



## 2<sup>nd</sup> Bundaberg Regional 10,000 Steps Community Challenge

**Challenge Starts 16 February—Ends 22 March 2009**

### **CHALLENGE NEWS**

#### **CONTACT DETAILS:**

**Week 4**

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**News Flash: Please make sure you log your steps for the preceding week by the Sunday night or first up Monday morning otherwise your steps will not be recorded in your team's totals for the week. Team Captains with offline members please arrange to collect your offline member's steps for logging 1<sup>st</sup> up Monday.**

#### ***From the Coordinator's Desk***

How has the rainy weather affected your walking? Have you been making excuses?

Making excuses becomes a habit used to protect self-esteem. "It's a way of giving yourself permission to avoid change and continue along the same path of inaction". Here's how to start focusing energy on solutions.....

**Excuse 1: "I'm too tired"** – Poor health, lack of sleep, dehydration and inactivity are what make you tired. You may not always feel like exercise, but focus on how you will feel afterwards. Exercise gives you energy.

**Excuse 2: "I don't have the time"** – Everyone has the time. It's simply a matter of priorities. If you can find time to read the paper, watch TV or chat on the phone, you can fit 30 minutes of exercise into your day or cook a healthy dinner. Plan your meals in advance, and try shorter periods of activity spread throughout the day.

**Excuse 3: "I hurt after exercise"** – If you start out too hard, you will get sore. An inactive body doesn't suddenly adjust to vigorous physical activity. Begin gradually, stretch afterwards, and expect to feel a little sore for the first few times. If you feel pain during your activity, stop immediately – you may need advice on the correct technique for that activity.

**Excuse 4: "I'm too embarrassed"** – Worrying about what other people think will not help you reduce stored body fat. Walking can get the ball rolling. Be proud that you are taking action and making changes to improve your health.

**Excuse 5: "It's horrible outside"** – You can guarantee that there will be times when you have planned to exercise when it's too hot, too cold, too wet or too windy. That's why you need an alternative for bad-weather days. Go for a swim if it's too hot, pull out an old exercise video if it's wet, put on a few layers if it's cold, or dust off the indoor exercise bike if it's too windy. Be creative.

#### **Physical Activity- How to incorporate physical activity into every day life?**

Physical activity is a vital component of all healthy lifestyles. This does not mean becoming an elite athlete but simply means having the ability to enjoy physical activities with family and friends without being exhausted and eating a balanced diet to maintain energy levels. Those who undertake exercise to improve their physical fitness levels enjoy the benefits of maintaining a healthy weight, building and maintaining muscle strength, increasing their mental alertness and self esteem, reducing the chances of developing a chronic disease. Making exercise a daily priority is essential, otherwise it will just slip by the wayside

The Australian National Guideline for Physical Activity recommends 30 minutes of moderate intensity physical activity on most days to help maintain an individual's health and fitness. This means the activity you undertake should make a slight but noticeable increase in you heart rate and breathing rate. In total there are approximately 1440 minutes in a day. If you take 30 minutes out for exercise it leaves you with 1410 for sleeping, working and other commitments. When looked at like this, it is a small ask that can have great benefits for our quality of life.

When embarking on a new physical activity or exercise regime, it is essential to start out slowly and gradually increase your levels of activity over a period of time. This will aid in the prevention of injuries but also ensure that your body has time to adapt to your new exercise regime. If you have any pre existing conditions or have not done any physical activity in the last two years it is a good idea to see your GP to discuss any concerns so that modifications can be made to suit you.

## Challenge Super Steppers – Week 3

### **Most Steps – Week 3**

Team – Footloose

Congratulations to Christopher Edwards, Debra Edwards, Julie Lehnhoff, Kathy Strathdee, Sue Horne with 1,940,064 steps for the challenge so far.

### **Most Improved Steps 2<sup>nd</sup> Place – Week 3**

Team – DETA Diehards

Congratulations to Chris Kettle, Darren Draper, Donna McMah, Emma Draper, Michelle Newton with 1,755,234 steps for the challenge so far.

### **Most Steps Individual Team – Week 3**

Glenda Widdon

Congratulations to Glenda Widdon with 519,056 steps for the challenge so far.

### **Most Improved Steps Individual Team 2<sup>nd</sup> Place – Week 3**

Pam Lacy

Congratulations to Pam Lacy with 346,927 steps for the challenge so far.

Certificates of Achievement will be forwarded out in the mail this week. Congratulations!!

Remember if you have more than 5 people in your team - your team's steps will be averaged to make it fair for those teams that have 5 in a team

These teams and individuals below are close on the heels of the winners. How about putting a challenge out there to yourselves and your team to put your name up as winners next week!!!!

#### Teams:

3 <sup>rd</sup> Place	The TAFE Trotters	1,626,824 steps
4 <sup>th</sup> Place	Lighthouse Larrikins	1,558,524 steps (averaged as 6 in team)
5 <sup>th</sup> Place	Wonder Women	1,538,880 steps (averaged as 6 in team)
6 <sup>th</sup> Place	Quirky Quintet	1,504,064 steps

#### Individuals:

3 <sup>rd</sup> Place	Tony Matheson	317,231 steps
4 <sup>th</sup> Place	Julie Sharpe	302,598 steps
5 <sup>th</sup> Place	Judy Mason	284,197 steps
6 <sup>th</sup> Place	Clair Rosser	250,223 steps

### Relay for Life – an opportunity to keep your steps up

Cancer Council's *Relay For Life* is more than just a fundraiser. It is an opportunity to get together with your community and celebrate cancer survivors, remember loved ones lost to cancer, and fight back against a disease that takes too much.

