

be active in SA

LOCAL GOVERNMENT

be active Dog Leash Promotion

Over 20 South Australian councils have become involved in a **be active** dog leash promotion to increase awareness of local, physical activity opportunities and promote the importance of being active. When registering their dogs, many residents have received a complimentary **be active** dog leash as well as a fact sheet highlighting physical activity opportunities in their local area, such as dog parks, ovals, sporting clubs and walking groups.

It's A Sporting Chance

As part of the 'A Sporting Chance Project', newly arrived migrants and refugees are benefiting from professional coaching at Enfield City Soccer Club. Funded by the Office for Recreation and Sport (ORS), and Lutheran Community Care, the project has provided young people from a variety of cultural backgrounds with the opportunity to participate in organised sport – the first experience for many to train in a formal sporting club environment.

The ten week program aims to develop the skills of the group and prepare them for trialling with clubs for the 2007 soccer season. Ranging between 6 and 20 years of age, there's plenty of talent on show each Wednesday evening.

The program has been developed through a partnering arrangement with the City of Port Adelaide Enfield, Lutheran Community Care, Enfield City Soccer Club and ORS. A Sporting Chance's Coordinator, Joe Tugaraza, says, "The response from young people and their families has been very encouraging so far.

The main thing is that this program is breaking down all the barriers – we have participants from all over Africa, Afghanistan and Australia... and the doors to a local soccer club have been opened...talking about settling in a new country...this is one of the best ways."

'Gym Works' - Cleve Community Fitness Gym

'Gym Works', the Cleve community's newly established fitness gym, opened on 26 May 2006. This gym was set up by Cleve Sporting Bodies Inc after receiving a 'Move It! Making Communities Active' grant from the Office for Recreation and Sport.

Located in the over 50 years old Cleve Football Club change rooms, Gym Works provides an alternative form of physical activity for the community to which they previously did not have access. Regardless of age or ability, users can utilise clubrooms, toilets, playgrounds and exercise in a central and safe environment. A part-time instructor has been instrumental in promoting and educating the community on the benefits of accessing the gym, and a crèche is provided to encourage mothers to get involved also.



Membership has grown to 230 with an average of 35 persons attending daily. Interestingly, females have really embraced the opportunity to use the gym and currently make up 71% of members.

The community has worked hard to ensure the success of the gym. Local businesses and volunteers, physios, doctors and Eastern Eyre Health have all offered their support. Establishment of the gym has brought the community together and acts as a great social environment in which to **be active**.

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be active at the Royal Show

Thousands of visitors at this year's Royal Adelaide Show learnt about the importance of being active, and the many opportunities to **be active** in SA, at the **be active** stall located in the Jubilee Pavilion.

The State's physical activity message was promoted to a wide range of interested show-goers including young children, parents, school groups, those with a disability and older adults. The message was very well received and many left with valuable information about being active or information linking them to local physical activity opportunities. For the first time, **be active** ran two competitions for school children who had to answer two simple questions about being active to be in the running to win one of five **be active** packs, or a 'Bikeboard' plus helmet. A total of more than 1,000 entries were received.

Payneham Table Tennis Academy

The 2006 **be active** Recreation and Sport Industry Awards were held at AAMI Stadium in June. The winner of this year's **be active** Award for Community Physical Activity Initiatives, which recognises an initiative that increases opportunities for participation in sport, active recreation or fitness by the wider community, was the Payneham Table Tennis Academy.

As with many clubs, members join for a number of reasons, whether it be participation, social contact, competitive rivalry or simply to just have fun. The Payneham Table Tennis Academy has struck the perfect balance in regards to this, offering all of the above, and as a result has increased their membership base from just 60 members to an amazing 366 regulars!

This is a wonderful example of a low cost, volunteer-based club, attracting both junior and senior members to come along and **be active** no matter what their motivation.

To find out more about the Payneham Table Tennis Academy, call them on 8332 3676.



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EDUCATION

School Holiday Clinics

Children can keep active over the school holiday periods through the wide range of activities available at the 2006 School Holiday Sports Clinics. Running each school holiday period, many activities are offered to the whole family at very affordable rates. For more details, look under the "Events" page on the **be active** website www.beactive.com.au

Schools Recognise Parents and Carers as Important Supporters of Children and Young People's Physical Activity

In response to growing community concerns regarding physical inactivity, schools, teachers and carers are acting to create more opportunities for children and young people to be physically active. Initiatives in the school sector such as be active – Let's go, school sport, swimming, and quality physical education programs, are now beginning to have a positive impact on young people's participation in physical activity.

