



Females In Training and Find Thirty® Handbook



**Just thirty minutes of moderate intensity physical activity
is needed for good health!**



Supported by the ACT Government under the ACT Health Promotion Grants Program



FIT

Females in training (FIT) is a group of women of all abilities, who want to enjoy safe, non-competitive training and exercise in a supportive and fun atmosphere aims to encourage people to be sufficiently active for good health. With already established networks within the Canberra community, FIT will continue to promote the benefits of physical activity to women while delivering the message about the importance of having an active and healthy lifestyle.

Find Thirty every day®

Just thirty minutes of moderate intensity physical activity is needed for good health. Every day is preferred, but finding thirty most days of the week is beneficial too. Moderate intensity means an activity that is energetic but doesn't make you breathless (e.g. fast walking).

Find the rewards

You'll find all kinds of social, mental and physical health rewards when you find thirty minutes of physical activity every day. The benefits can include:

- better long term health;
- more energy;
- better weight management;
- feel more confident and happy;
- feel less stressed, more relaxed and sleep better;
- spend quality time with friends and family;
- have stronger bones and muscles; and
- improved health and discover more energy.

Find an activity you enjoy

To get started and to keep things simple, choose an activity you enjoy that fits into your lifestyle:

- Walking is cheap, easy to do and suits most abilities. Walk to the local shops, around the park or go bushwalking with friends;
- Classes such as tai chi, dancing or aqua-aerobics provide opportunities to make new friends and socialise;
- Swimming is a whole body activity that's gentle on joints;
- Weight training helps to keep bones and muscles strong. Ask your local gym or community centre if they have specific programs for older adults; and
- People who get around by cycling, walking or public transport are more likely to Find Thirty minutes every day and save money.



Find the time

Look for ways to be active at work, at home, and in your leisure time:

- take the stairs instead of the lift;
- get off the bus one stop earlier and walk to your destination;
- do active jobs around the house;
- if you have kids, join in their physical activities; and
- don't sit, move around at work and at home.

Find a friend

Physical activity is fun and enjoyable, especially when you are active with a friend, family member, work colleague or group. Finding thirty with a friend will keep you both motivated.

Find a goal

Setting goals to be active each day will keep you on track.

Visit our website to find out about our calendar of events and a list of our training programs that will help you reach that goal!

Find Thirty at any age

No matter what your age, finding thirty every day can improve your overall wellbeing. If you have been inactive for a while, start slowly by taking a walk down your street. If you do this often it will become easier and, in no time, you will find rewards.



ACTIVITY PLANNER

Getting started

Finding thirty minutes of physical activity every day is one of the best things you can do for your social, mental and physical health.

To help get you started, this six-week physical activity planner is just what you need to plan and record your physical activity and help achieve your physical activity goals.

Goal setting

Before you start, let's set some short and long-term goals. An example of a short-term goal might be to walk the dog three times a week for thirty minutes. A long-term goal could be to complete the Find Thirty Women and Girls Triathlon!

Visit our website (www.fitact.org.au) for a calendar of events.

My short-term goals for the next 5 weeks:

- Week one
- Week two
- Week three
- Week four
- Week five

My long-term goal:

By week six I will aim to

Physical activity planner

This six-week physical activity planner will help you plan your activity and also keep track of what you've done. Start out slowly and try to increase the amount of physical activity you do each week to reach your goal. You'll be surprised by how much you can improve week to week.

Remember that some physical activity is better than none at all, and it doesn't need to be exhausting for you to gain health benefits.

Congratulations!

You have now made a great start towards a longer, happier and healthier life. Now you are in a routine, it will be easier to keep it up. If you slip off track sometimes don't worry. Try to find new ways to stay motivated and reward yourself for reaching your goals.



Week one: week starting

	Planned activity	How long?	Time of day?	Yes
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
How did I go?				

Week two: week starting

	Planned activity	How long?	Time of day?	Yes
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
How did I go?				

Week three: week starting

	Planned activity	How long?	Time of day?	Yes
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
How did I go?				



Week four: week starting

	Planned activity	How long?	Time of day?	Yes
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
How did I go?				

Week five: week starting

	Planned activity	How long?	Time of day?	Yes
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
How did I go?				

Week six: week starting

	Planned activity	How long?	Time of day?	Yes
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
How did I go?				



HANDBOOK

Welcome to the 'Females in Training' walking group

Congratulations on becoming a walk organiser with the FIT group. This handbook contains information on how to get the group started and tips on how to keep them walking.

Being regularly active throughout life is one of the most effective ways to improve and protect your health. Walking in a group allows people to make new friends and these friends encourage people to stay motivated.

