Neighbourhood Centre in June 2008. They also used the project website (www.multiwebsa.org.au/exerciseseatwell) to present their information and key messages and to encourage interaction with a wide audience.

SA More Active, Women Lead the Way

The release of the 2007 Exercise and Sport Survey (ERASS) Annual Report shows 515 000 South Australians (or 41.2%) aged 15 years or older participated in some form of exercise recreation or sport regularly (at least three times per week) in 2007. That represents an increase of 33% (128,000) more South Australian's being regularly active than in 2001 when the ERASS report was first commissioned.

The report also brings into question the popular stereotype that sport (including exercise and recreation) is a male-dominated pastime. For regular participation, women (45.6%) were well ahead of their male counterparts (36.7%). This was particularly apparent in the middle-aged years (35-54) when women were up to 50% more likely than men to participate in some form of physical activity.

The most popular organised activities were aerobics and fitness, netball, Australian football, golf, tennis and basketball.



The most popular non-organised activities were walking, aerobics and fitness, cycling, swimming, running and bush walking.

WORKPLACE

be active @ Work Posters



be active has produced a range of posters as part of its **be active** @ Work program. The posters are designed to target inactive office employees, but the series aims to be expanded to include other industries. The posters encourage employees to:

- ride to work
- walk to work
- take the stairs instead of the lift
- see small trips around the office as an opportunity
- participate in active recreation and sport outside of work
- take an active lunch break.

If you would like to order any of these posters, visit the merchandise page of the **be active** website and download the merchandise/resource order form. If you have any ideas for the poster range to be expanded, email your comments to beactive@saugov.sa.gov.au

Global Corporate Challenge

The Global Corporate Challenge is a corporate health and wellbeing initiative developed specifically for the workplace. It aims to increase staff fitness, promote teamwork, foster positive competitive spirit and support workplaces to **be active**. Participants record their daily walking levels from a pedometer and every step moves them further along a virtual walk around the world. During their travels, participants interact virtually with each location, its customs, facts, foods, politics and famous locals.

To start planning your company's involvement in 2009, visit www.gettheworldmoving.com or call 1300 000 GCC (422)



ACTIVE TRANSPORT

Travelling Smart in the Warmer Months

Now that the weather is getting warmer and the days are becoming longer, it's time to start thinking about getting outside. For many of us, our bicycles and trainers haven't seen the light of day for the past four months, so the entire notion of walking or cycling to work seems to be an onerous task. The TravelSmart team can help South Australians cross that barrier and get back into sustainable and healthy habits. It has a number of resources and maps available to help individuals plan their ride or walk to work. The team can also provide invaluable tips to make sure that everyone arrives at their destination safely, easily and on time. For further information visit the TravelSmart website at www.transport.sa.gov.au/environment/travelsmartsa/index.asp or contact the TravelSmart team at 8226 8222 or email travelsmart.sa@saugov.sa.gov.au



TRAILS

Monarto Zoo – More Than Just a Bus Tour



Monarto Zoo now boasts a network of approximately ten kilometres of walking tracks meandering through the magnificent native bushland and wildlife. The tracks take visitors to a variety of viewing platforms that provide glimpses of giraffes, rhinos, cheetahs, lions and African dogs. Monarto is no longer just a place experienced by bus; the track network provides a great opportunity to actively experience the zoo. Tracks are graded easy to moderate and will accommodate robust pushers.

The latest addition to the visitor experience is a spectacular lion and African dog viewing platform and an expansion to the zoo's walking track network to reach the platform. Monarto Zoo is open every day from 9.30am to 5.00pm. For more information, telephone 85344100 or visit www.zoossa.com.au/monarto-zoo



Take every opportunity to **be active.**



www.beactive.com.au

Email your feedback to beactive@saugov.sa.gov.au