



90 South Lake Drive,
South Lake
Phone: 9417 3003

Physical Activity Guidelines for Adults

1. Think of movement as an opportunity, not an inconvenience
2. Be active every day in as many ways as you can
3. Put together at least 30 minutes of moderate-intensity physical activity on most, preferably all, days
4. If you can, also enjoy some regular, vigorous activity for extra health and fitness

Physical Activity Guidelines for Children (under the age of 18 years)

1. Children need at least 60 minutes (and up to several) hours of moderate to vigorous physical activity every day
2. Children should not spend more than two hours a day using electronic media for entertainment (e.g. computer games, TV, internet), particularly during daylight hours



be active cockburn News

www.beactivecockburn.com.au

beactive@cockburn.wa.gov.au

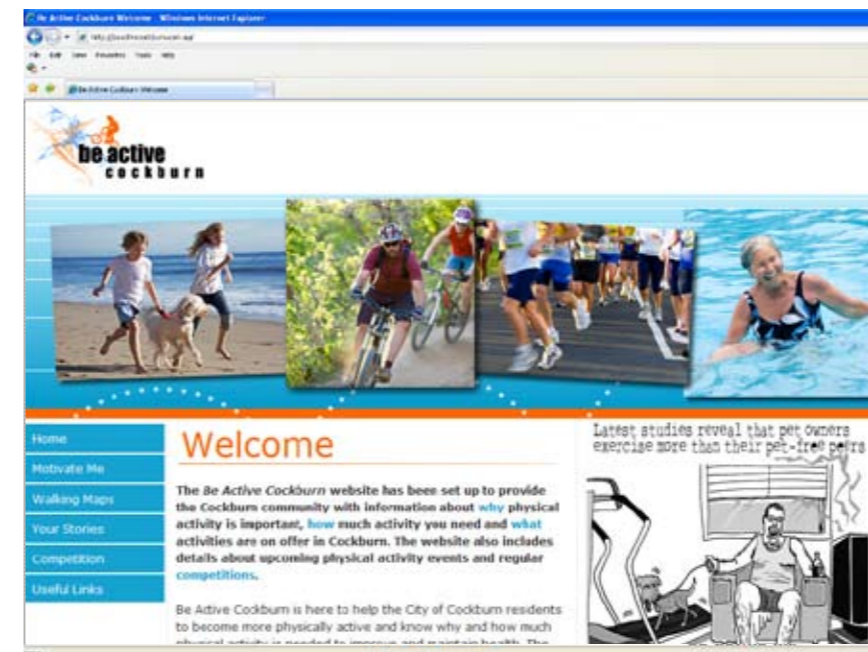
9411 3503

Walking groups in Cockburn and Fremantle

Walk Leader/Organiser	HFW	Meeting point	Day and Time	Phone	Email
Bernie Dierks (will be away until 22 Feb 09)	Yes	South Lake Primary school, meet at the 2 nd carpark	Monday 5.30pm Thursday 5.30pm	9418 1535	bdierks1@dodo.com.au
Fred Mason Hamilton Hill	Yes	To be decided	Can walk 7am and 7pm any day except Thursday	9434 1545	
Dianne Black (Yangebup Striders)	Yes	Yangebup Shopping Centre, Cnr Moorhen Dr and Swallow Dr meet near postbox	Monday, Wednesday and Friday 6.50am for 7am start	9499 4143 0429 109 992	Tblack5@bigpond.com
Ken, Val and Damien Norris Olympic Fun & Fitness Jandakot	No	Olympic Fun & Fitness, cnr Berrigan Drive and Lakes Way	Wednesday & Friday 9.15am Friday & Saturday 10.15am (coinciding with kids gym classes, but open to all)	9417 2153	
Wendy Hogan-Smith South Lake Community Nurse (pram-walking)	Yes	Cockburn Gateway Shopping City	Tuesday 8.15am	9417 4927	Wendy.Hogan-Smith@health.wa.gov.au
Wendy Hegarty Atwell Community Nurse (pram-walking)	Yes	Cockburn Gateway Shopping City	Tuesday 8.15am	9414 6304	Wendy.Hegarty@health.wa.gov.au
John Scanlon-Interim Leader, Easy Walkers	No	Bibra Lake (Ring for details)	Ring for details	9331 2092	jscan1@inet.net.au
Melissa Stoneham (Moon Walkers)	Yes	Beaconsfield - Stairs at Salentina Rise (corner of moran and beard street)	Tuesday 9am	0421 113 580	
Barbara (South Beach Friday Striders)	Yes	South Fremantle. Car-park next to South Beach Cafe	Friday 9:30am	0408 383 053	
Gina Eyre (Monday Morning Walkers)	No	South Fremantle	Monday 8am		(Contact The Meeting Place on 9335 3394 – need to be a member)
Geoff Langley (South Beach Seals)	No	South Fremantle	Thursday 8am		(Contact The Meeting Place on 9335 3394 – need to be a member)
Janet (After work walkers)	No	Fremantle	Tuesday 5:45pm	0409 919 718	
Shelley (Town of East Fremantle council walking group)	No	East Fremantle Council Building, 135 Canning Hwy	Thursday & Tuesday 1pm	9339 9339	admin@eastfremantle.wa.gov.au

