PA4E1 Update

Physical Activity for Everyone (PA4E1) is an Australian first program running at your child’s school designed to help keep students physically active and healthy.

Thanks for your continued support of the PA4E1 program. Small changes can have a big impact.

The physical activity expos held at the end of term 3 were a huge success. We had over 30 different organisations involved across the five schools showcasing their particular activity. The students had an extremely hands on taste of a variety of new activities, some of which they may never have thought of before, like tae kwon do, lawn bowls, orienteering, sailing and gridiron. From all accounts the students had a great time and we can only hope some of them decide to venture into something new.

We were so fortunate to have so many different community organisations on board and we thank each and every one of them for their time. Registration information from some of these clubs will be provided in upcoming school newsletters. Students also received a show bag with lots of information to take home and discuss with families.

Program X - healthy swaps

Program X, an enhanced school sport program, which is currently being implemented in your school, aims to not only help students be physically active but also to improve their dietary habits.

One part of the program is aiming to help students reduce their consumption of junk food snacks and sugar sweetened drinks. Junk foods are low in nutrients and high in kilojoules, fats and sugars.

Here are some quick tips on how you could make some healthier swaps.

<table>
<thead>
<tr>
<th>Less healthy Option (kJ)</th>
<th>Healthier option (kJ)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Packet of chips 1062kj</td>
<td>Unsalted popcorn or pretzels 500kj</td>
</tr>
<tr>
<td>Mars Bar 1145kj</td>
<td>Oat and nut bars 300kj</td>
</tr>
<tr>
<td>2 scoops of regular ice cream 980kj</td>
<td>Low fat yogurt or sorbet 400kj</td>
</tr>
<tr>
<td>Pie or sausage roll 1923kj</td>
<td>Meat &amp; salad sandwich 770kj</td>
</tr>
<tr>
<td>One biscuit 500kj</td>
<td>Apple 300kj</td>
</tr>
<tr>
<td>600ml coke 1080kj</td>
<td>Water 0kj</td>
</tr>
</tbody>
</table>

Did you know?
The new Australian Guide to Healthy Eating was released in February this year, replacing the 2003 version. See the guide and other handy tools like healthy recipes, tips for eating well & a food balance game at http://www.eatforhealth.gov.au/
Teenage girls - getting them active

Physical activity is important for everybody, including all teenagers, but especially for girls who are generally less active than boys the same age. Physical activity sometimes takes a back seat to other priorities. However, physical activity is an important part of health and wellbeing, and girls should remain active as they grow up.

Common barriers

Some of the reasons why teenage girls might avoid exercise and sport include:

- Copying the behaviour of their physically inactive parents
- Lack of energy due to poor physical fitness
- The myth that you can’t be ‘feminine’ and play sport
- Lack of basic skills (such as throwing and catching a ball)
- Fear of looking silly in front of other people, especially peers

Tips for parents

- Teenage girls need to do at least 60 minutes of physical activity every day. This can be built up throughout the day with a variety of activities.
- Keep television or computer activity to less than two hours each day.
- Be a role model – don’t just watch, be active yourself. Go for a swim, walk, play tennis. Invite her to exercise with you.
- Watch women’s sports – attend sporting matches together or watch on television.

- Provide support – offer to drive your daughter (and her friend) to the waterpark.
- Have fun – inactive girls tend to think of exercise as boring hard work. Show her that exercise can be fun.
- Build exercise into your family routine. For example, weekend activities could include bushwalking or bike riding.
- Discover her potential interests. For example, if she likes watching tennis on television, perhaps she would like to take a few lessons herself.
- Praise her for achieving her physical fitness goals.

Did you know?
The more physically active teenagers are, the better they perform in school.

Include the whole family

Family engagement can be a powerful tool to increase your child’s physical activity. Parent inactivity is a strong predictor of child inactivity. The key is to show interest in physical activity, some strategies you can use include:

- Celebrate special occasions, birthdays with something active, such as a hike, a soccer game, Frisbee in the park or a bike ride.
- Get the whole family involved in household chores like cleaning, vacuuming, washing the car and yard work.