



Get Active Guide

Improve your **health**
and **wellbeing** today!

www.kickstartcq.com.au

This initiative is funded by the Federal Government

Welcome

Hi KickStartCQ Man here, but you can call me K-Man! This booklet was developed as many of my friends and I are passionate about helping people secure good health for their future. Education is often the first step toward a lifelong change and we are all excited to share the knowledge we have to help you develop and maintain healthy habits so you can enjoy the benefits of good health.

I believe a healthy community is a happy and productive community and I encourage you to share the information in this book with your friends and family.

By making positive lifestyle changes, such as incorporating exercise into your day, you can reverse or prevent a number of health conditions like Type 2 Diabetes, high blood pressure and heart disease and increase your overall quality of life. While you may not currently be experiencing any of these lifestyle or health issues, the preventative actions you are taking now will pay dividends in the future.

This booklet covers five key areas;

- **Goals and motivation**
- **Nutrition**
- **Exercise**
- **Health and wellbeing**
- **My Wellbeing Diary**

“**Health is a state of complete physical, mental and social well-being** and not merely the absence of disease or infirmity.”
World Health Organization



Motivation

Motivation is not only what gets you started on a journey of change; it is also what keeps you going. So how do you start the fire and keep it burning? Research suggests that gaining and maintaining exercise motivation is best done by discovering your 'intrinsic' motivators.

Intrinsic Motivation VS Extrinsic Motivation

Intrinsic motivation comes from internal sources such as the desire to experience the positive feelings that come from making healthy choices. Extrinsic Motivation comes from external sources such as exercising for recognition from your peers or tangible rewards.

The theory is that behaviour motivated by an internal desire (intrinsic motivation) is more likely to have longer lasting effects. Ask yourself where your motivation comes from.

“Perhaps the best way to stay intrinsically motivated during exercise is to **reach 'flow'**, an optimal psychological state involving total absorption in and connection to an activity. Consider it psychology's version of **'the Zone'**. If you can reach it, **you'll want to exercise again and again** to attain that positive state of mind.”
Psychology Today

K-Man top tip:

To reach 'flow' during exercise I make a conscious decision to not let my mind wander, I think instead about my breathing, my technique and the strength and fitness I am gaining. This helps me stay focused and become absorbed in what I am doing so I can truly appreciate the good feelings that evolve from being physically active. Music and positive affirmations can also help keep you fully involved in the task at hand. If you are exercising alongside others don't be concerned with what they are doing – it's you against you and important to just do YOUR best.

Part of starting your journey into health and fitness begins with seeing yourself as you want to be, believing you can achieve it and then going after it!

What intrinsically motivates you? ie. Doing something that gives you a sense of accomplishment and increases your confidence.

Once you have discovered the driving force behind your desire to change, let's have a look at making it a reality by addressing goals!

Goals

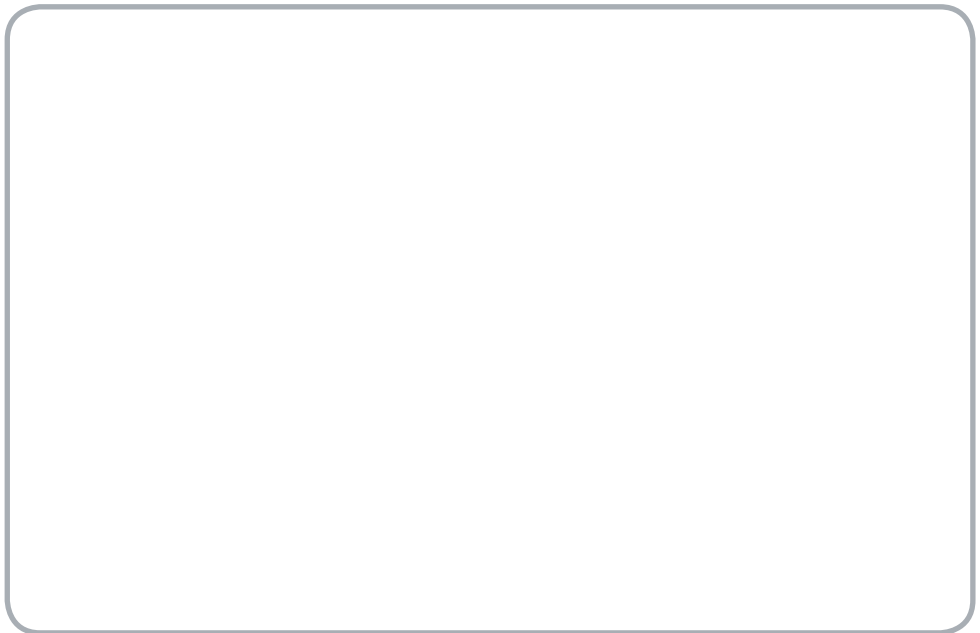
Setting goals is very powerful and helps us find short term motivation while supporting long term vision. Goals also provide us with direction.

You won't find your way if you don't know where you're going!

A bit more on goal setting...

