

FOREWORD

Welcome to the autumn edition of the **be active** newsletter - our first for 2006! So much has happened with **be active** already this year. A new Physical Activity Council was appointed late last year and has already begun to direct an exciting new phase in the challenge to make South Australia a more active State. South Australians can be confident that they are being well represented through the combined experience, involvement and knowledge of the Council's government advisors and community members. The breadth of knowledge, combined with the energy and strong commitment of the PAC, is providing in itself a 'supportive environment' for the successful implementation of the Physical Activity Strategy across the State. Ultimately, every one of us plays a vital part in making the vision and the strategy a reality. Inside this edition you will find the latest South Australian physical activity news and information. The **be active** team is here for you, so keep in touch, give us your feedback and let us know about physical activity initiatives in your area.

Pauline Brooks OAM
Chair, State Physical Activity Council

Physical Activity Recommendations

Adults:

- Need to be doing at least 30 minutes of moderate intensity physical activity on most days - if not every day!

Children and younger people:

- Need at least 60 minutes (and up to several hours) of moderate to vigorous physical activity every day.
- Should not spend more than two hours a day using electronic media for entertainment (eg computer games, TV, internet), particularly during daylight hours.

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2006 be active Tour

On January 20 2006, over 2200 recreational cyclists took part in the 2006 **be active** Tour to ride stage three of the Jacob's Creek Tour Down Under. People of all abilities and age groups battled the heat to be part of the ride, with many organised groups taking part. One such group was from the Wakefield Orthopedic Clinic (WOC) and had over 78 riders participate! We spoke with group organiser Dr Nick Prescott to find out how the **be active** Tour became such a successful day for WOC.

Tell us about how such a large group came about?

WOC had been involved in many 'low key' promotional activities and wanted to put our toe in the water with a major promotional event such as the Tour Down Under. After looking at various promotional opportunities at the event, we outlined the possibility of entering a group of riders, sponsored by WOC, in the **be active** Tour. At first we were hoping for 30+ but the proposal grew and resulted in an incredibly successful event for the Clinic.

What did you enjoy most about the be active Tour?

The opportunity to bring together such a large group of GP's and health professionals that was well enjoyed by all through supporting the healthy lifestyle principle.

Coming from your background, can you tell us a bit about the importance of being active?

An important part of the ethos of the Clinic and the associated Sports Clinic is encouraging the community in maintaining a healthy lifestyle with regular periods of physical activity.

For professionals to be at the top of their game, irrespective of their individual discipline, a "being active" approach enables a better balance in many a person's work, family and social activities to be achieved and more importantly ENJOYED!!



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be active Website

Check out the newly renovated **be active** website, featuring the latest physical activity news, events, publications, research and other information. The website also features a merchandise page for those looking to help spread the **be active** message in South Australia. Items include stress balls, hacky sacks, stickers, tattoos, kites and fridge magnets. Visit www.beactive.com.au to find out more!



Walking the Ghan

A Walking the Ghan CD ROM teaching resource has recently been developed to help students understand how much physical activity they need to be healthy. Students use pedometers to measure their daily step counts, which contribute to a virtual walk. Over a series of weeks, students 'walk' along The Ghan Adelaide to Darwin railway route and learn about The Ghan railway, traditional and contemporary Indigenous issues, and European settlement and historical towns. For more information, contact the Centre for Health Promotion on 8161 7777 or e-mail cywhs.healthpromotion@cywhs.sa.gov.au.

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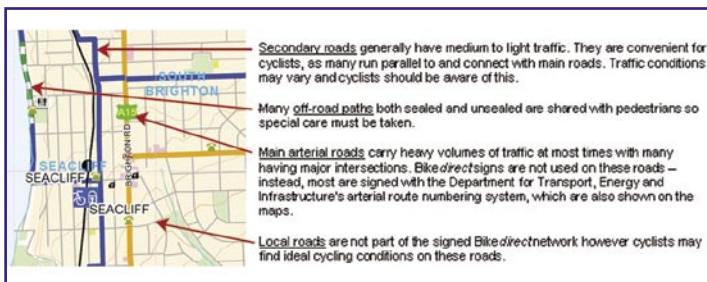
Bikedirect

'New generation' Bikedirect maps are now available online! The new look, web-based, map series of 13 maps has been designed to show cyclists the best bicycle routes around metropolitan Adelaide.

Bikedirect maps encourage cycling by providing a variety of options for cyclists with different needs and abilities. The maps are ideal for planning a cycling trip or helping you find your own favourite places to ride.

The Bikedirect maps include outer Adelaide regions such as Gawler and Willunga, as well as new and redeveloped suburbs. New features include enhanced, colour coded land use, contour lines, public toilets and radius distance from Adelaide's central business district.

