



# Wellness Newsletter

**W**elcome to the March edition of the FitSense Australia Wellness Newsletter.

**P**reparation is well underway for the FitSense Australia Corporate Wellness Showcase to be held on Tuesday 5 May, 2009 (10am-12pm) at the Crowne Plaza in Civic. The showcase is FREE and anyone with an interest in staff health and fitness will get a lot out of attending. It will include an overview of the latest evidence based research in the field of corporate wellness and a range of practical demonstrations.

**T**wo of the most valuable and interesting presentations at the FitSense showcase will be on how to implement an effective corporate wellness program within a specified budget, and some leading practice examples of FitSense programs that have demonstrated tangible benefits.

**R**egistrations are now open for the showcase. To register simply visit: [www.fitsense.com.au](http://www.fitsense.com.au), email: [info@fitsense.com.au](mailto:info@fitsense.com.au) or call: 1300 88 58 40. We look forward to seeing you there.

**A**nd now to the contents of this issue of the newsletter .... Our feature Article is on exercise adherence or how to maintain a regular exercise routine long term. This is complemented by another article about being new to the sport of running and incorporating it to an existing lifestyle. Of course we also have our regular features including a product review and delicious Autumn recipe. There's something for everyone. Enjoy!

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Corporate Wellness  
Showcase - 5 May

# Exercise Adherence

## Maintaining Regular Exercise

People cite different reasons for wanting to start a regular exercise campaign. For some it is for the health benefits, for others it is to lose weight or reduce stress, and for others it is to re-claim some of the enjoyment they used to get from doing regular physical activity in the past. Whatever the reason, having a motivating factor(s) is enough for a lot of people to move from wanting to be regularly physically active to actually starting to exercise. But what happens after the initial starting period? Why do so many people struggle to maintain their regular exercise routine? And what can be done about it?



Making a lifestyle change such as adopting a new exercise routine is like any other behaviour change - it involves both a cognitive and behavioural aspect – and it is a process rather than a single cause and effect event which results in a fixed outcome. This means that there has to be ongoing thought or reminding of oneself about the reasons for maintaining the change as well as ongoing management of the new behaviour in order for the change to be sustained. Essentially, deciding to change and starting to change won't result in the change looking after itself from then on. Ongoing thinking about the new behaviour and continuing to act it out is the key to maintaining the change to sustained regular physical activity long term.

If maintaining a regular exercise routine is proving difficult for you, try some of these thinking and acting strategies:

Thinking	Acting
Remind yourself every day of your original reason(s) for wanting to get into a regular exercise routine.	Move from reminding yourself to doing the doing. "Just Do It".
Think about some answers to yourself for if/when you start thinking of excuses or reasons to miss your scheduled exercise sessions - e.g., Reason: No Time. Answer: Diarise regular exercise sessions and keep them as appointments with yourself.	Resist excuses and reasons that aren't really good enough and continue to do the doing.
Set yourself some short and medium term physical activity goals - e.g., Short Term: 3X30min jog/walk sessions and 2X20min strength exercise sessions this week. Medium Term: Run 30mins without stopping by end of June 2009.	Be realistic with your goals and stick to your weekly exercise program in order to achieve your short term goal. Then stretch out your sessions so that over a period of weeks you are progressing towards your medium term goal.
Keep yourself accountable.	Tick off each diarised exercise session you do and keep a record of how each session went - type of exercise(s), duration, how you felt etc.