1. Set Specific, Measurable, Attainable, Realistic and Timely (SMART) goals.
2. Frame goals positively. For example, try "I will make healthy food choices" instead of "I will stop eating unhealthy junk food". By framing goals in this way our focus is placed on where we want to be rather than what we are trying to move away from.
3. Give your goals some substance by writing them down and put them somewhere you will see them. You can even set your phone/computer home screen with an image or some words that remind you of your goals.
4. Set yourself a timeframe in which you will assess and re-evaluate your goals. And don't forget to put a nice big tick next to the goals you achieved. Make sure you take the time to really congratulate yourself on doing a stellar job!

What are your goals?



Having the confidence to succeed!

Being confident in your ability to reach your goals can be difficult, especially if you have set goals before and have been unable to achieve them. Numerous factors can contribute to a lack of confidence, however you can try some of the below strategies to increase your confidence which will in turn help you set and reach goals.

- Identify what is stopping you from reaching a goal and strategise to overcome any obstacles. For example, having to care for children may be an obstacle to walking or going to the gym every day. If this is the case you can substitute walking for a physical activity routine that can be done at home (check out page 16 for some exercises that can be done without leaving the house).
- Educate yourself. Learning and experiencing new things that support your goal may help reinforce why you are working toward a healthier lifestyle. For example, there are detrimental effects of sitting for too long, so it's good to take regular breaks from your chair.
- Find a role model that gives you motivation. Many people have overcome adversity to achieve their own goals; you can draw inspiration from their story.
- Don't be afraid of change. If you implement a game plan that is not really helping you toward your goals make some changes to the areas that are not effective. Checking and rechecking is the key.

K-Man top tip:

Goals are closely related to your values (what you believe in). If you're having trouble setting goals or not sure if your goals are really suitable for you, then write down what things are important to you then set goals in alignment with this. This will help keep you focused and give you an increased desire to achieve your goals.

Once you have read through the information on nutrition, exercise and wellbeing head over to the My Wellbeing Diary section of this booklet and begin your journey to a healthier you!

What's important to me?

Nutrition

The benefits of healthy eating patterns are numerous. When thinking about healthy eating it's good to think of your body as a race car and food as your fuel. To perform at an optimum level you need to put the best quality fuel in (nutrition), regularly go for a spin around the block (exercise) and have regular maintenance works carried out (health checks). If you try and fuel yourself with contaminated fuel chances are you're not going to be zooming at high speeds. You'll probably still get from A to B, but you'll be spluttering and smoking up the street like an old ride on mower.

Consider some of the benefits of a healthy and balanced diet:

- Reduced risk of developing many chronic diseases;
- Blood pressure control;
- Reduced risk of heart disease;
- Increased energy levels;
- Weight management;
- Increased capacity to fight infection;
- Regular bodily functions; and
- Stress management.



If we are enjoying a healthy and well balanced diet chances are we will influence the people around us to make good choices too - just one more great reason to eat well!

We are faced with countless health messages on a daily basis, so it can get a little overwhelming when you're trying to ensure you are eating a healthy diet. Some say go low fat while others say cut out carbohydrates and increase protein intake. So what is the right choice?

Firstly, let's have a look at the general guidelines from the Australian Dietary Guidelines 2013.

The Australian Dietary Guidelines 2013

Guideline 1: *To achieve and maintain a healthy weight, be physically active and choose amounts of nutritious food and drinks to meet your energy needs.*

Guideline 2: *Enjoy a wide variety of nutritious foods from the five food groups every day.*

Guideline 3: *Limit intake of foods containing saturated fat, added salt, added sugars and alcohol.*

Guideline 4: *Encourage and support breastfeeding.*

Guideline 5: *Care for your food and store it safely.*

Foods to limit ('discretionary choices')



Foods to limit or 'discretionary choices' are not an essential or necessary part of our dietary patterns. Discretionary foods are high in kilojoules, saturated fat, added sugars, added salt and/or alcohol.

If chosen, they should be eaten only sometimes and in small amounts.

Examples of discretionary choices include:

- Sweet biscuits, cakes and desserts;
- Processed meats and sausages;
- Ice-cream, confectionery and chocolate;
- Meat pies and other pastries;
- Commercial burgers, hot chips, and fried foods;
- Crisps and other fatty and/or salty snacks;
- Cream and butter;
- Sugar-sweetened cordials, soft drinks, fruit drinks and sports drinks; and
- Alcoholic drinks.

K-Man top tip:

Remember the Australian Dietary Guidelines is just a guide - it's not one shoe fits all. I wanted some more advice on healthy eating so I caught up with a couple of friends of KickStartCQ, Nathan Cahoon and Kent Jacobson. Nathan is a Holistic Life Coach and Kent competes in natural body building competitions. When it comes to practical eating tips these guys know their stuff!

Nathan's top tips!

Tip 1) One 'diet' won't work for everyone.