As a FIT walk organiser, you play a key role in supporting others to become physically active on a regular basis. With your help we will be able to encourage more women to give exercise a go, no matter what their level of fitness.

FIT has been lucky enough to join with ACT Health in promoting the message 'Find Thirty, every day®' and we look forward to growing this partnership.

We are passionate about getting people active and we know you are too so thank you for joining us in this challenge. I trust you and your walking group will enjoy all the benefits exercise has to offer.

Jenelle Emery

President – Females in Training Inc.

Why walk?

There are many ways to be physically active however; walking is the easiest and simplest way to find thirty minutes of exercise every day. Walking is suitable for people of all ages and fitness levels can be done just about anywhere and it's free!

By structuring your walks around organised groups you encourage people to talk while they walk, making it a great way to make new friends.

Walking is also low impact, doesn't require any special equipment or training and it helps you feel stronger, more energetic and happier improving your overall quality and enjoyment of life.

At FIT we have on offer a range of different physical activities. If walking isn't something you would like to do, then just contact us and we can help sort it out.

What's involved?

Your first duty as a walk organiser is to complete a registration form online (www.fitact.org.au) that names yourself and your walkers. In return, we'll send your group official 'Find Thirty' FIT merchandise (water bottle, t-shirt, pedometer) to help get you started.

Next you'll need to plan your walking routes. A great walking route is about more than just great scenery – it's about planning a walk that's accessible and safe for everyone. It's important you've pre-planned your walks and are familiar with the area. Note details such as: how far the walk is, how long it takes, are there public facilities available including water and toilets, is it close to public transport, is it well lit, is there ample parking nearby and communicate exactly where your meeting point will be.



Lead by example

- As a walk organiser for FIT, it's important you lead by example. Remember you are a role model for the group so it's important to encourage your walkers to stick to their personal goal of leading a more active, healthy lifestyle.
- It's important to turn up to walks on time. This allows you to give your group sufficient time to 'warm up' and 'warm down'. Make sure you include some simple stretches to help avoid injury.
- Communicate with your group. You know the area so please ensure you advise walkers of any hazards along the route. Keep an eye out for people who might be overdoing it. A general rule is that people should be able to talk while they are walking.
- Also it's important to let all your walkers know if and when dogs will be joining your group. Don't assume people are OK about having a dog in the group. If you and the group decide to allow dogs in the group, please ensure they stay on a leash at all times to avoid any trouble.

"Walk right up and discover the benefits of walking!"

Word of mouth is a powerful tool so encourage your group to spread the word! You can invite friends, neighbours, work colleagues etc. Tell them about the health benefits of walking, and the social interaction of walking in a group. A personal invitation is an excellent way to attract new walkers.

Also included in this handbook are some posters that you can distribute through the office, give out to friends, pass out at social events etc. which will help you to generate interest in the 'Find Thirty, everyday®' FIT walking group.

How to keep walkers motivated

One of the biggest challenges is maintaining everyone's enthusiasm for walking. It's often difficult for people to stick to a regular physical activity program and many drop out within the first three to six months. Don't be disheartened if some people drop out however; here are a few suggestions to help people make walking a regular habit:

1. Plan varied and interesting routes for example, if you walk regularly on Mondays, Wednesdays and Fridays, you may like to have a different route for each day.
2. Encourage suggestions from your group, as walkers often have some good ideas for walking routes and social outings
3. Make sure your walks are welcoming by having a consistent meeting point and time. People feel more comfortable about turning up to the same meeting point at the same time each week;
4. Make sure you appeal to different ages and fitness levels; choose a walk that takes 30-60 minutes at a brisk, but comfortable pace.
5. Encourage walkers to take the challenge and fill out the activity planner. Keeping track of improvement helps walkers to stay motivated and they are less likely to drop out when they see results.



A helping hand

If your group's quite large or you foresee problems making it at the scheduled walk times, you may want to consider recruiting an additional volunteer walk organiser for your group.

Some benefits of having an additional organiser include:

1. Looking after the group when you're away – if you're on holidays, sick or unable to attend a planned session, an additional walk organiser can look after the group for you.
2. Keeping slower walkers company – having an additional walk organiser helps everybody in the group to feel included, especially new or slower members.
3. Supporting the group – moral support and encouragement in organising the group and sharing ideas to promote the group and attract new members.
5. Having another point of contact – Sometimes you may be away or not contactable. Having more than one contact person makes it easier for interested new walkers to join your group.

