

## 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.

No.3 October 2008



## Walking groups in Cockburn

Walk Leader/Organiser	HFW	Meeting point	Day and Time	Phone	Email
Bernie Dierks (Bernie will be away from 19 August until 15 September)	Yes	South Lake Primary school, meet at the 2 <sup>nd</sup> 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	94341545	
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 0429109992	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 – Launch 22 July	9417 4927	Wendy.Hogan-Smith@health.wa.gov.au
Wendy Hegarty Atwell Community Nurse (pram-walking)	Yes	Cockburn Gateway Shopping City	Tuesday 8.15am – Launch 22 July	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	0421113580	
Barbara (South Beach Friday Striders)	Yes	South Fremantle. Car-park next to South Beach Cafe	Friday 9:30am	0408383053	
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	0409919718	
Shelley (Town of East Fremantle council walking group)	No	East Fremantle Council Building, 135 Canning Hwy	Thursday & Tuesday 1pm		

## Not quite a World Record but a Great Australian Feat!

The City of Cockburn and the City of Fremantle contributed to the largest community participation physical activity event that Australia has ever seen. The two cities took part in a joint event that attracted over 160 people to walk around Wilson Park in South Fremantle in the rain on the first day of spring. The event was supported by South Metropolitan Public Health Unit, South Lake Leisure Centre, Fremantle Leisure Centre, The Meeting Place, Galati's and South Beach Café.

After taking five weeks to count the numbers of walkers, organisers have announced that Australia was unable to break the Guinness World Record currently held by Canada of most people walking simultaneously. Graeme Webb, A/Manager of the Premier's Physical Activity Taskforce Secretariat said 195 030 people across Australia walked at the same time who otherwise may not have been active.

'All the walk coordinators and walkers who participated on the day should be congratulated in this fantastic feat to promote participation in physical activity,' Graeme Webb said.

Western Australia's efforts made it the best performing state by far with 98 246 walking on the day. The results for the other participating States and Territories were: Victoria 22 273; New South Wales 8377; South Australia 14 367; Queensland 31 876; Tasmania 14 761; Northern Territory 2705; and ACT 2425.

The City of Fremantle and the City of Cockburn look forward to working together on more joint physical activity events in the future.



The ever-energetic Yangebup Striders didn't let the rain dampen their enthusiasm for the Giant Walk



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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 / activefree@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.

## Some of the faces behind the Be Active Cockburn program



Michelle O'Brien works for the Premier's Physical Activity Taskforce who, in partnership with WALGA, provide the funding for the Be Active Project. Michelle also provides encouragement, support and resources to enable the project to be a success.



Hi I am Richard Crane, Senior Health Promotion Coordinator with the South Metropolitan Public Health Unit (SMPHU). As an officer of the SMPHU I am committed to promoting, protecting and enhancing the health of our local communities and have been really impressed with the initiative and the energy of the City of Cockburn in supporting, planning and implementing the City of Cockburn Physical Activity Strategic Plan. Our inspiring SMPHU vision is Healthy people: Healthy communities. That is why I am personally delighted to be involved with the Active Cockburn initiative.



Hi I'm Colleen Fisher. I'm a Senior Lecturer in the School of Population Health at UWA and have previously held a Health Promotion lecturing position at ECU. I have a keen interest in social justice issues and see equity in opportunities for positive health outcomes as pivotal in achieving a just society. I am delighted to be involved in the Be Active Cockburn initiative and am certain positive outcomes for individuals, families and the community will follow. Be Active Cockburn is a great example of fruitful partnerships between the community and local government and an example which other jurisdictions could emulate.



I'm Gilly Street, Health Promotion Officer at the City of Cockburn. With the help of an enthusiastic team I coordinate the Be Active Cockburn program. Previous experience includes doing research for Mentally Healthy WA on links between mental health and physical activity. I am also qualified as a nutritionist and conduct seminars on links between nutrition and mental health. I have coordinated programs for South Lake Ottey Family & Neighbourhood Centre and Friends of Alma St Centre. I love working with the friendly Cockburn community, many of whom already know the benefits of being active.

Meet other members of the team in the next newsletter in January.



You'll find all kinds of rewards when you Find Thirty® minutes' physical activity every day.