Everybody's physiology is different as is the way we metabolise food. Along with activity levels, stress levels and a host of other factors, our genes play a big role in determining how our body will use and store energy (food). Some of us may be more genetically predisposed to effectively break down carbohydrates to use for energy, or, on the other hand your body may experience higher energy levels from a diet high in protein and fats.

Tip 2) We all break down food differently.

To put things in perspective, if you take an Eskimo who has effectively developed a metabolism apt for the foods traditionally available to them such as fish, walrus and seal (a diet rich in protein and fat) and give them a traditionally 'healthy' western diet (50% carbs, 40% protein, 10% fat) studies have shown that they become obese 60% faster than individuals who come from other parts of the world. Despite still eating what is considered a clean and 'healthy' diet their bodies simply aren't used to this method of eating and as such their system is unable to effectively break down food for energy so it's often stored as fat and they become tired and in an attempt to increase energy levels will eat more food.

Tip 3) Trial and error can assist you on the road to success

Two hours after eating something record how you feel; energetic, hungry, sluggish, tired etc.

This should give you an insight into which foods your body is effectively breaking down for energy. If you're feeling tired and lethargic two hours after a meal of bacon and eggs that could be an indication that your body isn't effectively using a diet high in protein and fats for energy. Try modifying your ratios of protein, fats and carbohydrates until you find a combination that has you bouncing off the walls!

Use the diet record check section in the My Wellbeing Diary section to log how certain foods make you feel.

Kent's top tips!

Every day I have people asking for advice, some people want to lose weight, some want to gain muscle and others just want to feel healthier and have more energy. Here are some of the tips that I give them to ensure their body is functioning as optimally as possible, so they can achieve their respective goals.

Tip 1)

Drink a glass of warm water with freshly squeezed lemon juice first thing in the morning to alkalise your body (balance your internal pH level). While lemons contain weak acids they are rich in alkaline minerals such as calcium, magnesium, potassium, and selenium which help the body retrieve an alkaline state after a night's sleep. If your body is left in an acidic state the operating systems within your body are unable to work to their full capacity. In particular, the body's ability to absorb and process nutrients is diminished.

Are you acidic? Some of the symptoms of over-acidity are; bloating, eczema, psoriasis, muscle cramps, swelling, headaches, allergies, colds and flu and sinus problems to name a few.

Tip 2)

Make sure you get your fish oils throughout the day. Fish oils are one of the best supplements you can take simply because they have so many benefits.

A good quality fish oil supplement can help lower blood pressure, aid in fat loss, promote cell membrane health, reduce inflammation, enhance brain function and memory and help your body fight the effects of stress. The essential fatty acids found in fish oil play a vital role in brain health and mood regulation so try and aim to have 1-2 fish oils three times a day with meals.

Tip 3)

Make sure your diet is well balanced and foods with a high glycaemic index (GI) are avoided. In my opinion, each meal of the day should consist of a serving of lean meat or protein with fibrous vegetables and some healthy fats, for example:

- Tuna and salad with a handful of nuts;
- Chicken with broccoli, beans and a slice of avocado;
- Whole egg omelette and spinach.

This means little or no gluten, starches and sugars. Foods high in gluten, starches and sugar (white bread, potato, sweets) tend to be higher in calories and have a high GI. Foods with a high GI cause a rapid rise in blood sugar levels which consequently results in an insulin spike (insulin is responsible for removing excess sugar from the blood) putting your body onto an energy high energy low roller coaster ride.

By keeping the intake of these types of foods to a minimum and increasing your vegetable intake you will reduce calorie consumption while increasing nutrient intake.

Tip 4)

Eat regularly. Try to eat every 2.5 to 3 hours. Eating at regular intervals will help increase your metabolism which is your body's ability to burn energy. Remember to keep your portion sizes in check.

Tip 5)

Drink plenty of water. By drinking water throughout the day as well as choosing to drink water instead of soft drinks you will help your body stay hydrated as well as stay in an alkaline state. Amongst plenty of other benefits, adequate hydration helps maintain temperature, remove waste and lubricate joints.

Tip 6)

Protein after a workout. After a workout or exercise your body will be depleted of nutrients and require repair. Having a protein supplement shortly after a workout will replenish nutrients and help to repair the muscle, therefore aiding in recovery, muscle health and other factors. While you can certainly get these proteins from foods, supplements are designed to be a convenient way to get easily absorbable nutrients to your body when it needs them the most.

What is a typical day for you?

Nutrition for kids

“My kids won’t eat **vegetables!**
How can I get my **toddler** to eat **new**
foods?”

Do the above phrases sound familiar to you? Do you have kids that are fussy, or unwilling to try new foods? Try the following tips and surround them with healthy food messages to help keep you sane and your kids healthy.