If you'd like to walk at another time or place, why not consider starting your own Heart Foundation Walking group? It only takes two to start a group and you'll get free training, hat and t-shirt, and others can be referred to your group. Contact Gilly Street on 9411 3503 / gstreet@cockburn.wa.gov.au or Stephanie Lamb on 9432 9982 / activefreo@fremantle.wa.gov.au. Free pedometer loans are available at all libraries in the City of Cockburn.

Heart Foundation Walking is Australia's largest network of free community based walking groups coordinated locally by City of Cockburn and City of Fremantle. Heart Foundation Walking is funded by the Australian Government Department of Health and Ageing.



New Years Resolution 2009 – Be Active!

The Be Active Cockburn website went online on 1 January 2009, in time to inspire those with active New Years Resolutions. Be inspired, motivated and informed by logging on to www.beactivecockburn.com.au.

The site includes information about community events, motivational tips and stories, walking maps, local walking groups, self assessment tools and physical activity programs available in your local area. Health tips for both active and inactive people will be available.

The Be Active Cockburn team wants your input and anecdotes about all matters relating to physical activity in the City of Cockburn. For more information visit the website or email beactive@cockburn.wa.gov.au.

Be Active Cockburn is supported by Premier's Physical Activity Taskforce, Lotterywest, WA Local Government Association and South Metropolitan Public Health Unit.



Website launch competition winners

Sam Monaghan and Emily Pinkus tied for first place of the Meve Estate sponsored best story about physical activity. They will each receive \$250.

Prize packs for story runners up, artwork and photos went to Wendy and Mark Laver, Paige Thacker, Jade Gregory and Keisha Hutchson.

Look for these and other entries under "Your Stories" on the Be Active Cockburn website. This competition will be ongoing with a variety of sponsors and prizes so keep those stories and pictures coming – they can be funny, serious, inspiring, about success or failure!

All entries received in January will win a prize, so get your entries in to beactive@cockburn.wa.gov.au.



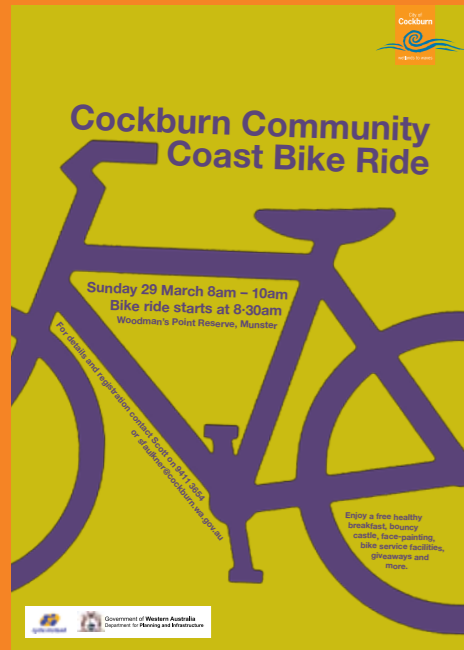
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Bike Week 2009

Be Active Cockburn and South Metropolitan Public Health Unit will be supporting the Bike Week event run by Recreation Services on 29 March 2009 by supplementing the catering with smoothies made in blenders powered with exercise bike generators.

A sneak preview of the exercise bike generators designed by sustainable power expert Jonathon Thwaite can be found at: http://www.sustainability.ofm.uwa.edu.au/welcome/exercise_bike_generator



Faces behind the Be Active Cockburn program



My name is Jamie Cavill and I am a Health Promotion Officer for South Metropolitan Public Health Unit. I work with Gilly Street and the health promotion team at the City of Cockburn on the Be Active Cockburn project, as well as support and implement other health promotion programs in the Cockburn and Fremantle local government areas. I strongly encourage the residents of the City of Cockburn to participate in regular physical activity and utilise the resources and support that the Be Active Cockburn project provides.



