

Push Play with active CANTERBURY

Welcome to Active Canterbury!

GET MORE PEOPLE MORE ACTIVE AND MORE OFTEN IS THE AIM OF ACTIVE CANTERBURY, A NEW INITIATIVE WHICH LAUNCHED IN CHRISTCHURCH ON WEDNESDAY 1 AUGUST.

Active Canterbury has been set up by the Canterbury Intersectoral Physical Activity and Nutrition Group (CIPANG), with funding from the group and from SPARC (Sport and Recreation New Zealand) to *help more people become more active more often*. Project Manager Maria Moran says CIPANG's almost 20 organisations have been working together for the last two years to create a plan which reaches out to residents in the Greater Christchurch area.

Currently Active Canterbury is rolling out a public awareness campaign including promoting the Active Canterbury website (www.activecanterbury.org.nz) and 0800 ACTIVE (0800 228483). Throughout August and September you will see posters, advertising at bus shelters and flyers inviting people to visit the website or phone the 0800 ACTIVE number to find out where and how they can get active in Canterbury. However the main focus of Active Canterbury is supporting physical activity professionals like yourself to help get more people more active. **Things you need to know** if you are a physical activity professional or provide a physical activity programme:

1. Get your details on CINCH which the Active Canterbury website links to. When members of the public search to find an exercise, walking or similar group they will be presented with the info on your programme. Go direct to:
www.library.christchurch.org.nz/forms/cinch/organisation
Or visit a Christchurch City Library and ask for a CINCH form or call Maria on the number below.
2. Visit **www.activecanterbury.org.nz** and see how useful Active Canterbury can be for you today! There is a section "Info for Physical Activity Professionals" devoted to you that you can access right from the home page. Find out how you can:
 - > Make fliers, posters & certificates quickly & easily with the Easy Promotion tool
 - > Download evaluation resources to make evaluating your programme easier.
 - > Order your Active Canterbury Toolkit for Physical Activity Professionals
 There is a CD version of the Easy Promotion tool and the Evaluation Resources in the Active Canterbury Toolkit.
3. Make use of your Active Canterbury toolkit distributed at Active Canterbury training workshops or via the website. Otherwise contact the Distribution Officer: E-mail **distribution@ccc.govt.nz**; fax 941 7634 or phone 941 7633 (mornings)
4. Free training and networking opportunities. You'll hear of these through the PPWAC newsletter and on the Active Canterbury website. If you are unable to attend "Motivate Change for the Better" and would like to attend a training session in future (approx 1 ½ hours) where you will learn to make the best use of the Active Canterbury tools on the website and in the Toolkit, please contact Maria (details below).

FOR MORE INFORMATION PHONE ACTIVE CANTERBURY PROJECT MANAGER MARIA MORAN ON 03 941 8145 OR MARIA.MORAN@ACTIVECANTERBURY.ORG.NZ

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PUSH  PLAY



Action in Canterbury

He Waka Tapu Limited Saturday Hikoi

HE WAKA TAPU SATURDAY HIKOI ARE A GREAT WAY TO GET THE WHĀNAU MORE ACTIVE.



CANTERBURY
NUTRITION
& PHYSICAL
ACTIVITIES
PROGRAMME



The walks take place every week until 8th December, so start the weekend fresh with a weekly walk with your friends.

Walks include Taylor's Mistake, Deans Bush, Pine's Beach, Akaroa and even a trip up to Hanmer! Fresh fruit and nutritional information at each Hikoi. For a list of walking dates and destinations, or for more information contact Lee Tuki on 373 8150, or 359 7407.

Spokes Summer Time Rides

KEEP YOUR EYE OUT
FOR THE SPOKES
SUMMERTIME RIDES
STARTING ON 21ST
OCTOBER!

Fun social rides, which are held monthly on a Sunday. A meeting time, location and map are provided with the ride ending at a café for a coffee or refreshing cold drink. Check out their website,
<http://spokes.org.nz/event>

Cycle events are also listed on the Active Canterbury website
<http://www.activecanterbury.org.nz/Events/>

1000 Walks Celebration

Active Christchurch Push Play Walks with Graeme Stanley were launched on October 4th 1998 by former Mayor Vicki Buck. This September, Active Christchurch walkers will celebrate their 1000th walk with a free additional series of Four Tuesday Twilight Walks. In nearly nine years of Thursday and Sunday Walks over 52,400 people have enjoyed the unique fun, fitness and friendship of an Active Christchurch Walk with Graeme Stanley, including his lively Heritage Commentary (complete with microphone).

There are many success stories from all the participants who have joined, ranging from Green Prescriptions to individuals to groups with disabilities. Two such groups from Community Houses, together with their carers, started in 1998 and still enjoy the exercise and the social interaction with other differently abled walkers. Some walkers awaiting hip operations, have been able to remain active almost up to their operations and because of their fitness, are quickly able to be active again.

But these Push Play walks are more than just walking. The walks are designed to commemorate Christchurch's unique historic features. Walkers have been coming on a Push Play Walk since they began and during that time many friendships have been made. In addition couples, families and people who live alone enjoy the fellowship which is fostered by The "Serendipity Sippers" Social Group who enjoy a coffee at local cafes on Thursdays or the regular Sunday picnic at the end of each Sunday walk. You can Get Active too by getting a four monthly Walk programme.

Email: walk.tologist@paradise.net.nz
or ph (03) 9801553



Action in Canterbury

Nordic Walking

WIDEN YOUR HORIZONS...