Surround them with healthy food messages

- **Books:** read books that convey healthy food messages. Some classics are **Jasper McFlea will Not Eat his Tea** by Lee Fox; **Vegetable Glue** by Susan Chandler; **Green Eggs and Ham** by Dr Seuss; and **The Very Hungry Caterpillar** by Eric Carle.
- **Activities:** provide healthy art and craft activities e.g. look for healthy food colour-in pages or books and get children to cut out fruit and vegetable pictures from the supermarket brochures. They can then paste these in a food scrapbook.
- **Songs:** some classics are **Hot Potato** by The Wiggles and **Watermelon** by Justine Clarke.
- **Pictures:** hang up bright healthy food pictures in the kitchen.
- **Fruit bowl:** always have a readily available fruit bowl in easy view and within reach on the kitchen table or bench. Put the cookie jar out of sight!
- **Have only healthy choices available in the fridge and pantry:** strategically place the healthiest choices within eye view of children.

Be a good role model

Children learn from those around them. If you eat healthy foods regularly with and in front of your children then they will be more likely to eat the same foods. Encourage other family members and close friends to do the same.

Think variety

Ensure meals and snacks contain food from the five food groups. Offering a variety of foods from each of the five food groups will help to ensure children receive a greater range of nutrients. Also offer variety within each food group. Different coloured fruits and vegetables contain different vitamins and antioxidants.

Include them

Don’t forget to include them in the kitchen, garden and at the shops. Children who are more actively involved in food choices are more likely to be interested in the food.

Healthy Lunch Boxes!

With over 190 school days per year it can get difficult to ensure you're sending kids off with healthy lunches each day. Check out these healthy ideas for some inspiration!



Top tips for a healthy lunch box

- Always include fresh fruit and vegetables. Vary the selection to keep it interesting.
- Offer a variety of whole grain breads, rolls, pita bread and flat breads.
- Use avocado as a spread instead of butter or margarine.
- Include dairy foods. Natural yoghurts are ideal.
- Kids need a serve of protein at lunchtime. Ensure you include lean meat, egg, peanut butter, chickpeas or tuna.
- Add a chilled bottle of water and limit juice.



“Complete **food deprivation leads to food obsession, stealing and over consumption.** Include a weekly treat and canteen trip and the kids will be happy to eat healthy, balanced meals the rest of the time. Examples of **portion controlled treats** include a fun sized chocolate, small packet of potato chips.”

Taste.com.au

Exercise

Being physically active should not be just one more item on your to-do list. It is a long term investment in your health. Think of being active as an opportunity rather than an inconvenience. The Australian Government recommends 30 minutes of moderate exercise per day to maintain your health. If you are aiming to decrease body fat and increase overall fitness, 60 minutes of moderate to high intensity exercise per day is required.

Exercise can be broadly broken down into two categories:

Cardiovascular fitness

Cardiovascular fitness refers to the ability of your heart, lungs and organs to consume, transport and utilise oxygen. When you exercise regularly, you can increase your cardiovascular fitness as your heart becomes more efficient at pumping blood and oxygen to the body, and the body becomes more efficient at using that oxygen. Swimming, jogging, cycling and walking are all examples of exercises that increase your cardiovascular fitness.

Strength training

Strength training refers to the use of weights or other resistive forces, such as your body weight to provide muscular conditioning. Improved muscle strength and tone has many benefits including increased protection of your joints, increased bone density and strength, reduced risk of osteoporosis and enhanced performance of everyday tasks.

K-Man top tip:

Mix it up and stay motivated!

- Change your running/walking path;
- Try a new class at the gym; and
- Take up a new sport.

Check out the directories at www.kickstartcq.com.au for some new ideas.

So you've decided to GET PHYSICAL?

Being active can add fun and laughter into your life as well as bring friends and family together.

Consider some of the positive effects of physical activity:

- Improved quality of sleep;
- Increased energy and vitality;
- Increased social interaction;
- Increased confidence and reduced anxiety;
- Reduced risk of developing high blood pressure, heart disease and stroke;
- Reduced risk of becoming overweight;
- Prevention of some cancers;
- Better bone and muscle development and prevention of osteoporosis;
- Improved muscle flexibility, strength and endurance;
- Reduced risk of falling, and improved mobility and strength for older adults;
- May reduce the symptoms of menopause; and
- Setting an example for your family.



Research suggests that being active with a friend or with a group will increase your likelihood of not only reaching fitness goals, but exceeding initial expectations and continuing with your exercise routine. So if you're having a hard time getting kick started or maintaining motivation, recruit some exercise buddies or join a group fitness class to help you stay on track!

It's also a great idea to let your family and friends know that you are making some changes in your life and that their support would be greatly appreciated. Who knows, you might just motivate everyone around you to start making healthier choices.

“The old adage, ‘use it or lose it’ is very true when it comes to both cardio and resistance (strength) training. For **optimal health** people should be looking to **find a balance** between both forms of fitness. Sure lifting heavy things is impressive but it's not ideal if you're doing it at the cost of not being able to walk up a set of stairs without losing your breath.”

Emily Powell, Healthy Communities Coordinator

Getting active at home

You don't need to lace up your runners and head to a gym or into the great outdoors to get a good workout, there are plenty of exercises you can do from the comfort of your own home. Sure, it's easy to reserve working out for the gym, but sometimes we just can't get there. Here are some exercises that can be done anywhere.