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# Exercise Adherence

## Maintaining Regular Exercise

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Thinking	Acting
Reinforce your own thinking by seeking out information about healthy behaviours and engaging with like minded people - eg, health and fitness magazines, websites, others with similar activity/sport interests, people who have achieved significant health/fitness goals.	Surround yourself with supportive, positive people and people who are also regularly physically active.  Invite a friend or colleague to exercise with you.
Acknowledge when you need help if your motivation starts to slip.	Talk to like minded people. You can encourage each other and help keep each other on track.  Invite a different friend or colleague to do an exercise session with you.  Try a new type of physical activity/sport.
Believe in yourself and be proud of yourself.	When you achieve your medium term goals, reward yourself with fit and healthy rewards - eg, new running shoes or sports clothes, new iPod music etc.
When you get close to achieving your medium term goals start thinking about your next short and medium term goals so as to keep your long term behaviour change going.	Be realistic in your new goal setting.  Use your current state of fitness as your base level fitness and step up your level of exercise (frequency, intensity and/or duration) to improve or broaden your fitness, and to progress towards your new goals.

Remember, even long term, habitual exercisers who might appear to find maintaining a regular exercise pattern easy will have had to move along the behaviour change continuum in the same way as you, and even they will have periods when they need to re-visit some of these ways of thinking and acting to keep themselves on track. It's a long term process for everyone. It is however, a long term process that has enormous life long health and fitness benefits.



# Making Regular Exercise A Part of Life - A Personal Experience

*If you are wondering how to move from starting to exercise regularly to maintaining a consistent routine of daily physical activity, you may gain some insight from this real life personal experience.*

Growing up, I did just about every sport there was at school and on the weekends I did netball and Little Athletics. In my early 20s I narrowed it down a bit and played mixed netball and some soccer. But when I started travelling and living overseas, my level of regular activity dropped off, and by the time I was 28 I had already spent a number of years doing very little, and my fitness level and weight had gone up and down as a result.

When I was 28, I decided to start running in order to lose weight and build my general fitness. Initially, this goal was enough of a motivator to get me out the door. It was hard though. My first couple of attempts began with a short run, until I was out of breath, and I walked the rest of the way home. I remember quite clearly the first time I actually ran for 7 minutes continuously! To me, this was a huge achievement! Not long after this, I managed 11 minutes without stopping. For a couple of weeks I continued with jogging for as long as I could and then a combination of walking and jogging for the remainder of the time. I never jogged/walked any more than 3-4 km and it was mostly on flat ground.



I remember hearing a quote about exercise that went something along the lines of “if you do something for 22 days in a row, it becomes routine”. For me, this meant getting up a bit earlier every morning to either go for a jog or a walk. Sure, I may have stayed in bed a couple of those 22 mornings but when it came down to it, getting into and keeping a regular jog/walk pattern was definitely all about consistency and not giving up.

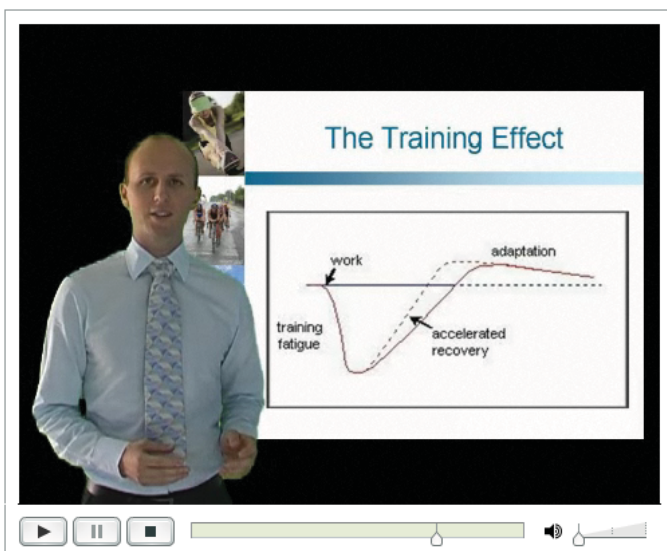
In the beginning the mental side of running was quite a struggle. I didn't want to stop and walk and give up, but in reality I couldn't physically keep running continuously, and so walking was the only way I could get through each session. Running is a very demanding activity and so I had to get into it more gradually than I thought I would. Some days were better than others and some days I whinged and moaned about being hopeless at running - before, during and after the run!

