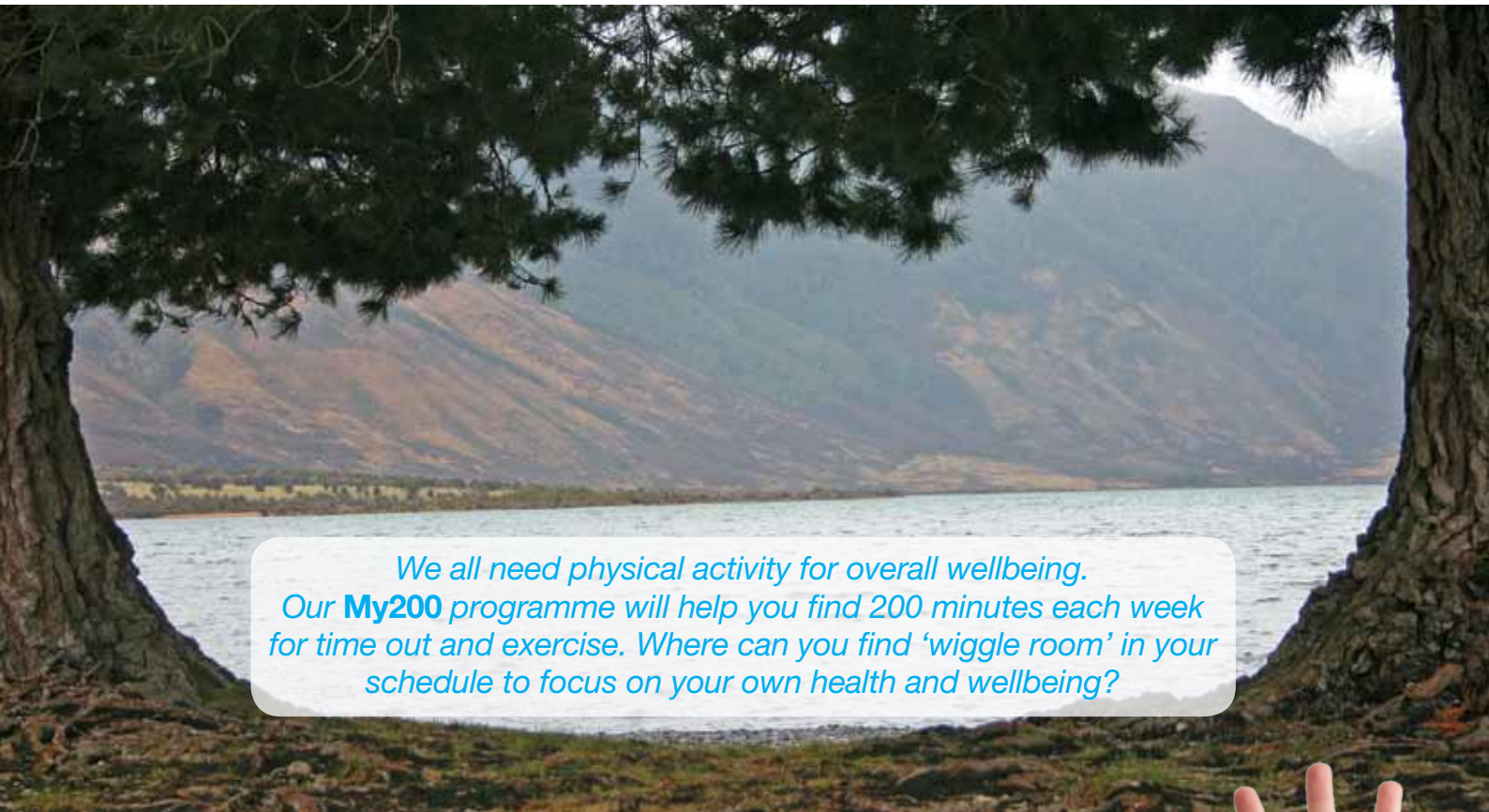
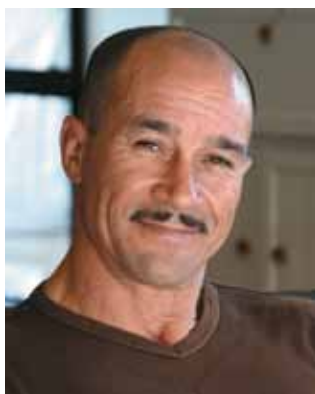




ActiveWellness



We all need physical activity for overall wellbeing. Our My200 programme will help you find 200 minutes each week for time out and exercise. Where can you find 'wobble room' in your schedule to focus on your own health and wellbeing?