Warm up

A warm up is simply a measure to prepare your body for exercise of a moderate to high intensity by increasing blood flow to the muscles and by priming your nerve-to-muscle pathways.

A general warm up should consist of around five minutes of light physical activity that will increase your heart rate, gradually walking and jogging are ideal. During these activities you can warm up the muscles of your upper body by performing large controlled circles with your arms.

Activity-specific warm ups are also important. If you know you will be doing squats or push ups in your workout you should warm up the joints involved in these exercises by performing the exercises at a slow pace placing an emphasis on correct form and good posture.

Warm down

At the opposite end of a workout, warming down helps your heart rate and breathing to return toward resting levels gradually while also assisting in the removal of waste products from your muscles.

A warm down should consist of a low intensity activity, such as a walk or light jog for five to ten minutes followed by a series of stretches. Ensure that you stretch all the major muscle groups that you have used during your exercise. Aim to hold each stretch for 30 seconds, two to three times.



“Physical **fitness** is not only one of the most important keys to a **healthy body**, it is the basis of dynamic and **creative intellectual** activity.”

John F Kennedy

Upper body

Push ups

- (1) Lying face down on the floor, place your hands palm down with your fingers pointing straight ahead.
- (2) Place hands slightly wider than shoulder width. Feet should be at hip width with toes on the floor.
- (3) Extend the elbows and raise the body off the floor.
- (4) Lower your body until your chest is touching or 1 – 2 inches off the ground. Aim to keep your body ridged and elbows facing behind your body.
- (5) Return to the start position by extending at the elbows and pushing the body up.

See page 21 for scaling options.



Lower body

Squats

- (1) Start by standing with your feet shoulder width apart.
- (2) Activate your core then soften at the knees as you initiate the movement by poking your bottom backward (like you're going to sit on a chair). Squeeze your shoulder blades together and keep your chest upright to avoid rounding through your back. Descend until your upper leg breaks parallel with the ground.
- (3) Press your feet into the ground until you are back in the starting position making sure you actively press knees apart so they track in line with your foot (don't let them sneak in towards each other). At the top of the movement ensure you achieve full extension of knees and hips and are standing up straight.



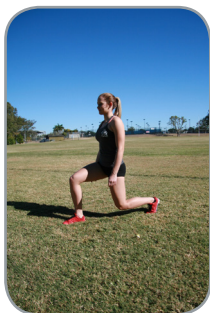
K-Man top tip:

Activate my what? Your core! Your 'core' refers to the muscles in your mid-section that encourage strength, balance and stabilisation through your torso. One easy way to engage your core is to take a deep breath expanding your stomach and making the pirate noise 'Argh' as you breathe out – this subconsciously engages your core.

Lunges

- (1) Start by standing with your feet shoulder width apart.
- (2) Step forward with one foot and bend your knees into a lunged position. Your back knee should come close to touching the ground and your front leg should be bent to about 90 degrees at the knee.
- (3) Maintain your upright posture throughout the movement.
- (4) Return to the starting position and repeat with the other leg.

Think 'step and vertical drop' with a lunge. Avoid leaning forward as this will place undue stress on your knees. Your body's weight should be transferred through your foot which is firmly planted on the ground.



K-Man top tip:

If you can't quite get your back knee to the ground, that's fine. Simply step out and drop down as far as you can manage without compromising your upright torso position and the vertical angle of your front leg. Try not use your hands to assist you to stand up, if you're having a difficult time with balance do your lunges near a pole or wall that you can use to regain your balance if you need to.

Core

Plank

- (1) Lie face down so you're resting on your knees and forearms, place your knees and feet at hip width apart and keep your head in a neutral position with chin resting over your hands.
- (2) While keeping your torso ridged lift your knees off the ground so you are resting only on your forearms and toes.
- (3) Keep your core tight in order to achieve a straight line from your shoulders through to your hips. Avoid having your bottom pressed into the air or letting your hips sink toward the ground.



K-Man top tip:

If you're having trouble holding this position on your toes you can simply scale it to a 'Knee Plank' and stay on knees and forearms.

Leg raises

- (1) Lying on your back with your legs extended, place your hands under your bottom or pointing towards your feet with palms down. Keep your legs slightly off the ground.
- (2) Raise both legs together to approximately 30cm off the ground. Hold, then lower back down to start position.



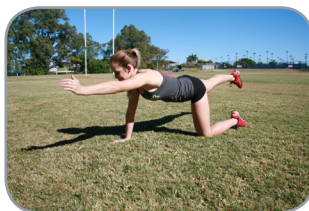
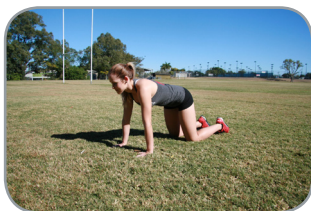
K-Man top tip:

Your core is far more than just your abs and is comprised of the complex series of muscle groups that make up your torso. Think of your core muscles as the sturdy central link in a chain connecting your upper and lower body. Whether you're lifting weights or sweeping the floor the motions your body goes through either start in your core, or move through it. A strong and flexible core will ensure your ability to better control limb movements, increase stability, improve posture and assist in injury prevention.