Many schools are now recognising the increasing importance of parental support for children's and young people's continued participation in physical activity. It is essential that the home, school and community agencies all work together to support young people's on-going participation.

So what role can parents play? Here are some suggestions to help parents promote physical activity:

- Set a good example by being physically active yourself.
- Encourage children and young people to be physically active at every opportunity.
- Play and be physically active with children and young people.
- Introduce children and young people to sports and recreation opportunities in your community.
- Teach children and young people safety rules.
- Be an advocate for convenient, safe, and adequate places for children and young people to play and take part in physical activity programs.
- Encourage school and community leaders to support daily physical education and other programs that promote lifelong physical activity, as well as competitive sports.
- Encourage children to be involved in school and community organisations such as sporting clubs and recreational groups.
- Encourage children and young people to volunteer in the community.

A useful resource for parents can be found at: www.VERBparents.com.

HEALTH

Launching Healthy Weight

The South Australian Government is serious about reducing the number of South Australians who are overweight or obese, increasing levels of physical activity and helping people to eat healthier foods. Evidence of this is the recent launch of the Eat Well **be active** Healthy Weight Strategy for South Australia 2006-2010.

The Strategy, launched on Friday 11 August 2006 by the Minister for Health, John Hill, emphasises the importance of government and non-government organisations working together to promote healthy weight for children, adults and families.

Increasing the number of people who are physically active in South Australia is a key objective of the strategy.

Eat Well **be active** outlines some key actions for 2006 to get the ball rolling. Physical activity features heavily in this plan - we all know that keeping fit and active plays a key role in maintaining healthy weight and a healthy lifestyle.

The new Strategy was developed by an across-government taskforce to improve the health and wellbeing of South Australians. The aim is to reduce obesity by 10% over 10 years, a target identified in South Australia's Strategic Plan.

Copies of the Strategy can be accessed at www.health.sa.gov.au/pehs/health-promotion.htm or by emailing the SA Department of Health, Health Promotion Branch at hpb@health.sa.gov.au.



Physical Activity in the Workplace

Is Your Workplace Cycling Friendly?

Businesses around Adelaide are being encouraged to become cycling friendly as part of a State Government initiative that provides benefits to both employers and their staff.

Road Safety Minister, Carmel Zollo, has released 'Creating Cycling Friendly Workplaces' a free brochure designed to assist businesses to promote cycling amongst their employees and provide adequate cycling facilities.

Cycling offers many health benefits, is good for the environment and is an enjoyable way to get to work, particularly as the weather gets warmer. Not only can employers expect a happier and more productive workforce, employees can look forward to saving money and improving health and wellbeing.

Whilst it is important to promote the benefits of cycling, many workplaces simply don't have a secure place for employees to store their much loved bicycles. Those who ride a short distance to work need secure bicycle parking; others who ride further also appreciate showers, lockers and changing facilities. Businesses are being encouraged to promote cycling for its many benefits and provide adequate facilities for their employees. Providing these facilities at the workplace is a small price to pay for a healthier, happier and therefore more productive workforce.

Creating Cycling Friendly Workplaces can be viewed at: www.transport.sa.gov.au/personal_transport/bike_direct/index.asp.

Phoenix be active Workplace Physical Activity Pilot Program

In partnership with the Office for Recreation and Sport, the Phoenix Society is conducting a Workplace Physical Activity pilot program.

The program, which commenced at the Phoenix Society's head office in early August, aims to increase awareness of community activities and opportunities for people with a disability to be physically active. The program promotes the importance of maintaining an overall healthy lifestyle and highlights the benefits of being physically active, not only from a health perspective, but also from a social aspect.

After consultation with employees, six sets of five-minute exercises have been custom designed for the

staff at their Torrensville facility. All Phoenix employees are participating in five minutes of stretches and movements twice a day. This has already had a positive effect on everyone at the Phoenix Society, with some continuing the exercises at home in their own time with family and friends.

Because of the positive impact this program has had on the individual, staff morale, and productivity, it is intended that the initiative will be introduced to the remaining metropolitan and regional Phoenix sites.

Royal Adelaide Hospital Workplace Physical Activity Pilot Program

A Workplace Physical Activity pilot program is being implemented with fifteen South Australian organisations to increase the physical activity levels of workers, both within and outside the work environment.

The Royal Adelaide Hospital (RAH), one of the largest organisations involved in the program, employs approximately 5,000 staff. In order to increase the physical activity levels of their staff and reduce lift waiting time for patients and less-abled people, the RAH has implemented a stair intervention facilitated by the Patient Pathways unit.