The maps can now be accessed from the Department for Transport, Energy and Infrastructure's (DTEI's) website at: www.transport.sa.gov.au/personal_transport/bike_direct/maps.asp.



You can use Bikedirect to plan a cycling trip or help you find your own favourite places to ride. When out on your bike look for the Bikedirect signs, which are colour coded according to the colours shown on the maps.

Education

- District Capacity Building Project

The Department of Education and Children's Services (DECS) **be active - Let's go** initiative is providing funding of \$10,000 per annum to the 18 DECS districts in 2005-06. This funding will help each district enhance the leadership capacity and networking of sites and schools in physical activity.

be active - Let's go District Offices, schools and sites are seeking to:

- Provide programs of professional learning and networking to support school and site communities to achieve the outcomes of **be active - Let's go**;

- Improve the leadership and advocacy about physical activity by staff, parents, children and students within school communities;
- More effectively use resources in schools to improve physical activity outcomes in DECS schools and sites;
- Share successful school-based interventions to increase regular participation in physical activity by children and students; and
- Improve collection, analysis and reporting of school-based, physical activity evidence to support reporting by schools and sites about physical activity initiatives.

The Eyre/Northern District recently hosted one of the most successful Physical Activity Conferences in SA. Held this year in Whyalla on 12-13 February, the conference attracted over 70 educators from across Eyre Peninsula and the Far North Districts of the State. This conference highlighted the commitment of educators, many travelling up to seven hours to attend.

For more information on the **be active - Let's go** initiative, call Rick Baldock on 8226 4386.

Workplace Physical Activity

A group of 15 organisations have been selected to pilot a **be active** Workplace Physical Activity initiative. This program aims to increase the physical activity levels of workers both within and outside the work environment. A range of organisations from different industries including health care, manufacturing, business and charity, have been selected to take part in the initial six month pilot. Each organisation, with the assistance of the Office for Recreation and Sport's Physical Activity Branch, will develop and tailor a Workplace Physical Activity Program specific to their organisation.

To request a Workplace Physical Activity Resource Kit, email beactive@saugov.sa.gov.au.

Physical Activity Council

A new Physical Activity Council was appointed for a two year term in late 2005, to assist government in its commitment to increase physical activity in South Australia. The PAC is composed of 14 representatives from the community, State and Local Government, and is primarily responsible for providing advice and recommendations to government and to lead the implementation, monitoring and evaluation of the Physical Activity Strategy for South Australia.

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Opening of Walking Season - Sunday 2nd April

Join the Friends of the Heysen Trail and the Walking Federation of SA for the Opening of Walking Season, supported by the Department for Environment and Heritage – *Healthy Parks, Healthy People* program on Sunday 2nd April.

The open spaces and tranquil settings found in South Australia's National Parks provide the perfect setting for people to get out and discover the natural environment while keeping fit and healthy. From the Adelaide Hills to the Flinders Ranges, there are trails suitable for all ages and fitness levels. The best time for walking in South Australia is between April and October.

The opening of this year's walking season will be held at Belair National Park – Pines Oval, No. 2, commencing at 10.30 am, with the official launch at 1.00 pm.

Held in conjunction with Life Be In It, there will be free Come 'N Try Walks for the public, commencing at 11.00 am. Come and discover some of the trails within Belair National Park with experienced walk leaders.

Useful contacts: Healthy Parks, Healthy People 8204 1910, www.parks.sa.gov.au, Walking Federation of SA 8361 2491, Friends of the Heysen Trail 8212 6299.



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Local Government Update

Adelaide Park Lands Trail

Adelaide City Council has begun construction of the Adelaide Park Lands Trail, a three metre wide, ochre path that will showcase the diverse natural, historical and cultural elements of the Park Lands. Once completed, the entire loop will be approximately 24 kilometres long and cater for a range of users including cyclists, walkers and runners.

The project meets the growing demand for informal recreation opportunities, and will link complementary recreation and sport facilities and open spaces in the City. For example, stage one commences at the Kurrangga BMX facility in the South Park Lands and creates a direct connection for the first time with Marshmallow Park, a fantastic children's playground in the adjoining park.

Construction of stage two will commence shortly, linking the East Park Lands and featuring some of Adelaide's premier parks, including Rymill Park / Mullawirraburka and Victoria Park / Bakkabakkandi. This stage will also pass by one of the City's best examples of remnant vegetation sites.

As the Park Lands Trail develops, it will increasingly play an important role in fulfilling the physical activity needs of those living, studying and working in the City. Also, by encouraging sustainable transport, the Park Lands Trail will also contribute to one of Adelaide City Council's guiding principles of creating an environmentally sustainable City.