Opposite arm/leg raises

- (1) Start with four points of contact on the ground (Option 1 - knees and hands or Option 2 - toes and hands).
- (2) Extend your left leg behind you until it is straight; at the same time extend your right arm until your hand is level with your shoulder.
- (3) Make sure your hips and shoulders stay facing the floor and lock on your core as tight as possible to eliminate any rotation through your torso.

Option 1



Option 2



Getting active around the Region

That's not a table, it's a push-up platform! That's not a set of stairs, it's a cardio station!

No equipment, no worries! You don't need a gym membership or expensive equipment to get a good workout. And if you're not keen on going it alone, recruit some friends and sweat it out together. Chances are your friends have been thinking about getting active too.

Stairs

Stairs provide a great cardio workout while also providing a great leg strength session! Get that heart rate up and legs pumping with a stair workout.

You can find stairs between the Emmaus Colleges on Yaamba Road, Rockhampton Riverside Park and the Yeppoon Foreshore.

Sample workout

- (1) 5 x sets (walking). Each time you reach the top do five squats then at the bottom complete five more squats.
- (2) 10 x up and down (medium pace). Each time you return to the bottom complete three jumping squats and five air squats.
- (3) 15 x up and down (fast pace). Each time you return to the bottom complete 10 jumping squats.



If you would like to give your legs a break why not incorporate push ups instead of squats.

Park Bench

They are designed to give your legs a rest but why not use them to work your arms? Park benches provide a nice solid platform to perform scaled versions of push ups.

- (1) Place your hands slightly wider than your shoulders on the surface of the bench.
- (2) Walk your feet out and engage your core to create a nice solid plank with your body. If the seat is too low, find a table or railing.
- (3) Lower your chest to the bench (so it touches) and then press through your palms until your arms are fully extended.



Sample workout

- (1) 3 x sets of 8 push ups + 10 squats. Rest between exercises and sets.
- (2) 5 x sets of 10 push ups + 10 squats. Rest only between sets.
- (3) 8 x sets of 10 push ups + 10 jumping squats. No rest between exercises or sets.

“**Believe in yourself** and all that you are. Know that there is something inside you that is **greater than any obstacle.**”
Christian D. Larson

Railings

Even though they are designed to keep things out, railings can be used to bring out the strength in you in the form of an inverted row exercise.

- (1) Grip onto the bar in front of or above you with your hands shoulder width apart.
- (2) Fully extend your arms into a relaxed/hanging position. This will be your starting position.
- (3) Pull yourself up towards the bar and tuck in your elbows about 45 degrees from your armpits. Lead with your chest until your sternum hits the bar and be sure to keep your body ridged.
- (4) Lower yourself until your arms are fully extended again and repeat for the desired number of repetitions.

Sample workout

- (1) 3 x sets of 8 rows + 10 walking lunges. Rest between exercises and sets.
- (2) 5 x sets of 10 rows + 10 walking lunges. Rest only between sets.
- (3) 8 x sets of 10 rows + 10 jumping lunges. No rest between exercises or sets.

Hills

With a little incline, comes a lot of benefits! Hills provide a great opportunity to increase heart rate over a short distance while also strengthening and toning your bottom and hamstrings. There are plenty of hills around the Region that offer themselves to varying fitness levels so check them out.

Remember to be careful on your way down a hill. Strike the ground with your mid to forefoot (not your heel) to avoid over striding as this will place undue stress on your knees. Going downhill engages your lower abs and your quads.

Sample workout

- (1) Add 3 x hill walks on a 2km walk.
- (2) Add 5 x hill jogs on a 4km walk.
- (3) Find a challenging hill and complete 10 x hill sprints.



Ledges

Improve your agility, balance, strength and get your heart pumpin' with some jumpin'!

Explode off the ground and land yourself in better health.

Start with a small ledge and do some step ups – step one foot onto the ledge followed by the next when both feet are on the ledge make sure you stand tall and engage your core (Argh!). Step one foot down and then the other.

Confident? Jump with two feet from the ground and land with two feet on the ledge – remember to stand tall and engage your core (Argh!).

As the step ups or jumping becomes easier increase the height of the ledge.

Can't find a ledge? The bottom stair or even the gutter might just be high enough to give you a great little workout.



My outdoor gym

Several locations across the Region have been outfitted with gym equipment to help you get active in the beautiful outdoors.

Outdoor fitness equipment is located at:

- Rigalsford Park, Elphinstone Street, North Rockhampton;
- Frenchville Road, North Rockhampton;
- Botanic Gardens (Lagoon), South Rockhampton;
- Victoria Park, Huish Drive, South Rockhampton;
- Number 7 Dam, Mount Morgan; and
- Yeppoon Main Beach, Yeppoon.