Nordic Walking is walking using a set of exercise poles that are designed to be used on a variety of terrains (beach, tarseal, gravel and back country) providing an efficient low impact and cardiovascular workout ideal for fitness training and weight management, aiding mobility improvement and self-management after injury or disability. It's easy to learn and trainers encourage setting fitness goals that build on the individual's level while enjoying social connection with other participants in group classes.



I worked in project management and was a passionate outdoor enthusiast. After an accident I was left with low back and sacroiliac injury with complications including fibromyalgia. I discovered Nordic Walking on the internet and then read about a sponsored 6 week series at New Brighton beach. I could hardly wait to give this a go. My first Nordic walk on the beach was amazing as I saw the potential in the technique "giving me back the life I had loved". Now, due to regular Nordic walking I have experienced great improvement as I walk correctly postured. The result is I have stronger legs, more flexibility, a lot less back pain and increased endurance that I can go hiking. I still have some physical limitation but a lot more is now possible again for me to achieve.

Classes are running in:
Beckenham – Frances – 332 0342;
Hagley Park North – Yvette 351 6407,
email: soy@xtra.co.nz;
Christchurch East – Linda 388 9617
or email: landnotes@paradise.net.nz

Ruckus & Havoc Hip Hop Krumping Battles

Hip Hop & Krumping is sociable, healthy, cultural and above all fun!

The first-ever 3 on 3 Krumping battle was hosted here in Christchurch at Cowles Stadium, 8 teams and 3 participants, ranging from 6-22 years of age, entered the drug, alcohol and smokefree event. There is absolutely no need to have had any experience for the beginners Hip Hop/ Krumping classes as the focus is on the basic steps, rhythm and style necessary to progress to the next levels.

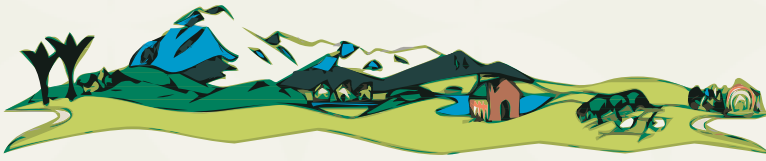
Te Ora Hou and He Oranga Pounamu worked collaboratively together to market these positive events in a safe environment. Over 700 whanui attending both Havok & Ruckus. Participation and delivery for all performers was a role modelling experience.

If whānau or your tamariki are wanting to further their krumping or hip hop talents, visit www.activecanterbury.org.nz and type in the key words Hip Hop and go to the area that is more accessible to you. Anei if you have specific roopu give us a ring here

Vania Pirini or John Deacon
He Oranga Pounamu
03 353 4370



Hot Off the Press



The Sea 2 Sea Challenge

The Sea 2 Sea Challenge – *Te Wero o Tai ki Tai* will celebrate its 4th successful year of being the largest physical activity challenge across the Canterbury West Coast region in 2007. Last year close to 10,000 people took part, helping us reach our goal of making *more people, more active, more often*.

Sport Canterbury will be holding a Sea 2 Sea promotion ride from the West Coast to the East Coast on Wednesday 19th and Thursday 20 September, involving staff and celebrities!

Registrations for the Sea 2 Sea Challenge are open NOW - so encourage your workplace, your friends and whānau to enter this year – be more active, more often and have some FUN!



For more information call 0800 22 84 83 or visit www.sea2sea.org.nz

FOR A GREAT SELECTION AND VARIETY OF ACTIVE EVENTS, CHECK OUT THE ACTIVE CANTERBURY WEB-SITE: <http://www.activecanterbury.org.nz/Events/>

DATES TO DIARY...

september

SUNDAY 23rd - 9.00AM
Half Marathon, 5km or 10km run/walk
Contact Luke Armstrong 64 3 974 3044

MONDAY 24th
Sea 2 Sea Challenge - Te Wero O Tai Ki Tai
Contact Kerren 03 373 5045

november

FRIDAY 2nd - 12.15PM
National Push Play Day
PPWAC Walk in the Park
Meet at Hagley Park, Netball Stadium.
Half hour walk and celebration of National Push Play Day.
Contact Maria 03 941 8145

WEDNESDAY 7th and THURSDAY 9th
Evaluation Workshops for Physical Activity and Nutrition Professionals
In conjunction with Active Canterbury and CATINC
Contact Penny 03 379 9480

PUSH PLAY Nation

SPARC is again running their Push Play Nation campaign, 16th Sept-2nd Nov. Celebrities including Tawera Nikau, Mike Chunn, Maggie Barry, Robbie Magasiva and Petra Baghurst are lined up to boost the promotion messages to get "more people, more active, more often." Watch out for advertisements on the radio, television, bus backs and in the print media. Merchandise and prizes will be available. Check out the SPARC website for more information on the National Activities.

Push Play Day Local Celebrations

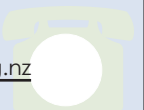
Push Play with Active Canterbury is hosting a "Walk in the Park" to celebrate Push Play Day on Friday 2nd November. Members of the public are invited to take part in the lunchtime walk, leaving from Hagley Park Netball Centre at 12:15pm. Tell your friends, workmates, your exercise class and walk group – to come along, Push Play and join in the fun. For More Details contact Maria 03 941 8145.

Keeping in touch...

We welcome your comments and feedback. Please contact:

Penny Wilson - Health Promoter, Nutrition & Physical Activity, Community & Public Health, ph 03 379 9480, email Penny.Wilson@cdhb.govt.nz

Dr Shirley Wilson - Physical Activity Manager, Sport Canterbury, ph 03 373 5049, email Shirley@sportcanterbury.org.nz



If you would like to receive this newsletter by email, please contact Penny.

PUSH PLAY WITH ACTIVE CHRISTCHURCH PARTNERS...

