



### Need to contact REPs?

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### Need to earn CECs?

[Click here](#) to view a full list of REPs registered Ongoing Education courses

[FMA Strength Training Level 1](#)  
Millenium Institute, North Shore  
4th-6th March 2011

[CHEK Exercise Coach, Venue TBA](#)  
Auckland, 14th-18th April 2011

[CHEK Practitioner Level 1, Venue TBA](#)  
Auckland, 23rd-27 April 2011

[CHEK Holistic Lifestyle Coach L1,](#)  
Albany Lodge, North Shore, 2nd-4th  
December 2011

Hello Christchurch Fitness Professionals,

This email is being sent to the trainers who attended the meeting in Christchurch last week and all other trainers currently registered in Christchurch.

Many of you have already sent something like this to your clients but for those of you who would find some written material useful here is some snippets of information we have entitled "Notes for ChCh". Feel free to add your own personalisation or rename them (we suggest you copy and paste this email to do so).

We suggest sending only one at a time and using them to stay in contact with your clients.

Several more will follow.

### #1 advice sheet

There is no 'standard' response to how we are all individually feeling in Christchurch, and we are all in different stages of recovery but I wanted to send you this which I hope you may find useful.

#### Is exercising the right thing to do at the moment?

- Although you may not have your usual enthusiasm for exercise (many people report feeling flat, lethargic and with foggy thinking) it's worth knowing that exercise stimulates the release of endorphins and other neuro-transmitters such as serotonin, dopamine and norepinephrine, all of which have beneficial effects a example your body is flooded with these hormones. Luckily exercise performs the important role of dissipating them.
- Warming your muscles through exercise and then stretching and relaxing will give relief from the muscular tension that is probably ever present in your body right now especially in your shoulders and neck.

#### The importance of connecting with others

So not only will exercise help you enormously in a physical sense to cope better, but getting together with others to exercise will serve a vital social need at this time. In the words of Otago trauma specialist Christine James; "People have to get reconnected to the support systems they had before it happened. We need a

connection when we are hurting and for someone to say 'you're not alone in this'.

## How should I get back into it?

If you haven't done anything since the quake don't assume you can take up where you left off. Ease back into it over a couple of sessions. Possibly even start with walking, jogging or biking for a few days at a comfortable intensity.

[Personalise]-When you get back to structured exercise listen to your body and your Personal Trainer or Class Instructor – they will provide options and guidance on how hard to work.

## #2 advice sheet

### General tips for looking after yourself

The experts are telling us these three things are pretty important in helping recovery on an emotional level.

- Familiarity is comforting - get back into routines and adopt normal activities where possible
- Stay connected - 'We need each other'  
Stay in touch with family, friends and neighbours  
Take moments to give others your full attention  
Listen and answer children's questions simply, some will act younger for a while  
Ask for and accept help, don't put on a brave face - it is okay to be emotional
- Save your energy 'Keep it for important things'  
Lower expectations of yourself and others, expect ups and downs in your moods and feelings  
Take breaks and lighten your workload  
Be tolerant of yourself and others  
Lots of things can wait

If you are concerned that you are not coping or that what you are feeling is very uncomfortable or overwhelming follow up with one of the earthquake emotional support agencies that are available. That's what they are here for.

## #3 advice sheet

### Your eating habits

Anyone who has maintained ideal and healthy eating habits over the last few weeks has probably not been in Christchurch! Some people have lost all desire for food feeling too stressed and uptight to eat, others have found themselves "mindlessly munching" and overeating less than useful food as a comfort. Food also

seems to be the common currency offered as a gesture of support and love which makes it hard to turn down.

#### Check list for getting your eating back on track

- Are you taking time for breakfast? Is it nutritionally rich? Eggs, Low sugar – Low GI Cereal/Fruit for example?
- Although safe drinking water is more difficult to access currently make sure you are consuming enough water throughout the day and especially when you exercise
- Don't let the "treat" foods you are eating get out of control...muffins, biscuits, cakes, chocolate, pies etc. Allow them once in a while rather than on a daily basis. Or if you are eating them regularly can you reduce the amount? E.g. Will 2 pieces of chocolate be sufficient instead of the whole bar?
- How many vegetable and fruit servings are you having a day? Vege up as much as possible.
- Begin to plan meals properly again rather than just being subject to opportunist eating.

Just like exercise, eating healthily is going to help our recovery by allowing us to feel as good as we can under the circumstances. Taking charge of your eating and exercise will also give you some feelings of control and normality.