Relay for Life is a unique event where teams of up to 15 challenge themselves to take turns to keep a baton moving in a relay style walk overnight. There are no age limitations or fitness requirements – Relay For Life is suitable for everyone and anyone can join in the fun! Stay for the whole event and enjoy the free entertainment, prizes and ceremonies that make Relay For Life so inspirational.

#### **When is Relay for Life?**

Saturday 18 April 2009 to Sunday 19 April 2009  
At the Bundaberg Showgrounds

For more information:  
Phone: 1300 65 65 85  
Email:

relayforlifebundabergwidebay@cancerqld.org.au



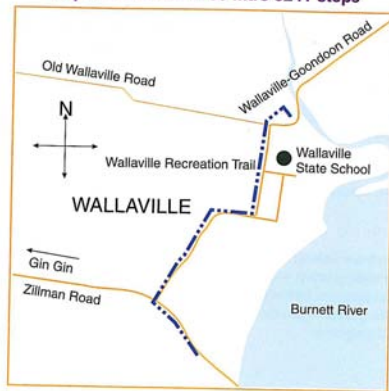
### Another opportunity to walk

On **Sunday the 17<sup>th</sup> May** the RSPCA will be holding its **16<sup>th</sup> Annual Million Paws Walk** to raise much needed funds. Million Paws Walk is a fun day for any animal lover. For more information go to [www.millionpawswalk.com.au](http://www.millionpawswalk.com.au) Taking part in the Million Paws Walk is a great way to support the RSPCA and the animals we care for and protect.

*Lighten Up*  
Get your health  
& happiness on track

The *Lighten Up to a Healthy Lifestyle Program* is a healthy lifestyle group program for adults who want to improve their health. Lighten Up was developed and funded by Queensland Health. It assists people to eat well and be active, manage stress and make long term behaviour changes to support a healthy lifestyle.  
Contact Shani Jamieson on Phone 41515402 or  
Email [shanij@bbrcdac.org.au](mailto:shanij@bbrcdac.org.au)

Map 6. Wallaville 2700 mtrs 3241 steps



### Regional Walking Trails and Paths

For something different this weekend take a drive out to Wallaville and walk the trail.

We would love to hear about your walking stories. Please email us a photo or a story to [margaretw@bcd.org.au](mailto:margaretw@bcd.org.au)

Congratulations to the team FOOTLOOSE (above). They write:

“Our first photo for our 2nd challenge. We really are pushing ourselves this year and those DETA's are really keeping us on our toes! We did the town and over the bridge to northside on our Saturday walk in this photo. Some of us ran whilst the others walked!

## Lunch Menu ideas

[www.eatwellbeactive.gov.au](http://www.eatwellbeactive.gov.au)

Like breakfast, lunch is important. Lunchtime is the best time to enjoy a light and luscious meal. If you eat only very little lunch or skip it altogether, you may be tempted to lash out (especially on high fat/high sugar snacks) in the afternoon.

You may prefer to have a cooked meal at lunch. If so, refer to the ideas listed for the evening as a guide for lunch. Also, don't forget the value of leftovers – reheated food from the night before can make an appetising lunch.

As for breakfast, you are the chef – come up with a combination that suits you. Here's what you could create for lunch. Remember variety. Vary the bread, the ingredients, and the style of cuisine.

- Cauliflower soup, pita bread, cheese and lots of plain salad.
- Wholemeal bread sandwich, slice of leg ham, lots of plain salad, pear.
- Mushroom omelette with side salad, toast, banana.
- Pea and ham soup, Wholemeal bread, apple.
- Chicken and plain salad kebab, carton of low fat yoghurt.
- Baked beans, toast, grilled tomato, rockmelon.
- Lots of plain salad, avocado with lemon juice, boiled egg.
- Toasted cheese, tomato and onion sandwich, low fat yoghurt
- Rye bread as an open sandwich with salmon and lots of plain salad, fruit salad
- French onion soup topped with a little low fat grated cheese, bread roll, and small bunch of grapes.
- Ham and pineapple toasted fingers, tinned fruit.
- Large plain salad, bean salad, slices of cold chicken, dinner roll.
- Vegetarian mini pizza made with pita bread, fruit salad, glass of low fat milk.

Are you too busy at work?

- Try preparing your lunch the night before in an air-tight container to take with you.
- Don't forget dinner leftovers, especially curries and casseroles – they're often great for taking to work and reheating at lunchtime.

Lunchbox tips for kids

- Include real fruit instead of fruit sticks or bars (look at the label – there's usually lots of added sugar).
- Make up small packets of dried fruit and nuts for snacks.
- Include celery and carrot sticks or cheese and crackers for snacks.
- Add 'treats' like fresh strawberries or grapes when in season.
- Add a small container of fruit yoghurt.
- Keep it versatile – swap sandwiches with rolls, pita pockets or wraps.

The Bundaberg Regional 10,000 Steps Community Challenge Team would like to acknowledge our generous Supporters and Sponsors:

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Murrell Fitness