My name is Kym Chambers and I work as a Healthy Schools Coordinator for Child and Adolescent Health in the South Coastal Zone. I work specifically on the WA Healthy Schools Project, which is funded by the Australian Better Health Initiative, to assist schools in implementing strategies and programs that address healthy eating and physical activity. Be Active Cockburn provides a great opportunity to engage the school community and promote healthy active lifestyles and I have enjoyed meeting and working with many of the primary schools in the City of Cockburn area.



Hi, I am Scott Faulkner, Recreation Development Officer for the City of Cockburn. As part of my role at the City, I am responsible for organising and promoting recreation programs, including the Bibra Lake Fun Run and the Community Coastal Bike Ride (during Bike Week). Also, I work closely with sporting clubs/associations organising club development workshops throughout the year. The Be Active concept is a fantastic way to introduce people to the recreation opportunities available in the City of Cockburn, and I strongly urge people to get involved and enjoy what the City has to offer.

Spring Walkers



A total of 158,550 steps were taken by 78 participants of all ages in in the Be Active Cockburn Pedometer Challenge at the Cockburn Rotary Spring Fair.

Margaret Fontana achieved an incredible 7,725 steps in one hour and won a birds-eye view of the fair in a helicopter ride donated by Heli West. Aaron Urbano and Ian Fowler were the lucky winners of 3-month passes to South Lake Leisure Centre. There were also a number of winners of backpacks, including the seven walkers who achieved more than 4,000 steps in one hour, three of whom are members of Heart Foundation Walking group the Yangebup Striders. All entrants were eligible for other prizes regardless of number of steps taken.

The event, a registered Walk Week event, was supported by the City of Cockburn, South Metropolitan Public Health Unit, South Lake Leisure Centre and Heli West. City of Cockburn volunteer Bernie Dierks, who is also a Heart Foundation Walking organiser, joined City of Cockburn staff in coordinating enthusiastic walkers in the challenge.

Heart Foundation Walking is Australia's largest network of free community-based walking groups coordinated locally by the City of Cockburn.

Follow the Footprints to Fitness

Walk trails in the City of Cockburn will soon be marked with the Be Active Cockburn Footprint. Various walking routes can be found in the Walking Map section of the Be Active Cockburn website. These routes will all soon be marked with motivating footprints and distances.

If you have a favourite walking route, please mark it on a map and send to "Be Active Cockburn" using the contact details on the front page.



Cities celebrate Heart Foundation Walking birthday

The City of Cockburn and the City of Fremantle joined forces to celebrate Heart Foundation Walking's first birthday on Saturday 6 December.

Hearty, the Heart Foundation mascot joined an enthusiastic group of walkers from Heart Foundation Walking groups from both Cities and other guests for a walk along the river in East Fremantle. The celebration highlighted the benefits of walking in a group as a social activity. Other benefits of walking are the reduction of risks of heart disease and stroke while reducing body fat, blood pressure and cholesterol. Heart Foundation Walking is Australia's largest network of free community-based walking groups coordinated locally by the City of Cockburn and the City of Fremantle.

Prizes donated by Scarvaci's IGA in Hamilton Hill and IGA in South Fremantle, were presented to the most consistent walkers. The event was also supported by South Metropolitan Public Health Unit.



Cycling and Sustainability

by Hana Jestrubkova



Did you know that by using a bicycle as a means of transport, you are not only making a healthy lifestyle choice and reducing your chances of obesity and diabetes, but you are also doing your bit to reduce traffic

congestion, helping to mitigate the effects of climate change and saving yourself money.

What more reason do you need?

In case you are not yet convinced that pedal power is a great alternative to driving, keep reading.

Health Benefits

By cycling 30 minutes each day, you halve your chances of becoming obese or diabetic. Studies have shown that countries with low levels of obesity have high levels of cycling.

While this is an encouraging figure, it has been estimated that over 50% of the Australian population

are not active enough for continued health and well-being, and this number is growing.

Cycling and Traffic Congestion

Not only will cycling get you out of the tangle of traffic congestion, especially at peak times, it is estimated that congestion costs the Australian economy \$21 billion dollars a year!

Short Distances and Greenhouse Gases

Australians make a lot of short car trips, which are the most polluting per kilometre as the engine is cold. 52% of journeys by car are under 5km. It takes less than an hour to walk this distance, imagine how quick it would be to cycle!

If you're not ready to cycle very long distances (yet!), why not make a commitment to cycle all trips under 1km? Before you know it you'll be enjoying the benefits of regular exercise, as well as saving time by incorporating activity into your daily routine.

Enjoy the Great Outdoors

Lastly, we are very fortunate to live in a temperate climate, which is ideal for enjoying the outdoors. Why not enjoy the outdoors more by putting your car keys away, putting on a helmet and going for a ride?