This intervention includes:

- Lift stickers placed in very close proximity to the lift to promote stair usage;
- Signage indicating the route to the stairwells;
- Stairwells adorned with motivational posters on landings to encourage continued use; and
- Staff members given physical activity reminders on payslips and progress reports on the intranet.

So What Have The Results Been?

Data was collected using door counters, and a comparison between baseline data and the intervention period, indicates a 58% increase in stair usage. Overall – a very encouraging result.

Also encouraging is that anecdotally the RAH showed improved patient flow and decreased waiting time for patients to use lifts since the **be active** intervention program was introduced.

If you are interested in finding out more about workplace physical activity, visit www.beactive.com.au

Kidman Trail

The Kidman Trail is named after Sir Sidney Kidman, one of South Australia's famous and prominent local pastoralists and horse breeders. The trail has been designed to provide a variety of trail experiences linking with existing facilities, townships and tourism enterprises. Most of the Kidman route is primarily on rural roads, road reserves, forestry land and public land.

The Kidman Trail, which can be enjoyed by horse riders, cyclists and walkers, links the Southern Vales to the Barossa Valley in the Mount Lofty Ranges, a distance of approximately 200kms. The first stage, Willunga to Echunga is completed and supported by maps, signage and accommodation options. When complete, the Kidman Trail will converge with two other well-known trails, the Heysen and Mawson, at Kapunda.

The development of this trail has been dependent on partnerships with seven Local Government agencies, Horse SA, Forestry SA and the Office for Recreation and Sport.

The existing South Australian network already covers more than 6,000 kilometres over a diversity of landscapes. The addition of the Kidman Trail complements South Australia's existing network and offers a greater variety of trail experiences to locals and visitors.

Maps are available from Horse SA, contact 8294 2460 and outdoor retailers.

Visit www.southernaustraliantrails.com for information on more trail experiences in South Australia.

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Spring Activity Tips

Don't you just love spring? Butterflies, flowers and most importantly playing outside and enjoying physical activity... What could be better?

For good health, adults should find 30 minutes or more of moderate-intensity activity a day, most days of the week; and children and younger people should get 60 minutes or more each day. These tips show how easy and fun being active is, especially in spring:

Week 1

- Sunday:** Go on an active outing with your family or friends - why not pack a bat and ball or racquet?
- Monday:** Whenever possible, walk to work or to the bus or train to get to work.
- Tuesday:** Take an after-dinner walk with a family member, friend, or pet.
- Wednesday:** Take up a new active pastime like tennis or squash.
- Thursday:** Get some fresh air and take a walking break when you need a pick-me-up at work.
- Friday:** Keep a pair of comfortable shoes in your car or office so that you'll always be ready for action.
- Saturday:** Enjoy your favourite sport - play cricket, soccer, softball, tennis, swimming or lawn bowls.

Week 3

- Sunday:** Go for a bush walk or make a date out of it with a friend.
- Monday:** Do some work in the garden to keep it looking good!
- Tuesday:** Try a new active game like paintball.
- Wednesday:** Learn how to dance, sign up for a class with your partner. Or go solo - it's a great way to meet new friends.
- Thursday:** Go for a short walk or jog before you get ready for work if you have to drive to get there.
- Friday:** Play active games with your kids or your friend's kids.
- Saturday:** Mow the lawn or rake leaves instead of having someone else do it.

Week 2

- Sunday:** Join a gym that's near your house or on your way to work.
- Monday:** Catch your favourite show while walking on a treadmill or riding a bike or other exercise machine.
- Tuesday:** Take your dog or a friend's dog for a walk after work.
- Wednesday:** Do some squats, stretches and push ups while watching the TV.
- Thursday:** Buy roller blades for yourself and the whole family.
- Friday:** Do community service that involves being active, like coaching or officiating a sport.
- Saturday:** Sign up for a fundraising activity like a walk or run for a good cause.

Week 4

- Sunday:** Go for an adventurous bike ride and discover a local trail.
- Monday:** If you rent a movie, go for a walk to pick it up.
- Tuesday:** Tackle some housework with vigour.
- Wednesday:** Do sit-ups during commercial breaks.
- Thursday:** Sign up for an exercise class like boxing, aerobics, or stretching with a friend or partner.
- Friday:** Use the stairs instead of the elevator or escalator.
- Saturday:** Use weekends and holidays to try new activities like kayaking, skiing, canoeing, and scuba diving.

www.5aday.gov/news/springmediakit/sp_phys_tips_pr.html

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!

Send 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.