## Important dates for physical activity

### 27 October - 21 November 2008

Make tracks2school  
[www.heartfoundation.org.au](http://www.heartfoundation.org.au)

### 1 November 2008

HeartSwim  
[www.heartfoundation.org.au](http://www.heartfoundation.org.au)

### 1-2 November 2008

Relay for Life (Bunbury (Southwest) & Mandurah (Peel))  
[www.cancerwa.asn.au/getinvolved/fundraising/relayforlife/](http://www.cancerwa.asn.au/getinvolved/fundraising/relayforlife/)

### 3-9 November 2008

Walk There Today Walk Week  
[www.dpi.wa.gov.au/walking/713.asp](http://www.dpi.wa.gov.au/walking/713.asp)

### 5 November 2008

Schools Walk There Today  
[www.dpi.wa.gov.au/walking/713.asp](http://www.dpi.wa.gov.au/walking/713.asp)

### 23 November 2008

The City of Perth Great Bike Ride  
[www.greatbikeride.com.au/](http://www.greatbikeride.com.au/)

### 1-7 December

"Life on the Edge" for CoastCare week  
[www.coastcare.com.au/Section/News/24/ARE+TO+LIVE+LIFE+ON+THE+EDGE.aspx](http://www.coastcare.com.au/Section/News/24/ARE+TO+LIVE+LIFE+ON+THE+EDGE.aspx)

### 18 December - 2 February 2008

Active Kids Holiday Calendar  
<http://holidaycalendar.dsr.wa.gov.au/>

Borrow a free pedometer: <http://library.cockburn.wa.gov.au/>

Plan your car-free journey: [www.transperth.wa.gov.au/Home/JourneyPlanner/tabid/56/Default.aspx](http://www.transperth.wa.gov.au/Home/JourneyPlanner/tabid/56/Default.aspx)

A free program to help you track your steps: [http://10000steps.org.au/?page=lifestyles/getting\\_started](http://10000steps.org.au/?page=lifestyles/getting_started)

The City of Cockburn's Summer of Fun events season is now on!



## Bush Ramblers explore Cockburn



Mount Brown lookout provided an interesting destination for the Bush Ramblers Walking Group. The Bush Ramblers joined the Be Active Cockburn program and the City of Cockburn's VIV program (Very Important Volunteers) to help conduct walk audits of various paths and tracks in the City of Cockburn.

A series of walking maps will appear on the soon-to-be-launched Be Active Cockburn website, along with photos and comments about the walks. In the new year a booklet of walking maps will also become available. Many thanks to these willing walkers!

## The Stay on Your Feet Week event



At the Senior Citizens Centre in Hamilton Hill in September had over 60 people joining in fun activities, informative talks and a delicious healthy lunch. Lesley Ayres and her team of bootscooters inspired many to get active. Congratulations to Kevin Stook and his team for coordinating this very successful event that was funded by the Injury Control Council of WA.

## City of Cockburn Health Team set a Sun Smart example

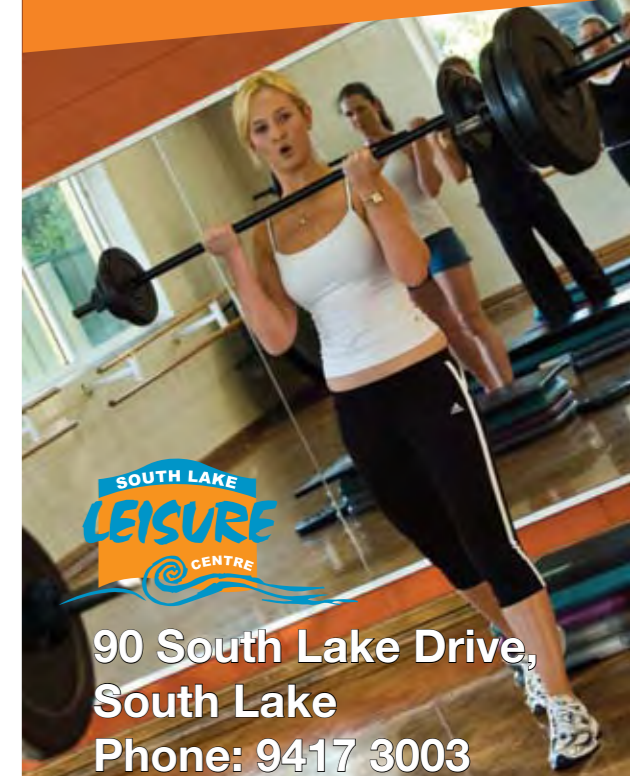
With the warmer weather approaching, it is timely to remind everyone of the Cancer Councils "SunSmart" program and the key components to minimize skin damage and reduce your risk of developing skin cancer from exposure to the sun.

The "SunSmart" program recommends that you protect yourself in five ways to minimise the risk of skin cancer:

1. Slip on protective clothing
2. Slop on SPF 30+ sunscreen
3. Slap on a hat
4. Seek shade
5. Slide on some sunglasses

As part of Safe Work Week 2008, the City's Health Service is promoting the Sun Smart message to City of Cockburn staff so that they can minimize their risk of developing skin cancer while working in outdoor environments.

For further information on the Cancer Council's "SunSmart" program, including detail on the five ways to protect yourself, visit [www.cancerwa.asn.au/prevention/sunsmart/how-to-be-sunsmart](http://www.cancerwa.asn.au/prevention/sunsmart/how-to-be-sunsmart)



90 South Lake Drive,  
South Lake  
Phone: 9417 3003