

Newsletter

Flinders Island Aboriginal Association Inc.

Healthy Lifestyle Program



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FLINDERS ISLAND ABORIGINAL ASSOCIATION INC. HEALTHY LIFESTYLE PROGRAM

HEALTHY LIFESTYLE PROGRAM

WHAT WE ARE ALL ABOUT.....

The Healthy Lifestyle Program

Chronic disease such as diabetes, kidney disease and heart disease are a lot more common in Aboriginal and Torres Strait Islander people than non- indigenous Australians. These chronic diseases are the core reason why adult indigenous people die younger and have poorer health than other Australians adults.

Smoking, not enough physical active, poor nutrition and large consumption of alcohol can lead to these chronic diseases. By minimizing these risk factors you can reduce your chance of these diseases evolving.

The Healthy Lifestyle team's job is twofold: to raise awareness of the benefits of quitting smoking, or most importantly not taking it up, and to promote healthy lifestyle choices. Some healthy lifestyle choices include increased physical activity, and improving nutrition. We aim to work with other orgs to help promote these positive changes.

The Healthy Lifestyle Team is a Tasmania-wide initiative. We hope to be working with you soon to deliver programs that will improve the lives of individuals within the community.

HEALTHLY LIFESTYLE TEAM

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UP AND COMING PROGRAMS

Save the date

Family Fun Days:

What: A Family friendly day for all ages with a focus on health. A variety of fun filled activities will be offered throughout the day.

FIAAI are holding the FIAAI 5km & 2km fun run on the 9th of June with an assortment of activities and stalls. Nutritious foods will be available.

The Healthy Lifestyle team will also be supporting and providing a stall for CHAC's 'Choose Health' Day on the 20th of June.

Walking Group:

We are currently developing a program for a walking and fitness group in Launceston. The group is aimed at all ages and fitness levels. A professional trainer will guide the sessions. As fitness levels improve, intensity of the sessions will increase!

We are looking forward to walking and working out with you!

If you are interested in joining us please call Tania on (03) 63345721

If you are interested in working with us on a program or you have some great ideas please feel free to contact one of the Healthy Lifestyle team members. We look forward to working with you 😊



Opening of Healthy Lifestyle building by Dr. Tom Calma AO on February 28th 2013

RECIPE OF THE MONTH!

Swap it, don't stop it!



HEALTHY PANCAKES:

- 1 Cup rolled oats
- 1 Heaped tbsp. cottage cheese
- 1 Free range egg
- 1 Banana
- Splash of almond milk

Blend all dry and wet ingredients together in a food processor until combined.

Cook as you would a usual pancake.

Top with your favorite fruits and yogurt or maple syrup.



HEALTH ISSUE OF THE MONTH:

Let's talk about it!

National youth week 5th-14th April 2013

National youth week is a time for thousands of young Australians aged 12-25 from across the country to celebrate and get involved.

This month's health issues will be focused on the youth ☺

Illegal Drugs in youth

Ok let's face it, they're out there and youth are widely taking them. Drugs are at parties, concerts, music festivals, clubs & bars; they are easy to get your hands on!

WHAT- There are so many different types of illegal drugs out there with all sorts of different effects.

Once you have put them into your body they find their way to your blood stream and are therefore pumped all around your body to your brain where they really take effect!

WHY- There are many different reasons why people take drugs; it may be they think it's going to make them more popular, be a better athlete, they might be feeling down or maybe they think it's going to make them have a better night out on the town.

But young people don't often consider the less glamorous side effects, such as blood shot eyes, grinding your teeth, clenching your jaw, paranoia and not knowing what is going on around you. There are many other effects that occur inside your body and that you cannot see—rapid heartbeats, increased blood pressure, heart attacks, abdominal pain, numbness, seizures, brain damage and many more.

Drugs are causing damage to too many aboriginal youth. They also severely impair decision making which can lead to other harmful choices.

HOW- Swallowed, snorted, injected, inhaled, smoked, eaten in foods.

Drugs Of Choose

Amphetamines:

Street Name- Speed,

Cocaine & Crack:

Street Names- Coke, Blow, Rock

Ecstasy (MDMA):

Street Name- X, E, Ecky

Heroin:

Street Name- Smack, Junk

LSD:

Street Name- Acid

Marijuana:

Street Name- Pot, weed, Grass, Reefer, Herb, Ganja, etc.