Using the equipment is fun and easy and can be easily incorporated into your exercise routine. Small instruction panels are located with the equipment or you can take this book along to show you how to best utilise the equipment. Why not alternate between a piece of equipment and body weight exercises.



Mobility/Flexibility

Having an adequate range of motion through your joints (mobility) and muscle flexibility are important for helping us move appropriately for any task we perform. Without sufficient mobility and flexibility, the body adopts inappropriate movement patterns.

For example, if movement at the hip is less than ideal then some other part of the body is required to do more than it is designed to do. Most often, the lower back joints are the ones that take on this extra work load. Commonly the extra load is too much for the back to cope with and pain and injury is the outcome. So how do we attain adequate mobility and flexibility?

Simon Poole is a Physiotherapist and Exercise Physiologist and has the following to say about mobility and flexibility.

A balance between the muscles that stabilise the skeleton, steer the joints and those that power movement is of most importance. Too often we place too much emphasis on developing the muscles that power movement ('beach' muscles or muscles that look good in the mirror). The stabilising and steering muscles need attention as well otherwise we cannot control the rotation of the joints, which leads to inadequate mobility and muscle flexibility.

Tried and tested concepts of stretching or flexibility training will not solely improve your mobility and muscle flexibility to an ideal level. The skeleton stabilisers and steering muscles must be activated appropriately to ensure that each joint and each muscle can move as it was intended to. Your local physiotherapist will be able to identify the specific muscles that you can work on to improve your movement.

Once you know how to activate these muscles, it should only take a few minutes out of your day to develop a balance between these muscle layers. This balance is the key to staying healthy and injury free.

Top Five Movement Improvement Tips

1. Train your muscle systems frequently;
2. Be consistent with your flexibility;
3. The ability to relax is pivotal in attaining mobility and flexibility;
4. Warm up before and cool down after every walk, jog or training session; and
5. Consult your local physiotherapist with any questions regarding your mobility and flexibility.



Health and Wellbeing

Many contributing factors affect the way we feel and behave. Prolonged periods of stress, traumatic experiences, our genetic and bio-mechanical make up, substance abuse and nutrition are just some of the reasons we may not be able to think and behave in a positive manner.

If our behaviour and moods are affected for extended periods (longer than two weeks) it could be possible that we have developed a mental illness. Anxiety, eating disorders and schizophrenia are all examples of mental illnesses.

Often it can be frustrating and confusing and mental health issues can burden our physical health making it difficult to actively seek help.

Psychologist Tom De Paw from CQ Medicare Local answers the following commonly asked questions in regards to mental health.

What do I do if I'm feeling sad, down or just not myself?

In everybody's life, difficult times are common whether they be financial, emotional or otherwise. If these difficult times carry on for an extended period one of the most important things to do is to talk with someone about how you're feeling.

Talking to someone and being honest about how you feel is not a sign of weakness rather it is proof you are willing to take charge of your wellbeing. Most people prefer to talk to somebody in their close environment because it is comfortable, however others find this hard and don't know where else to get help.

Where do I get help?

The first point of contact is your general practitioner (GP). Explain your problem plus the symptoms you're experiencing and how this is affecting your life. Your GP will take the appropriate measures and refer you towards the necessary services.

These services might include private practitioners or services such as Beyond Blue or Lifeline. If you are uncertain about these services, you can ask for more information from your GP or a mental health worker.

What can I do myself?

Besides seeking professional help, there are some ways you can be your own help. We recommend people find an outlet for their feelings and emotions. This is highly individual and differs between people, cultures and countries.

You can try some or all of the following:

Be creative or immerse yourself in an activity: Some people like to be creative by painting, writing or even cooking. The main focus should be that you feel comfortable with what you're doing.

Exercise: Physical activity is vital for your mental health. Physical activity produces chemicals in our brain which positively affect how we feel. This is why most people feel better after playing sports or exercising. But in saying this, simply cleaning your car or your house, taking a walk around the block or playing with your children is considered physical activity and may have the same 'feel good' effects!

Eat well: Universally, depression, anxiety and other mental health conditions are thought to be strictly linked to biochemical balances and/or emotionally rooted issues. There is a great deal of evidence that indicates nutrition plays a vital role in the onset, duration and severity of depression. Eating a wholesome diet rich in vitamins and minerals can help prevent or treat symptoms of mental health illness.



The link between physical activity and mental health

When you exercise your body exhibits a spectacular display of neurochemical and hormonal responses which have been proven to assist with an overall increase in your psychological wellbeing. Dopamine, serotonin, adrenalin and endorphin all play a major role in mood regulation and general mental health and are all positively affected by exercise.

Some of the psychological benefits of exercise include:

An increased sense of happiness and wellbeing!

Exercising increases levels of dopamine. Dopamine is responsible for regulating movement, memory, pleasure, behaviour, attention, sleep, mood and learning.

Assistance with depression and anxiety

It has been shown that physically active people recover from mild depression more quickly, with physical activity strongly correlated with good mental health as people age. Depression is related to low levels of certain neurotransmitters like serotonin. Serotonin affects mood, sexual desire, appetite, sleep, memory and temperature regulation.

