



SOUTHLAND HEHA Programme



31 August 2007, Issue 1

RESOURCE LIBRARY

The Southland HEHA Programme offers continued support in helping to promote healthy eating and activity to families in Southland.

This is where our resource library comes in. It contains a range of books, magazines, journal articles and DVD's all related to Healthy Eating, Healthy Action.

These items can be borrowed from the library for a length of time as required by the borrower, free of charge, from our office in the SBS Sports House at Stadium Southland, Invercargill.

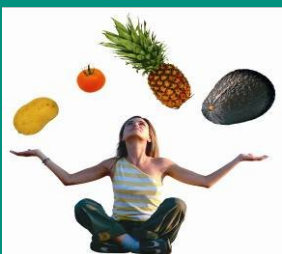
Some of the items include;

- Active Movement DVD
- Nought to 5ive: Guide to the Under 5s TV series
- Pilates DVD
- Motivational Interviewing DVD training series

Suggestions for new items to stock can be made by contacting the Southland HEHA Team at 03 211 2150

NEW ADDITIONS TO THE RESOURCE LIBRARY

Pacific Recipes for the Heart from the Pacific Islands Heartbeat Programme — National Heart Foundation of New Zealand



Kia ora tātou

This is the first newsletter from the Southland HEHA Team. We wish to bring you helpful hints, current events and generally just keep in touch. You will receive this every 6-8 weeks. If you have any topics or issues that you would like the Southland HEHA Team to give advice on, please feel free to contact us on the below email addresses or phone 03 211 2150. Also other contact details are on the bottom of the second page.



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FOOD SAVVY :

Six simple tips to stay within your food budget

Tip 1

Have you noticed that the more often you go to the supermarket the more you tend to spend? It can quickly add up to \$20-\$30 each visit, so try to reduce the number of trips.

Tip 2

Make a list and try to stick to it; you will be less tempted by the in-store promotions



Tip 3

Make an essentials list that hangs in the pantry. Include fresh and frozen items, toiletries and cleaning products. Check this when you make your weekly shopping list

Tip 4

Plan around specials and seasonal produce

Tip 5

Choose a day and time and stick to it, if you run out of something, make do until next week

Tip 6

Use a small whiteboard in the kitchen to record items that need replacing or are running low so they can be included on the shopping list.



Next Newsletter: Your essential pantry list

MISSING ANY TRAINING RESOURCES?

Hopefully you have found the Workforce Development folders useful in these past weeks. If you think there are resources missing from your Workforce Development folders or Agency Resource folders, please contact us so we can replenish your stock. Also, if you need multiple copies of a resource, to give away to groups, we can supply you with bulk copies of most resources.

A reminder of the topics covered:

- Motivational Interviewing
- Promoting Physical Activity
- Promoting Healthy Eating
- Cultural Sensitivity
- Supportive Environments
- Breastfeeding



Overcoming Barriers

“Find a reason, not an excuse” - Sarah Ulmer

As Sarah says, we need to find a reason to be active, not an excuse to be inactive. The ‘excuse’ most commonly heard is “I don’t have enough time”.

In the July and August HEHA training sessions you came up with some great tips for making time to be active:

- Schedule ahead and make daily physical activity a priority
- Be organised and determined to be active
- Fit in some “snactivity”, incidental activity (see below)
- Go to bed earlier so you can get up earlier
- Get more help from other people for commitments such as housework
- Make some small changes so inactive time becomes ‘Push Play’ time e.g. instead of a sit down coffee at afternoon tea, have an invigorating walk & talk break with your colleagues—if you can encourage them to get active too, that’s great



MORE IDEAS FOR INCIDENTAL ACTIVITY:

Good Start

- Try doing some squats, lunges, or sit-ups during the ad-break if you are watching TV
 - Put more effort into some housework chores, eg. Give the shower a good scrub – use both arms for an even workout of your biceps and triceps plus your back muscles
 - Park 5 minutes walk away from work and walk the rest of the way (with an umbrella if necessary)
 - Active play with the kids in the backyard for 10 spare minutes.

Even Better

- Or better yet, watch less TV - one less TV programme = 30 mins free
 - One HEHA training participant uses ankle weights while doing the housework for an extra workout boost!
 - Active transport to work; walk or cycle. It will cost less *and* helps you fit activity into your day.
 - Take the kids somewhere active for everyone to enjoy ‘Pushing Play’: the beach to play in the dunes, a bushwalk (see HEHA resource on Walks), the local playground, school tennis courts or basketball hoops.

“snactivity” (noun)

[snak tivvəti]

Def:

1. *energetic physical movement or exercise that occurs in a short bouts*
2. *a small snack of activity*
3. *Push Play whenever & wherever you can fit it in.*

Opportunities to Get Active in Southland

The inaugural Active and Out There Games (Southland’s only Master’s Games) is being held on Friday 5th October to Sunday 7th October 2007, and promises to be one of the largest sporting festivals held in Southland.

There are 19 sports on offer with different age grades available so whilst you may not be mature enough for croquet you may certainly be able to splash about at Splash Palace.



More information is available at www.sportsouthland.co.nz

Registration packs will soon be available. If you would like to receive a registration pack in the mail please email Yvette at yvette.mckenzie@sportsouthland.co.nz with your name, postal address, email, and home phone number.

Congratulations to all those motivated people who signed up for the Over 40s Try Activity Push Play promotion. It’s a great value deal offering one month of various physical activity opportunities.

You don’t stop playing because you get old.

You get old because you stop playing!



‘HEALTHY ME & YOU’ UPDATE

Our programme targeting families and young children is currently being developed, and will be piloted shortly. We have finished doing focus groups with caregivers around Southland and had great input and ideas from these sessions in Invercargill, Bluff, and Otautau.