Methamphetamine:

Street Names- Crank, Meth, Ice, Speed, wippa



All of these are drugs that are highly addictive and in turn people become highly dependent on them causing many more effects such:

How to tell if someone close to you is using:

- Moods swings
- Lethargy
- Minimal interaction with family
- Changes in eating pattern
- frequent absences from school/ work
- Changes in friends
- Money problems
- Impaired memory
- Decrease in other activities
- Poor concentration
- Social withdrawal
- Trouble with the law

Data show that 28 percent of Aboriginal people reported illicit substance use in the past 12 months (Australian Bureau of Statistics, 2006). The most commonly reported illicit substances were cannabis (23%), amphetamines (7%) and analgesics and sedatives for non-medical use (6%. (From Australian Bureau of Statistics, 2006).

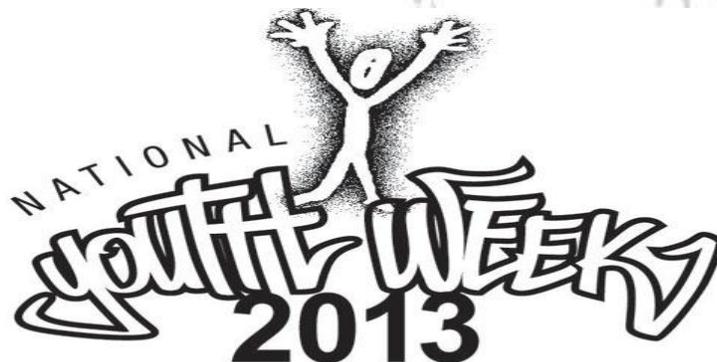
Preventions and HELP:

If you know of someone who is using drugs or you are and may need help don't wait, the sooner you get help the sooner you will be able to avoid the long lasting effects and consequence.

Options:

- Self- help groups and other support
- Talk with a friend
- Contact your Local GP
- Alcohol and Drug Information Service (ADIS) 24-hour telephone counseling line Ph: 1800 811 994

Your words have a lot of weight! Get the message across to your kids and teens; if they are informed at home they are less likely to become users!



An Australian, State, Territory and Local Government Initiative

TEAM BLOG:

Practice what you preach!

Tania Wheatley

On the 18th of February 2013, I commenced work as a Healthy lifestyle worker. This is when I made the decision to quit smoking, as I felt that it was not appropriate for me to smoke and be on a team that was tackling smoking in the Aboriginal community, and also knew it was not good for me health-wise.

I tried the patches for a while and found that it was too easy when I got home from work to take the patch off and light up. So, on the 9th of April I started taking champix tablets.

In my next update I will give an update of my progress.

If you are thinking of quitting smoking or in the process of doing so, and would like some peer support, please feel free to contact me on 6334-5721.



Rory Mansell

Hi! I currently play football for the South Launceston Football Club in the Tasmanian State League competition. As part of our training we train from 5:30pm – 8:00pm every Monday, Wednesday and Friday night.

Upon joining the Healthy Lifestyle Team I have also made a commitment to attend the gym four mornings a week to do maintenance and recovery weights which should assist in helping my body to recover adequately to be able to do the volume of training through the week and work on game days that is required. In addition, the earlier starts and increased physical activity will assist me with having healthier sleeping patterns and overall have a healthier lifestyle.

Hopefully, being disciplined with my training and commitment with the gym will assist me to remain fit and healthy, avoid injury, and assist me with getting the best possible result from my body that I possibly can.

Michelle Gregson

Hello! My name is Michelle Gregson and I've just finished my **Austswim** certificate, which enables me to teach swimming to anyone above the age of four! There is no better way to exercise than in the water. Swimming has been wonderful in my life and I feel it is important for everyone to experience the joy of being in the water. If I can assist or support you to swim in any way please call me. You can reach me at the office number—6334-5721.

Some Fun Facts:

1. There is less stress on your body's bones and joints during swimming than in other sports, because your body is supported by water.
2. It's easier to float in saltwater than in freshwater. In the Dead Sea, which has very high salt content, people float on the surface just like they're on a raft!
3. An hour of vigorous swimming can burn more calories than either walking or biking.

Cody Woolley

In order to improve my fitness levels, I am currently trying to do at least 30-60 minutes a day of running/walking.

To keep me going and track my progress, I am using the **Lorna Jane App** which is great, and FREE!! It maps your track, times you, works out your average speed and also the calories you have burned. It is a great little motivator.



Image of App

My hope is that I will have improved my fitness enough to compete in the Launceston 10 on the 16th of June.