A competitive edge and increased training capacity

Adrenaline is released from the adrenal glands when the body believes it is involved in a stressful situation. You can use the pent up adrenaline by converting it into the power and energy you need to push through your workout.

Assistance with pain

Endorphins are the neurochemicals that act as the body's 'natural painkillers'. Endorphins are responsible for the decrease in physical pain with exercise. During exercise, these endorphins are released, and this can produce feelings of euphoria and a general state of wellbeing. The endorphins produced can be so powerful that they actually mask pain (that's why you don't realise you have blisters from your new running shoes until it's too late!)

Helps you deal better with stress

Think of exercise as a positive stress on your body's systems. The positive stress of exercise prepares cells structures and neurological pathways within the brain so that they're more equipped to handle stress in other forms, like a lengthy to do list, organising a party or strict deadlines at work!

Gratitude Journal

Studies have shown a link between gratitude and wellbeing. The below exercise can act as a reminder to be grateful for the small things. Keeping a journal of positive experiences has been found to improve mood and have other positive effects on mental wellbeing. Write at least 3 entries each day. Your entries don't need to be earthshattering - they can be as simple as a good lunch.

Monday

- 1.
- 2.
- 3.

Tuesday

- 1.
- 2.
- 3.

Wednesday

- 1.
- 2.
- 3.

Thursday

- 1.
- 2.
- 3.

Friday

- 1.
- 2.
- 3.

Saturday

- 1.
- 2.
- 3.

Sunday

- 1.
- 2.
- 3.

My Wellbeing diary

“When you **write down your ideas** you automatically **focus** your full attention on them. Few, if any of us can write one thought and think another at the same time. Thus a pencil and paper make excellent **concentration** tools.”
Michael Leboeuf

Fitness Testing

It is important to regularly assess your fitness to ensure that the exercise regime you are doing is working!

Test	Testing	You need a little work	You're well on your way	Great stuff!
Max Plank Hold	Core strength	Under 30 seconds	30-90 seconds	More than 90 seconds
Squats (in 1 minute)	Lower body strength	Under 12	12-25	More than 25
10m Shuttle (in 1 minute)	Power, speed and agility	Under 100m	100m-150m	More than 150m
Pushups (in 1 minute)	Upper body strength	Under 18	18-27	More than 27
1km time trial	Cardiovascular endurance	Over 7.5 minutes	Between 6 and 7.5 minutes	Under 6 minutes

The above averages are calculated from KickStartCQ fitness testing. Please note that your age and gender will impact these averages, as will any scaling options you use. When retesting, aim to test yourself under similar conditions in which the first tests were conducted.

If you are currently engaged in a fitness routine at home, at the gym or with a personal trainer there are other means that can be used to test fitness increases. Talk to your trainer in regards to some testing so that you can truly see your improvements.

Fitness Testing Results					
Date	Maximum reps/distance in 1 minute (unless otherwise stated)				
	Max Plank Hold	Squats	10m Shuttle	Pushups	1km Time Trial
Notes:					
Fitness Goals					
Short Term (by the end of 8 weeks)					
Goal 1:					
Obstacle:					
Solution:					
Goal 2:					
Obstacle:					
Solution:					
Goal 3:					
Obstacle:					
Solution:					
Long Term (in the future)					
Goal 1:					
Obstacle:					
Solution:					
Goal 2:					
Obstacle:					
Solution:					
Goal 3:					
Obstacle:					
Solution:					

Personal and lifestyle goals

Measurement Results						
Date	Thigh	Hips	Waist	Chest	Arm	Weight
Personal Goals						
Goal 1:						
Obstacle:						
Solution:						
Goal 2:						
Obstacle:						
Solution:						
Goal 3:						
Obstacle:						
Solution:						
Things I can achieve straight away!						

Workout results

Workout results example

Below is an example of how to complete your workout results table.

Date	Workout Results		
	1 km run time trial	Time to complete 30 push ups, 30 squats, 30 sit ups.	200m swim time trial
1/8/14	6:21	5:21	7:21
1/9/14	5:46	4:18	6:50
1/10/14	5:30	3:36	6:23
Fitness Goals			
Run 1km in under 5 minutes.			
Achieve 10 unbroken repetitions of push ups and 30 unbroken repetitions of squats.			



















“ I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game winning shot and missed. **I've failed over and over** and over again in my life. **And that is why I succeed.** ”
Michael Jordan

[illegible]

Strength Results											Fitness Goals
Date											

Get Active Guide

Date: _____ Goal: _____ ☐

Food Log	How do I feel?
Breakfast	  
Snack	  
Lunch	  
Snack	  
Dinner	  
Snack	  

Strength Exercises	Set 1	Set 2	Set 3	Set 4	Set 5

Cardio Exercises	Time	Intensity	Distance	♥ Rate	Calories



















Notes: _____

Water - aim for 8 glasses
☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Sleep: _____ hrs

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Sleep: _____ hrs



For more information contact:



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