Our Strength for Life and My200 programmes were designed for family carers and 'self-carers' by bodybuilding champion and trainer Wayne Halkyard.

Since the launch of *ActiveWellness* in 2008, we've heard from many carers who want to focus more on their own wellbeing. They want to stay strong and well for their own sakes, and for those who rely on them.

We know our *Strength for Life* stretchy band programme has helped, but now we are encouraging carers to step up their physical activity, and to use their My200 time each week to build overall fitness.



Finding the time to be more active might be easier than you think. You may already have plenty of physical activity in the routines you follow.

Assess how much activity you're clocking up each week using our simple tool (*opposite*). Any type of vigorous activity counts!

Are you happy with your level of activity, or would you benefit from more? If the latter, how can you add more physical activity to help you increase your strength and fitness?

Carers NZ's survey found that 46% of carers have their own health and disability needs, including arthritis, diabetes, anxiety, depression, high blood pressure, elevated cholesterol, and many other chronic illnesses and conditions.

I hope our My200 ideas inspire you to step back and think about your own physical and mental wellbeing. More activity will help you to manage or even avoid altogether the common health problems experienced by family carers!

Stay active, stay well!

Carers NZ's recent survey of more than 650 family carers found that 35% receive injuries in their role, the most common being strains, sprains, slips, and falls.

Caring is a hands-on role that can involve lots of lifting and shifting. Knowing how to safely perform these tasks is the focus of a new 'watch and learn' series that will soon be available at our *Caring@Home* YouTube channel. We look forward to bringing you this learning, which you'll be able to watch 24/7 if you have access to the Internet. We'll also repeat the information here at *Family Care* for those who aren't online.

Often family carers lack time to focus on their own wellbeing. It can be hard to find the time for exercise, hobbies, important medical checks, and other things most Kiwis take for granted.

That's why we designed our My200 Weekly Planner. We hope that by thinking about the week ahead, you can organise some time out for yourself most days.

PHOTOS: MARINA JUBANOVIC, KONSTANTIN YOLSHIN, SHUTTERSTOCK



Weekly Activity Monitor

Aim for daily physical activity of 30 minutes, or more than 200 minutes a week. Assess your typical daily routines; you may already be getting the minimum recommended levels of activity. 'Step up' your minutes if needed. What you do to reach your **My200** activity target is up to you!

My Activities

Walking
 Vacuuming
 Zumba
 Gardening
 Playing with the kids
 Cooking/chopping
 Running
 Exercycling
 Tai Chi
 Washing the car
 Shopping
 Climbing stairs
 Gym membership
 Surfing
 Yoga

Strength for Life

Cleaning the oven
 Stretching
 Swimming
 Laundry
 Bending
 Lawnmowing
 Bicycling
 Pilates
 Errands
 Weights
 Dancing
 Carpentry/DIY

	ACTIVITY	MINUTES
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

TOTAL MINUTES OF ACTIVITY:

Download our **My200 Time Out Planner** at www.carers.net.nz
 Make copies and fill in the blanks each week. Time out 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 each week.



Request our free 15 minute Strength for Life 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.



Ideas!

You're likely to move more if you plan for physical activity!



- ➔ Get advice from your health professional before beginning a new exercise programme. They can check your readiness for more exercise, assess existing health conditions and medications, and tell you you're 'good to go'!
- ➔ Allow five minutes to warm up before you start any vigorous exercise, and five minutes to cool down when you finish. Consider investing in a heart monitor so you can gauge how exercise is affecting your heart rate. Your gym or sports store can show you how to use the monitor properly for your age, physical condition, etc.
- ➔ Include stretching when you finish activities or workouts to improve flexibility, and help your body to recover.
- ➔ Stay hydrated; keep water handy whether you're in the garden, walking at the beach, or doing Tai Chi or other activities.
- ➔ Gradually increase the intensity of your physical exercise programme over time. This will help you build cardiovascular fitness, overall strength, and deliver the maximum 'feel good' benefits of exercise!
- ➔ If you are quite fit, 'interval training' can give you faster results in a shorter time. I'll talk more about this in a future issue.
- ➔ If you are unable to exercise vigorously, do what you can. Every bit of physical activity will contribute to overall wellbeing. We'll list a few ideas and show you how the minutes can add up! What are your ideas to move more this week?
- ➔ Vigorous gardening 2 x weekly x 30 minutes = **60 minutes** ➔ Washing the car 1 x weekly = **30 minutes** ➔ Walking to the shop 2 x weekly x 20 minutes = **40 minutes** ➔ Tai Chi class 1 x weekly = **60 minutes** ➔ Sit and Keep Fit exercises at the community hall 1 x weekly = **45 minutes** ➔ Your ideas?

do your thing!

