

June
2020
edition

Active Living newsletter



Hi Everyone! Welcome to edition two of the Active Living Program newsletter. We hope you enjoyed the first edition and were able to learn or find out something interesting. Hopefully, you were also able to test your knowledge and sight with the Pot Luck Quiz and Spot The Differences (answers are on the reverse side).

In this edition we provide you with:

- ❖ An update on the Active Living Program
- ❖ Information about the National Physical Activity Guidelines
- ❖ Benefits associated with exercise, and
- ❖ Information on our first resilience session for 2020!



If you are receiving our newsletter by post and would prefer to receive a copy by email, please email BCHSPhysicalActivityPrograms@bchs.com.au today. Lastly, we would like to congratulate everyone on their fantastic efforts with their independent exercise at home. It takes commitment and dedication in achieving this on your own! It's great to see so many of you motivated and completing the programs we have provided. It's rewarding to see this. Take care and stay safe. **Ashleigh and Joel**

BCHS Active Living program participant reviews:

We are pleased to offer a face-to-face one-on-one review session for all clients before Strength Training starts again. The review sessions will take about 15 minutes to complete. These reviews will allow us to take a look at your strength and fitness, undertake outcome measures and compare your results to those prior to the Coronavirus. This way we can make sure you're ready to go again when things get back to whatever the 'new normal' will look like with Strength Training.



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Physical Activity Guidelines Australia: Older Adults (65 years +)

The Physical Activity Guidelines for Australians are designed by the Department of Health using the latest evidence and research.

The guidelines change for age brackets.

We are going to focus on Physical Activity Guidelines for older adults today.

There are five physical activity recommendations for older Australians:

- ❖ Older people should do some form of physical activity, no matter what their age, weight, health problems or abilities.
- ❖ Older people should be active every day in as many ways as possible, doing a range of physical activities that incorporate fitness, strength, balance and flexibility.
- ❖ Older people should undertake at least 30 minutes of moderate intensity physical activity on most, preferably all days.
- ❖ Older people who have stopped physical activity, or who are starting a new physical activity, should start at a level that is easily manageable and gradually build up the recommended amount, type and frequency of activity.
- ❖ Older people who continue to enjoy a lifetime of vigorous physical activity should carry on doing so in a manner suited to their capability into later life, provided recommended safety procedures and guidelines are adhered to.

Source: www1.health.gov.au

Customer Satisfaction Surveys

A big thank you to all the Active Living program participants who took the time to complete our recent Customer Satisfaction Survey. We will collate the responses and feedback provided at the start of July and use the findings to further improve the BCHS Active Living program for you and the wider community. Your support is much appreciated.



Resilience Session: Watch our first video presentation today!

Our first Resilience Session for 2020 is available to watch and focuses on building resilience.

The Resilience Session can be viewed using the link below and goes for about 20 minutes.

We encourage you to watch the session because it's very timely given this Coronavirus pandemic may cause people to have negative or unusual feelings. We hope you find the session interesting and informative. Use this link to watch the session: <https://bit.ly/ResilienceSessionJune2020>

We'd love to know what you thought of the session! If you have any questions, feedback or suggestions for future video topics please email them to us at BCHSPHysicalActivityPrograms@bchs.com.au or make a note and let us know when we phone for your home exercise program review.

Please let us know if you do not have the internet and would like a summary of the presentation and we can post one out for you to read.

The benefits of exercise: Why this is so important for you

We'd like to show you some of the benefits you will get from physical activity and why it's so important to maintain your health and fitness over this period. Some of the benefits are:

- ❖ Helps to maintain and increase joint movement.
- ❖ Helps to prevent falls and injury.
- ❖ Helps manage pain.
- ❖ Increases energy levels.
- ❖ Reduces stress and anxiety
- ❖ Can boost immunity.
- ❖ Reduces the risk of many diseases and conditions.



Pot Luck Quiz answers: May

1. What colour do you associate with a small lie? White
2. Which Mediterranean tree with small green fruit is a symbol of peace? Olive tree
3. What's the name of Dorothy's dog in The Wizard of Oz? Toto
4. In which film did Humphrey Bogart say, 'We'll always have Paris'? Casablanca
5. Does coffee grow on trees or vines? Trees
6. If doe is a deer a female deer, what is la? La- a note to follow Sew
7. What numeric term describes perfect eyesight? 20/20
8. Who painted the Mona Lisa? Leonard da Vinci
9. Which garden is considered to be among the seven wonders of the ancient world? Hanging Gardens of Babylon
10. What are the seven colours of the rainbow? Red, orange, yellow, green, blue, indigo, violet

Okay, how many did you get right?



FUN CORNER



SPOT THE difference



Yep, they look the same but we assure you there's **10 differences** in these drawings.



Can you find all of them? Good luck!

Pot Luck Quiz: June edition

How many ...

- 1 - Heinz varieties?
- 2 - Degrees in a circle?
- 3 - Signs of the zodiac?
- 4 - Holes on a golf course?
- 5 - Planets in the solar system?
- 6 - Piano keys?
- 7 - Wonders of the ancient world?
- 8 - Feet in a mile?



(Answers in next month's newsletter)

Thanks for reading. Stay safe!