

GIN GIN NEIGHBOURHOOD CENTRE

Walk it Off – Launch

09/02/2010

Gin Gin Neighbourhood Centre



What's it about?

- Successful Health Expo in 2009
- Bigger and better expo for 2010
- Whyalla in S. A. LOST 7000Kg as a town
- Gin Gin is up for the challenge
- Concept centres around centimetres and kilograms but;
- More to it than that: Fun, Friendship and Improved Well-being

How do I get involved?

- Walking is the easiest and cheapest means to healthier wellbeing but it is not the only way
- What else can I do
- Register and record

How do I really get involved?

- Walk or become active as part of a group
- Attend the monthly weigh-ins
- Listen to the monthly health and well-being talks
- Make physical and mental activity a part of your daily routine
- Buy a shirt or cap to show that you are part of the Gin Gin 'Walk it Off' program

Important for all ages but particularly for older people

What are the outcomes for older people who become involved in well planned and delivered programs?

- The skills developed will allow the participants to improve fitness, increase bone density, become more aware of their surroundings, develop self esteem and enjoy life more.
- Regular attendance at sessions will result in less falls, broken bones and time in hospital.
- The outcomes achieved will be less dependence on the community, and greater independence for the participant.

Important for all ages but particularly for older people

What are the outcomes for older people who become involved in well planned and delivered programs?

- Having FUN and meeting new people
- Developing new friendships
- An improved well-being
- Sense of achievement resulting in increased self esteem
- Less dependence on mechanical aids and carers
- Some respite for those providing care
- Increased muscle mass
- Increased bone density
- Improved flexibility

Important for all ages but particularly for older people

What are the key benefits derived from regular participation in a physical activity program?

- Improved balance
- Improved coordination
- Improved joint mobility
- Increased energy level
- Reduction in body fat level
- Increased mental agility
- Ability to carry out daily tasks

Timetable for the program

- 09/02/2010 – first official weigh-in and measure-up (not compulsory to be here today; measure-up any time)
- 25/03/2010 – weigh-in and Heart Foundation speaker
- 22/04/2010 – weigh-in and Dietician speaker
- 20/05/2010 – weigh-in and Men's Health speaker
- 24/06/2010 – weigh-in and speaker on Label Reading
- 12/08/2010 – final weigh-in, Health Expo and Diabetes Forum

What to do and what not to do

- Do not expect that any of us will give you advice about what is right and what is wrong
- Always check with your health professionals. They are qualified to give advice
- Always enjoy your activities and the social contact that you have
- Be motivated by those around you but make your own decisions about 'what is good for you'

To walk as a group - benefits

- Motivated to be involved. You don't want to let the side down
- Social contact
- Meet new people
- Discuss health issues
- Fun

To walk in your own time - benefits

- You are able to walk when it suits you
- You are able to walk at a pace that suits you particularly in the early stages

What else can I do?

- If you aren't able to walk or don't enjoy walking there are other possibilities to keep you active
- Suggestions will be made each month that may interest you
- The most important issue is to become and remain active and not how you achieve that

How serious is the challenge?

- Primarily it is a personal challenge
- If we want to have a fun challenge with somebody else or another group – do it
- ‘The Challenge’ should provide the motivation to bring the Gin Gin Community together

Is it compulsory to do certain things?

- Yes: Have fun, remain committed and strive to meet your personal goals
- No: Everything is your decision

7 STEPS TO AN OPTIMUM YOU

(body +soul 7/02/2010)

‘While being thin won’t necessarily make your dreams come true, being a healthy weight can equate to plenty that’s worth celebrating, such as better health, more energy and vitality’

1. Create a vision of your healthy life. Imagine how being slim, fit and fabulous will look and feel
2. Don’t let fear or self-doubt prevent you from achieving the healthiest body you can have.
3. Keep clear health records and visit the doctor for regular check-ups

7 STEPS TO AN OPTIMUM YOU

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4. Eat at the table and clear it first
5. Adopt healthy habits and endeavour to keep them going. Before long they will be second nature to you
6. Live in the present.
7. This is the body you have for the rest of your life. Take care of it and treat it with respect