Wayne's Advice! My200 Success Factors

"The individual's mindset: where you're at now, what you need to do to build or maintain your fitness."

"Self management of time to achieve that 200+ minutes a week of vigorous physical activity."

"Environment: create or find a space that motivates you and helps you stick to your physical activity plan."

Share your physical activity ideas! 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.

Bouncing back

Tips for recovery after illness

Dear Family Care readers,

I am excited to meet you all! My name is Ellen van Dijken and I am a physiotherapist with an organisation that provides home support in the Wellington region. I am also a Mum to three gorgeous daughters, aged four, three and one. Yes, they keep me very busy! My husband deserves some of my time as well, and in my own time you might find me with my nose in a magazine, swinging on the Zumba floor, baking a cake, catching up with friends, or (bliss) just pottering around my home. At work in the community I perform assessments and treat people in their own homes. My visit could be aimed at preventing falls, risk screening, family or formal carer support and training, recovery after hospital discharge, prevention of hospital admission, or improving poor physical condition. After many years working in a hospital, I love visiting people in their own environments, and feel privileged each time someone welcomes me into their home. It is with great pleasure that I am able to reach more families and carers through providing a series of articles in *Family Care*. I hope I will be able to give valuable information that you can apply to your day to day lives.



The road to recovery after a hospital admission or illness can be frightening. We can see and feel the changes that happen to our bodies after even a short period of illness. It can take much more out of us than we think.

But it is empowering to actively work on our recovery, even though it may be only one small step at a time.

What we are talking about is getting back to your old self, regaining what you have lost: your health, the ability to walk unaided, or simply strength. Essentially, you will be working on getting your body used to your daily activities once again.

Participating in your own recovery does not mean pacing the pavement three times a day or doing endless uninspiring exercises. It is about setting yourself some goals, and finding daily activities that are meaningful (perhaps even fun!) that will help you feel better and improve your physical condition.

Build up your activity level slowly

Start with baby steps, like 'sitting on the edge of the bed by myself', taking on more if you can handle more. Once you have achieved your goals, reward yourself for your achievements and set up some new goals.

Try not to worry about overdoing it. Occasionally you might take on too much and feel sore or exhausted the next day. Don't let this scare you! This gives you valuable information about how

much you can tolerate. Then you can adjust your goals and exercise programme accordingly.

Say your goal was to have a shower and get dressed by yourself. After taking two hours to complete the ordeal, you may spend the rest of the day in bed cross-eyed with exhaustion! Even though it is inconvenient, you now know you can probably have a shower by yourself, but getting dressed immediately afterwards was a bit ambitious. Maybe next time you can put on your dressing gown and get dressed after lunch, or ask for help with dressing.

Look for the balance between putting demands on your body (activities) and what your body can cope with. Your ability to deal with activity will be reduced after illness, so it is important to adjust your activity levels accordingly. Building up your physical activity slowly will increase your body's ability to cope, and help you to regain what has been lost.

Many factors besides activity alone can positively influence your coping mechanisms. Think of adequate rest, good nutrition, the power of positive thoughts, having the love and support of friends and family, or other things that make you feel better.

Stay focused and work on your goals every day

Keep your eyes firmly on your goals (where you want to go), and take it one purposeful step at a time. Try not to be distracted by horror stories from well-meaning people who know someone who had a sister etc who had a similar experience to yours, and never got back to her old self. This is about *you* and *your* situation. Everyone is different. Finally, seek help if you are struggling.

It can be a long journey to get back to your old self, and there is no need to just 'ride it out'. There are friends, family and professionals out there to help you. Don't be too hard on yourself. And, most importantly, always do as your physio tells you! **FC**

Please let me know if there are any specific topics you would like me to talk about in the future. You can send me questions care of Family Care, PO Box 133, Mangonui Far North 0442, or email them to sara@carers.net.nz
Disclaimer: For individual advice about recovery from illness or injury please consult your health professional.