Around this time I read an article about mental toughness and how just thinking more positively about the whole process can make you enjoy it a lot more. By consistently getting up in the mornings to go for a run (probably 3 times a week at the start and a walk on the other days), and thinking more positively about it, I gradually started to improve. Improvement for me was being able to run for longer before I needed to walk, and needing to walk less and less over time. It was also around this time that I began to actually enjoy being out there! Finally! I started to enjoy the challenge of getting closer to my goal of being able to run for 30mins (5km) without stopping. I also enjoyed how it made me feel each day. I had more energy and I was also losing weight (in conjunction with eating better). I had definitely formed a new habit.

Running for 30 minutes without stopping took me a number of months but with consistency I achieved it. The rewards from having stuck with it have continued. I'm fitter than I've ever been in my life, I'm in a healthy weight range and I now love starting my day with a run, and I never thought I'd ever say that!

# Product Review

## Online Health and Wellness Seminars



FitSense Australia has recently released three online health and wellness seminars. Accessing the seminars in this format is ideal for those who are remotely located or who don't have time to attend a seminar in person. The online seminars can be accessed at any time from anywhere. All that is required is an Internet connection.

The three online seminars currently available are:

- Become Your Own Personal Trainer
- Healthy Eating for a Healthy Life
- Fitting It All In - Achieving a Fit and Healthy Work/Life Balance

More online seminars will be made available during 2009. Stay tuned.

## Autumn Recipe - Antipasto Pizza

### Ingredients (serves 4)

2 red capsicums, quartered, de seeded  
2 pieces (20cm-diameter) Lebanese bread  
80ml (1/3 cup) passata (tomato pasta sauce)  
4 marinated artichokes, drained on paper towel, quartered  
80g (1/2 cup) pitted kalamata olives  
8 cherry bocconcini, torn in half  
100g baby spinach leaves, to serve



### Method

Preheat grill on high. Place the capsicum, skin-side up, on a baking tray. Cook under grill for 6-8 minutes or until charred and blistered. Transfer to a sealable plastic bag. Set aside for 5 minutes (this helps lift the skin). Peel and thickly slice.

Preheat oven to 220°C. Place the Lebanese bread on a baking tray and spread with the passata. Top with capsicum, artichoke and olives. Season with salt and pepper.

Bake in oven for 10 minutes or until pizza bases are crisp and light brown. Scatter the bocconcini over the pizzas and bake for a further 3-4 minutes or until the bocconcini begins to melt. Serve pizzas immediately with baby spinach leaves, if desired.

*Recipe courtesy of Good Taste - June 2006*

 **FitSense  
Australia**  
Your Accredited Corporate Wellness Provider

# UPCOMING EVENTS

27 March 2009	<b>Cancer Council Relay for Life Overnight Team Relay AIS Athletics Tack <a href="http://www.relayforlife.org.au">www.relayforlife.org.au</a></b>
4-5 April 2009	<b>Canberra International Walking Weekend 5km, 10km, 20km or 30km each day - one or both days <a href="http://www.aussiewalk.com.au">www.aussiewalk.com.au</a></b>
5 April 2009	<b>Gear Up Girl Challenge Women only bicycle event <a href="http://www.gearupgirl.com.au">www.gearupgirl.com.au</a> (click on Challenge)</b>
5 April 2009	<b>ACT Cross Country Club Women's and Girls' Fun Run/Walk <a href="http://www.canberrarunner.com.au">www.canberrarunner.com.au</a></b>
9-13 April 2009	<b>Folk Festival <a href="http://www.folkfestival.asn.au">www.folkfestival.asn.au</a></b>



## **Corporate Wellness Showcase**

10am - 12pm @ Crowne Plaza, Canberra

**Tuesday 5 May 2009**

More information - Phone: 1300 88 58 40

Email: [info@fitsense.com.au](mailto:info@fitsense.com.au)

[www.fitsense.com.au](http://www.fitsense.com.au)

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