

ActiveWellness



Most of us could do with more time out ... more time to 'do our thing'.

My200 is our new time out planning tool to help you organise regular breaks each week.

Try to find 200 minutes a week just for you. It seems a lot ... but it's not!



Just make copies of the My200 Planner and fill in the blanks each week. A break can be anything that keeps you strong and well ... anything that makes you feel happy, or good! Keep your

Planner handy to remind yourself to 'do your thing' day to day ... aiming for about 200 minutes of time out for yourself each week.

NEXT TIME! *Wayne Halkyard's My200 wellbeing and exercise programme, designed for New Zealanders of all ages and abilities!*

Time out ... time for you!

If you care for others or are struggling with your own health issues, you may have little time for exercise, relaxation, hobbies, or just enjoying good times with loved ones.

We all know that having time out is important for our mental and physical wellbeing, which is especially true for those whose lives have extra stresses.

That's why making time for yourself may need to be planned.

My200...

Is a simple planning tool to help you find 'wiggle room' in your busy weekly schedule to make it easier for you to block out regular breaks for yourself.

Complements our popular *Strength for Caring* programme, which has helped hundreds of carers and those they support improve their strength, and take time out for physical wellbeing. As with *Strength for Caring*, we have designed My200 so the control is in your hands!

Our My200 Planner will help you consider the week ahead, and choose times and days when some time out is possible.

Is a reminder system to block in just 200 minutes a week to care for yourself, too!

There are 10,080 minutes in a week.

We hope My200 will make it easier to find at least 200 minutes for time out ... time just for you!

Request our free 15 minute Strength for Caring exercise programme! Developed by national bodybuilding champion Wayne Halkyard, the exercises (done regularly) can build strength fast!
Phone 0800 777 797, or write to PO Box 133, Mangonui, Far North 0442.



Weekly Planner

A break can be anything that keeps you strong and well ... anything that makes you feel better, or good! When can you make time for yourself this week?

	ACTIVITY	TOTAL MINUTES
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

TOTAL TIME OUT FOR THE WEEK:

Get your free personalised walking, running, or cycling fitness programme at
www.activesmart.co.nz



Ideas!

What will you do that's just for you this week?



- ➔ Walk the dog twice a day for 15 minutes = **210 minutes a week!**
- ➔ Listen to an Anna Filliol relaxation exercise at www.familycareradio.net.nz four times a week x 10 minutes each = **40 minutes**
- ➔ Go to church = **60 minutes**
- ➔ Spend time in the garden twice a week for half an hour = **60 minutes**
- ➔ Cook a favourite meal and share it with loved ones = **240 minutes**
- ➔ Complete our **Strength for Caring** programme five times x 15 minutes = **75 minutes**
- ➔ Swim at your local pool twice a week x 30 minutes = **60 minutes**
- ➔ Listen to a radio serial or programme or inspiring music every day for half an hour, 7 x 30 minutes = **210 minutes**
- ➔ Daydream ... **5 minutes or 60 minutes** will put you in a positive frame of mind!
- ➔ Visit a mate, chat on the phone, watch your favourite soap = **60 minutes**
- ➔ Snooze in the fresh air = **30 minutes**
- ➔ Set up a Facebook page and find old friends = **240 minutes**
- ➔ Attend a course or weekly trivia or games night = **180 minutes**
- ➔ Plan your dream holiday = **90 minutes**
- ➔ Window shop = **45 minutes**
- ➔ Arrange flowers in your favourite vase and enjoy them all week = **60 minutes**
- ➔ Shout yourself a posh cupcake for morning or afternoon tea = **30 minutes**
- ➔ Go through your photos and relive good times = **90 minutes**

do your thing!

What could prevent you from having time out this week? Plan ahead to remove barriers.

What help will you need to make your breaks possible this week? Who can give you a hand?

Things happen! If time out is tricky this week, how can you get more rest and have the breaks you want next week?

Share your ideas about ways to have a break! Send them to PO Box 133, Mangonui, Far North 0442 or by email to info@carers.net.nz

If you or someone in your family has a fall or is injured, get treatment as soon as possible. Don't wait until you feel better, as this can make an injury worse, and your recovery might take longer. Getting ACC cover is simple: your doctor, physiotherapist, or other treatment provider will submit an ACC claim for you. To learn about making an ACC claim, visit www.acc.co.nz or phone 0800 101 996.