Seven simple steps to becoming a walk organiser

1. Visit www.fitact.org.au to learn more about the Find Thirty/ACT Health challenge
2. Download the toolkit
3. Read the handbook
4. Register yourself and your walkers online
5. Decide where and when you want your group to walk
6. Promote your walks via the office, friends, family etc
7. Provide walkers with an activity planner and encourage them to set goals.



TRAINING SESSIONS

Cycling sessions

- Cycling - Fridays, 6.30am - 7.30am, West Block carpark, Parkes.
Friday sessions are conducted by **FIT coaches** and may involve road rides, hill training, interval training and various skill sessions for a bit of variety. Please be ready to ride at 6.30am sharp.
- Wednesday cycling - 6am
This is an **un-coached** ride leaving from the West Block car park at 6 am each Wednesday. This is a fast-paced ride and you need to be comfortable with bunch riding and able to find your own way back if you lose the bunch.
- Sunday cycling
A group meets most Sundays for an **informal road ride** - distances vary depending on who comes along & what you feel like doing - you should be comfortable riding in a small bunch on local roads.
Meet at: Debaule (a pub/cafe), Lonsdale St Braddon.
Time: winter 8am; summer 7.30am.

Swimming sessions

- Swimming - Wednesdays, 6.45pm - 8pm, CISAC Pool, Belconnen
Pool entry fee is \$4.00 if you tell CISAC staff on entering that you are with FIT. Meet coaches at the shallow end of the pool where you add your name to the attendance sheet and contribute \$3 per session for lane hire cost.
The coach will discuss plans for the evening's session before everyone gets in the water at 7pm for an hour of skills development and training. FIT has several lanes for these sessions, so there's room to stretch out and do some laps and drills and practice stroke improvement. All levels welcome.

Running sessions

- Running - Tuesdays, 6.30am - 7.30am, Lennox Gardens (behind Hyatt Hotel)
There are five levels:
 - Group 1 – 5 min/km;
 - Group 2 - 5-6min/km;
 - Group 3 - 6min/km;
 - Group 4 Walk/run progression from a walker to running 10km in 14 weeks; and
 - Group 5 are the Power walking group for 45 mins.



- Saturday morning running - 7.30am
This is one of our most popular events - so come along & meet other FIT members to run/walk at different locations around Canberra each Saturday from 7.30am. Make sure you stay and join in when we adjourn afterwards to a local coffee shop for a long, loud breakfast! Don't be shy & don't worry about how far you can run - we all start somewhere and the Saturday morning run is a great way to do this. All levels are welcome and new people, including walkers, will be matched to those of similar ability where possible.

Saturday run locations are also included in the weekly Newsflash circulated to all members -- please email Dianne Brasser at fit_canberra@yahoo.com if you're a current financial member and are not getting the Newsflash & she'll make sure you're added to the list.

- Thursday morning running - 6.30am.
An informal un-coached group runs on Thursday mornings from Yarralumla Bay, all welcome to join. Followed by breakfast at Bees and Co in Yarralumla.
Meeting Point: Yarralumla Bay at the end of Hopetoun Circuit.



FIT also offers a training program for the annual Tour de Femme cycle event held in November of each year and the Women and Girls Triathlon held in December of each year.

Tour de Femme

The six-week training program is for you if you would like to:

1. Feel capable of completing the 20-kilometre ride
2. Feel comfortable riding in large groups
3. Improve your strength, endurance and aerobic fitness
4. Get into road racing
5. Meet new people

Time: Training sessions will be held from 6.15am – 7.30am Fridays

Place: West Block car park behind Old Parliament House.

Cost: Payment includes 6-week training program, entry to the Tour de Femme and FIT membership for non-members (FIT is open to women 18 years and over).

\$100 Non-FIT members

\$60 FIT members

Find Thirty Women and Girls Triathlon

Six week training program will:

1. Build confidence in your swimming, riding and running abilities
2. Improve your open water swimming technique
3. Develop your endurance
4. Make new friends
5. Have fun while doing it!

- Swimming

7pm for 7.15pm – 8.15pm for 4 Mondays

CISAC Pool, Cnr Eastern Valley Way and College St, Belconnen

Then Lake swims for two Sundays, 3pm – 4.30pm

- Cycling

2pm - 3.30pm Saturdays (to be advised)

Meet in the car park behind the John Gorton Building between Parkes Place and Dorothy Tangney Place, Parkes, unless otherwise advised. You may choose to stay for coffee at the Portrait Gallery or Pork Barrel afterwards.

- Running

- 6.15 am - 7.30am Thursdays

- Meet at Southern Cross Yacht Club, Marina Place, Yarralumla

*Please visit our website www.fitact.org.au for all up-to-date information on all our training sessions