The Adelaide Park Lands Trail is supported by the Government of South Australia.



Play On Live Longer

Play On Live Longer is a City of Onkaparinga program aimed at encouraging older adults to participate in active recreation and leisure experiences to help them maintain a healthy lifestyle and add to an overall sense of well being.

The program not only promotes healthy lifestyles and positive ageing for seniors in the region but also offers a range of long term, low cost, recreational opportunities in which they can participate.

Activities being offered include Archery, Bird watching, Canoeing, Cycling, Dancing, Golf, Orienteering, Tai Chi, and Walking and are being conducted by various organisations. Participants will be encouraged to continue active participation with local recreation groups and service providers in the region after this program is completed.

For further information contact Jessica Marr on 8384 0019 or email jesmar@onkaparinga.sa.gov.au.

Heartmoves Beating in Tea Tree Gully

Together, The Heart Foundation and The City of Tea Tree Gully are actively working towards promoting a healthy and active community in 2006 with the Heartmoves program. Heartmoves, is a low to moderate exercise program developed by the National Heart Foundation, and suitable for people who haven't done any physical activity in a while or who have a health condition.

The program is specifically designed as a fun, supervised, community based, low to moderate intensity workout. Heartmoves is open to everyone and is especially suitable for people who are:

- concerned about exercising;
- have high blood pressure;
- are overweight;
- have diabetes;
- have a heart condition; or heart surgery;
- have high cholesterol, or
- want to continue exercising after rehabilitation.

For further information, contact The City of Tea Tree Gully on 8397 7432 or the Heart Foundation on 1300 36 27 87.

Overweight & Obesity in SA

It seems that everywhere in the media there is something telling us that as a nation we're too fat, need to eat less and exercise more. The latest fad diets continually offer us numerous solutions.

The reality is that the problems associated with being overweight or obese are much more complex, but the statistics show the truth - we do need to lose weight. Over half of South Australians are either overweight (36%) or obese (18%), and this can lead to a number of serious diseases. So what can we do about it? Our diet and physical activity levels do directly affect our weight, but bringing about change on a bigger scale requires action from individuals, communities, health professionals and government.

Reducing the number of South Australians who are either overweight or obese is a target of South Australia's Strategic Plan. The Department of Health has taken an across government approach, building strong relationships with Education, Transport, Environment and Heritage, Recreation and Sport and Local Government. Elevating the awareness of how many overweight and obese people there are in our community has led to a widespread interest in the initiative in a similar way that non-smoking campaigns have done since the 1980s.

The challenging task of reducing overweight and obesity levels in South Australia has taken a major step forward with the development of the draft Eat Well Be Active Healthy Weight Strategy for South Australia 2006-2010. This strategy identifies a number of settings to promote healthy weight, including communities, schools, workplaces and health care settings.

For further information, contact Agnes Maddock, Department of Health: agnes.maddock@health.sa.gov.au.

2006 *be active* Recreation and Sport Industry Awards



The 2006 **be active** Recreation and Sport Industry Awards will be held on Friday 9th June at The Parks Convention Centre, AAMI Stadium.

These Awards aim to stimulate the sport and active recreation industry to adopt innovative and effective practices that will improve its performance and the quality of its services.

One award in particular that will be presented is the **be active** Award for Community Physical Activity initiatives. This Award recognises innovation that increases opportunities for participation in sport, active recreation or fitness by the wider community.

Other categories include the Minister's Award for Recreation and Sport, Volunteer Management Award, Organisational Management Award, Safety Initiatives Award, Event Award, Innovative Programs for Specific Population Groups Award, Creating Elite Pathways Award and Facility Award.

For further information visit the Office for Recreation and Sport website www.rec sport.sa.gov.au or contact the Awards enquiry line on (08) 8416 6707.

Autumn Activity

Orienteering

Orienteering is both a competitive and recreational activity involving maps and navigation. It caters for all ages and degrees of fitness and skill, making it an ideal family sport as parents and children can participate at any event. The object of orienteering is to locate markers within a set course by using a map and compass to navigate through the countryside/bushland.

You can start with an orienteering course that is a pleasant, relaxing stroll, either alone or in a group, and then progress to the more demanding courses as your navigating skills and fitness improve.

At any orienteering event, along with the social and recreation side, there is the competitive, sporting challenge for the more serious competitor. The aim is to complete the course in the shortest possible time; therefore both physical fitness and the ability to read maps become important.

An orienteering course can take up to 20 to 30 minutes for an easy course, or one to two hours for a difficult course. So, why not **be active** and challenge yourself, friends or family to an orienteering course in your area.

For more information, contact Orienteering SA on 8431 3256 or navigate your way to their website www.oasa.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.

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.

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