

HEAL in your hospital: Winter Ideas and Opportunities

Don't use daylight savings being a distant memory as your excuse for keeping up your activity levels, or for reaching for "comfort food" more often than necessary! Regularly meeting up with friends for a walk, run, or cycle is a great way to keep active, socialise, and feel safe when exercising. Incorporating active transport into your day is another way to add activity and contribute to your '30 min a day'.

- **Appetite for Life courses**
 - On site courses for female CDHB staff
 - Next courses to be on site at ChCh Public
 - Register via HEAL website or contact Gillian McStay via email
- **Walking, running and cycling including active transport**
 - Walking route maps from and within ChCH Public and TPMH (available at receptions of CWH or TPMH)
 - Walking, running and cycling groups and contact lists
 - Cycle maintenance and cycle commuter skills courses to start in Spring
- **On site Pilates and Yoga classes**
 - 5 pilates and 4 yoga classes on offer at a range of times and locations to suit staff
 - See HEAL website for all you need to know
 - Family members welcome to these classes if accompanied by a staff member
- **Circuit classes**
 - Mondays and Tuesdays, 430 pm at ChCh Public Hospital
 - Mondays, 430 pm at TPMH
 - \$5pp with special incentives for people new to the classes (2 free, and free for a regular who brings a new person). Circuit class participants have a lot of fun and are already seeing the benefits:

“ As a complete novice to organised exercise I am loving this circuits programme. The activities are simple to learn, we all work to our own pace, we have lots of laughs and I am sure I can feel the benefits after just a few weeks. It has also been great to meet other CDHB colleagues from all areas.”



- **Squash**
 - Beginners and intermediate courses created on demand
 - Social nights 430-630pm Thursdays at hospital courts \$2pp for non club members – all levels catered for, special emphasis on beginners
 - Join the club for \$100/year (shortened membership available)
 - Use casually, \$4 per game, rackets included, key from CWH reception
 - <http://www.heal.org.nz/?ci=158> for all you need to know

- **Tennis**
 - Social nights 330-6pm Tuesdays – TPMH courts – in recess for Winter

- **Zumba**
 - Its on its way!!!! Join Kirsty Bliss for some fun!!!
 - “I am a licensed Zumba instructor having completed the Basics 1 Instructor Training in April 2010. I began taking zumba classes at the end of 2009 and was hooked! I have been dancing most of my life, learning different dance styles including modern jazz, contemporary and salsa. Zumba is a great fitness class to get involved in – the term “exercise in disguise” is not a myth! You will have so much fun with the variety of latin music and moves that you will forget that you are exercising! Anyone can do zumba so come join the party and find out what it’s all about!”
 - Free tasters:
 - 20th July - 1645, Great Escape
 - 22nd July – 1700, Riley Day, TPMH
 - 27th July – 1700, Horticultural Hall
 - Onsite classes
 - 7 minimum to be pre-paid/registered before classes will go ahead
 - \$8 casual, \$40 if pre-paid for 8 sessions
 - From Tues 3rd August 1645, Great Escape
 - From 5th August 1700, Riley Day, TPMH

- **Employee benefits**
 - These have recently been revised... Have a look at what’s on offer now on the intranet (HR section)

- **Unable to commit to a class but want to team up with others?**
 - Download the blank contact list template from the HEAL website and add your name, availability, goals and contact details to find a buddy for biking, walking, running, or a game of onsite squash or tennis. Send this to Hayley for her collate a contact list.