



LATEST NEWS:



'HEALTHY ME & YOU'

It has arrived, the courses are beginning in February in:

- Invercargill
- Queenstown
- Ohai & Nightcaps

More courses will run throughout Southland during 2008, see page 2 for more details.

CHILDREN'S DAY



Sunday 2nd March 2008
Queens Park Band Rotunda
Invercargill

- Scavenger Hunt
- Art
- Games
- Music & Movement
- All free

www.childrensday.org.nz

HEART WEEK 2008



The Heart Foundation's annual awareness week runs from 11th - 17th February.

See www.heartweek.org.nz for more details.

The Psychology of Change

Changing behaviour is not a simple one-off, but a process. This month our newsletter revisits the stage of change model, first covered in the workforce development programme. This model is a way of understanding what stage people are at and how you may be able to help them in their path to change.

1. Precontemplation: "What problem"

This is the person who can probably list the reasons why exercise is bad for you.

People at this stage may have little understanding about the consequences of their unhealthy habits. Or they may have tried to change in the past and become demoralised.

Advice you give will more than likely fall on deaf ears.

2. Contemplation "Ok I have a problem"

These people are thinking about making changes but not committed to action. This can last for months or even years.

A list of pros and cons may make the need to change more clear. Involve others, as they may see different ways of overcoming barriers, and may be able to offer support.

For example, if I get 40 minutes exercise every morning (change) it will help with my weight control (benefit) and my state of mind (benefit). I'm not very good at getting up in the morning (barrier) but if we exercise together (support) it will be easier.

3. Preparation "I can change"

These people are committed to change and putting things in place to make it happen. It's tempting for them to rush straight into action mode but it's important to plan. Break goals into small achievable steps and progress towards the goal can be seen.

4. Action "I'm doing it"

This is the regular exerciser and the person who is eating a well balanced healthy diet. They are experiencing life without the King sized chocolate bar; and the feeling of never having enough energy.

5. Maintenance "How do I keep avoiding the traps?"

It takes time for new habits to be a part of a persons daily life and in the meantime that person is vulnerable to relapse. The ups and downs of life continue, so strategies are needed to keep changes in place.

Now is a good time to go back to the list of 'pros' and 'cons' to remind people of why they have made changes in their life, especially as it can be surprisingly easy to forget.

6. Relapse "Here we go again— down the slippery slope"

Relapse is normal; some say inevitable. Accept it and move on. It's not about failure; it's about learning and about finding ways to overcome barriers. Identify high risk situations and how to avoid or overcome them. Then get back on the horse!

Adapted from: www.healthyfood.co.nz



'Healthy Me & You': Up & Running for 2008

Do you know any families who would benefit from healthy eating and physical activity experiences?

Would they enjoy a fun 2-hour session, once per week for six weeks?

- Free
- Transport provided
- No need for childcare - all children under 5yrs can attend with the parent/caregiver
- Lots of free giveaways

Courses will run throughout 2008 in these areas:

- | | |
|----------------|--------------------|
| • Invercargill | • Ohai & Nightcaps |
| • Queenstown | • Gore |
| • Bluff | • Maitua |
| • Riverton | • Otautau |

If you would like to refer a family 'in need' to this programme, please contact the Southland HEHA team at (03) 211 2150 or HEHA@sportsouthland.co.nz

Courses start very soon in Invercargill, Queenstown, and Ohai & Nightcaps - so please send through your referrals as soon as possible.

Need a referral form? Call us (03) 211 2150 or email HEHA@sportsouthland.co.nz

