

# Active for Life

Feb 2009 Vol. 1

Welcome to the first edition of the Active for Life Newsletter. This is designed to keep you informed of the activities planned for you.

Active for life supports you towards better a health outcome by providing moderate exercise programmes, education and emotional support. You may be rehabilitating after a health event, 'at risk' or you maybe looking to improve your current health and wellbeing. This programme provides a group setting to assist you in reaching your physical activity goals.

The Active for Life group is affiliated to the National Heart Foundation. There is a wide range of pamphlets and recipe books on display in the Gore Sport Southland office, so please feel free to call in and have a look.

**COST: \$10 per person / year and \$2 per exercise session**

## **EXERCISE SESSIONS:**

### ***Mondays - 11am - 12pm***

Circuit training with Southland staff  
Everybodies Health and Fitness  
25 Mersey St, GORE

### ***Wednesdays - 11am - 12pm***

Low impact aerobics and / or gym session  
Community Connections Centre  
28 Mersey St, GORE

### ***Additional classes***

Stretching techniques                      Swiss ball workouts  
Sports    Walking  
Back stretching & strengthening



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Monday 16<sup>th</sup> February

## **Healthy Eating for life Seminar**

**Speaker – Rachel Grey**

Free Seminar!

Learn about healthy eating, lowering cholesterol and reading food labels.

12pm – 12.45pm (directly after the exercise class at the gym)

Community Connections Centre

28 Mersey St. Gore.

Please register by phoning Susie at Sport Southland on 208 3846

Or email: [susie.burrows@sportsouthland.co.nz](mailto:susie.burrows@sportsouthland.co.nz)



Tuesday 24<sup>th</sup> February

## **Croquet Have a Go Day**

Cost: \$2

Gore Croquet Club

10.30pm - 12pm

Come along, have a go and see if Croquet is for you!

Please register by phoning Susie at Sport Southland on 208 3846

Or email: [susie.burrows@sportsouthland.co.nz](mailto:susie.burrows@sportsouthland.co.nz)



## **National Heart Foundation**

**Valentine's Heart Week**

**9–15 February 2007**

Support the National Heart Foundation by texting Heart to 4740 or phoning 0800 830 100 to donate \$3

Friday 13 February— Heart Day

Wear Red for the day to show your support

Check out the National Heart Foundation website:

[www.nhf.org.nz](http://www.nhf.org.nz)