TIPS AND HINTS:

Arriving at one goal is the starting point to another!

Four tips to get you started on exercise

1. **Schedule your time; Consistency is key-** When you are first starting out it is hard to overcome the temptation to put it off, so it is essential to set a small amount of time every day to establish that routine.
2. **Set a good foundation, buy yourself a good pair of runners-** many people think they need to purchase expensive equipment or gym membership to exercise. While these things may be a good idea for the future, when you are starting out all you need to do is move around!
3. **You have to crawl before you can walk- Start out small -** The best way to increase your fitness levels is to start out small and gradually increase the time and intensity of your workout.
4. **Do activities you enjoy-** For many beginners it's the shortage of stimulation that's causes you to give up. Sometimes running on a treadmill is enough to make you want to quit! So while first starting out try doing any physically-demanding activity you enjoy, like gardening or walking your dog in the park.

MYTHBUSTERS

Weight training will bulk you up-

Quite the opposite actually! Many personal trainers recommend that you make weight training an essential part of your weight loss program. It will increase your lean muscle mass, which in turn will increase your metabolic rate and make your body far more efficient at burning calories even when you rest.

Abdominal plank is a great exercise for strengthening the transverse abdominus. The transverse abdominus is the deepest layer of abdominal muscle and wraps around the whole midsection. When you contract the abdominals, your waist becomes thinner!

Exercise of the month

Side Plank

1. Lie on one side with one elbow directly under your shoulder, legs extended from your hips, and feet together
2. Slowly lift your hips away from the mat and engage your glutes and abs to stabilize
3. Hold for 10 seconds. Once you get stronger increase the duration of the exercise



STORY OF THE MONTH:

Whatever the mind can conceive and believe, the mind can achieve!

Indigenous Marathon Project

Rob De Castella, the founder of this motivating project, offers young Aboriginal and Torres Strait Islander people the chance to compete in the New York Marathon and also the Boston Marathon.

This inspiring project aims to impact the life of the runner, and also change the lives of the aboriginal families, friends and communities across this beautiful land. Each member of the project not only improves their fitness through intense training, but develops important skills for life: self-control, determination and belief in one's own self to achieve the once impossible.

The project provides training, resources and support for each member to participate in Certificate III or Cert IV in Community recreation- Indigenous Healthy Lifestyle, which covers skills and knowledge in many areas such as fitness and coaching, chronic disease, event organizing, nutrition, sports training, kids programs, public speaking and media skills.

Self-sacrificing Achievement

One of the members that took part in the New York Marathon, Charlie Maher, who ran the Boston Marathon in 2011, decided to run the marathon only two months prior. Charlie also decided to raise funds which were donated to a local Dialysis unit- Western Desert Dialysis. All up they raised \$1,800.



GREETINGS FROM THE STATE COORDINATOR:

Dear friends,

We are really excited to be launching our Healthy Lifestyle and Tackling Indigenous Smoking newsletter. It is our hope that it will provide useful information, a bit of inspiration, and some practical steps to help you improve your health and well-being. Let us know what you think and if there's anything in particular you'd like to see addressed in upcoming issues. We will do our best to incorporate your feedback!

Our program is just over one year old now and many things have happened since we first opened our doors. One of the most exciting new developments is that we now occupy our own building, based at 85 Canning Street in Launceston. The new location was officially opened on February 28th 2013. We were happy to host many friends and allies at the opening, as well as have the participation of special guest Dr. Tom Calma—National Coordinator of Tackling Indigenous Smoking. The day helped reaffirm the importance of the work we are aiming to carry out, as well as the vast amount of support that we can count on from other organisations and service providers.

Our program has now employed four extremely dedicated health outreach workers (read more about them on page 6). We are very excited to have a full team who are available to actively carry out healthy lifestyle initiatives and work to tackle smoking in the Tasmanian Aboriginal community. This work is long-term and it is challenging. But, we are confident that if we collaborate successfully with other orgs and existing programs we will make strides forward.

I want to take this opportunity to remind you all that World No Tobacco Day is taking place on Friday, the 31st of May. The theme for this year is, "Ban tobacco advertising, promotion and sponsorship". Australia has already made progress on limiting advertising and promotion, but there is still much work to be done—especially to reduce the rate of smoking amongst the Aboriginal population. If you or your organisation would like our support to organise an event on this day, please get in touch with us soon! We have lots of ideas to share!

In health and wellbeing,



Andrea Samulon—State Coordinator, FIAAI Healthy Lifestyle Program



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