

**In this email:**

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As part of the REPs and PT Council response to supporting Christchurch's exercise professionals this email includes both information on upcoming workshops, more information for you to personalise and give to your clients and PT in the Park. The following FREE "Fight Back Friday" workshops have been scheduled with more planned for the coming weeks.

**Fight Back Friday Workshops****Successful Outdoor Workouts**

Date: Friday March 25th

Time: 11am - 12noon

Venue: North Hagley Park (cnr of Harper Ave and Park Tce).

RSVP: Jean Scott - [dandjscott@xtra.co.nz](mailto:dandjscott@xtra.co.nz)

**Responding to Clients**

Date: Friday April 1st

Time: 11am - 1pm

Venue: Pegasus Arms Hotel, 14 Oxford Tce (near the hospital).

This is your opportunity to ask an expert, plus learn 6 simple relaxation techniques to use 1 on 1 or in a group or class.

**PT in the Park - Saturday 2nd April****12 noon – Saturday 2nd April**

REPs Registered Exercise Professionals helping to rebuild a stronger Christchurch.

**“Being fit and strong is as much a part of our survival kit as having tins of food and water.”**

On Saturday 2nd April at 12noon, REPs Registered Exercise Professionals will lead a FREE group exercise session at four locations around the City.

Scores of gyms, fitness facilities and class venues are out of action which has prompted local personal trainers and group exercise instructors to band together in offering this free session to anyone of any fitness level.

“If ever there was a time to embrace regular exercise this is it” says local PT and one of the organisers of the event, Jean Scott. “We know exercise releases stress, elevates mood and makes people feel better and as many of us don’t have facilities at the moment we’ll use local parks to get people together and moving. It’s our way of helping Christchurch people recover and feel more positive both physically and emotionally”

The four park locations for the event are in Brighton, Woolston, City (Hagley Park) and Sumner.

Exact location details can be found by [clicking here](#)

Participants are invited to turn up dressed for exercise and with suitable footwear.

**Need to contact REPs?**

[Click Here](#) to email us if you have any enquiries or you can also contact us by either post, phone or fax:

PO Box 22374  
High St Mail Centre  
Christchurch 8142

Phone 0800-55-44-99  
Fax 0800-248-348  
International Ph  
+64-3-373-6391  
International Fax  
+64-3-373-6398

**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](#)

The event will take place rain or shine, and will last about 45 minutes.

Contacts:

Jean Scott - [dandjscott@xtra.co.nz](mailto:dandjscott@xtra.co.nz) 0274 849383

Kris Tynan - [kris.tynan@xtra.co.nz](mailto:kris.tynan@xtra.co.nz) 021 2628886

Stephen Gacsal (REPs Registrar)- [stephen@reps.org.nz](mailto:stephen@reps.org.nz)

To download a copy of the press release for your clients, family or strangers off the street, you can [click here](#).

## Messages 4 & 5 for Clients

**You can copy and paste these messages into word to personalise them.**

### Suggested use of these messages:

- Send only one at a time – regular but short contact is the key here – people are being very selective about what they have time and energy to read.
- Feel free to change and/or personalise the messages.
- Add to each one the services you are able to offer and how you can be contacted.
- Read the message carefully and proof it before you send it out!

### Message #4- Sleep – perchance to dream?

Good quality sleep is in short supply right now. A common lament seems to be “I feel knackered but I am just not sleeping!” Many people are getting off okay but waking frequently and sleeping fitfully or waking and then not being able to get back to sleep at all.

It is a normal reaction given what we are going through but sleep deprivation makes everything tougher – emotionally and physically - so here are a few tips that may help.

1. Don't rely on alcohol to sleep. It may seem to help you relax and fall asleep but the fact is that it actually causes sleep interruption. Try a hot drink instead (caffeine free of course) before you turn in. If you are sensitive to the effects of caffeine don't drink it after 1 or 2 pm as one cup of coffee can take up to 7 hours to work through your system.
2. Eat earlier in the evening. Going to bed on a full stomach is anything other than conducive to a good night's sleep.
3. Try to keep your bedroom free of stimulus like computers and TVs. Go to bed to sleep.
4. Exercise each day. This will dissipate the adrenaline that builds up and keeps you in a state of mild anxiety.
5. Practice being still each day. Try to get a period of time (even if it is only 5-10 minutes) when you sit in a quiet place and do nothing. Close your eyes and focus on breathing rhythmically and evenly.

### Some strategies for when you do wake up...

1. Progressive relaxation. Work through the following areas of your body – contracting and relaxing the muscles in each area as you focus on them. Feet, calves, thighs, glutes, abdominals, chest, shoulders, arms, hands, neck, jaw, forehead. Repeat 2-3 times.
2. Belly breathing. With your hands on your belly, breathe in for the slow count of 4 making your hands rise. Breathe out slowly for 4. Continue this for at least 10 breaths.
3. Nostril breathing. Visualise breathing in one nostril and out the other. Then swap nostrils. If you try this you will realise it is impossible to do but that doesn't matter, but you only need to imagine doing it.
4. Your favourite place. Visualise a place that always calms you. It could be a garden, a park, a beach, a mountain, it doesn't matter what it is or whether it is real or imaginary. Recreate that place strongly in your mind, with all the sights, sounds, smells

and feelings it evokes. If you are feeling anxious or worrying you might like to repeat some calming phrases to yourself as well such as “This will pass” “I am okay” “All is well” or whatever resonates with you.

If all of the above fails to do the trick you can always get up and have a cup of tea. But remember to boil the water twice!

**[Personalise]** -Give me a call or drop me an email....I am available for....

## **Message #5 Common reactions**

Although each person’s experience is different, the Ministry of Health advises that there are a number of common responses to the trauma we have been through.

You are not losing your mind or going crazy if you have these feelings.

Outlined below are some of the normal reactions you may be experiencing:

### **Emotional**

#### Shock

- disbelief at what happened
- feeling numb, as if things are unreal

#### Fear

- of a recurrence
- for the safety of oneself or one’s family
- apparently unrelated fears

#### Anger

- at who caused it or “allowed it to happen”
- at the injustice and senselessness of it all
- generalised anger and irritability

#### Sadness

- about the losses, both human and material
- about the loss of feelings of safety and security
- feeling depressed for no reason

#### Shame

- for having appeared helpless or emotional
- for not behaving as you would have liked

### **Physical**

#### Sleep

- difficulty getting off because of intrusive thoughts
- restless and disturbed sleep
- feeling tired and fatigued

#### Physical Problems

- easily startled by noises
- general agitation and muscle tension
- palpitations, trembling or sweating
- breathing difficulties
- nausea, diarrhoea or constipation
- many other physical signs and symptoms

### **Thinking**

#### Memories

- frequent thoughts or images of the incident
- thoughts or images of other frightening events
- flashbacks or a feeling of “reliving” the experience
- attempts to shut out the painful memories
- pictures of what happened jumping into your head
- dreams and nightmares about what happened
- unpleasant dreams of other frightening things difficulty making simple decisions
- inability to concentrate and memory problems

## **Behaviour**

### Social

- withdrawal from others and a need to be alone
- easily irritated by other people
- feelings of detachment from others
- loss of interest in normal activities and hobbies

### Work

- not wanting to go to work, poor motivation
- poor concentration and attention

### Habits

- increased use of alcohol, cigarettes or
- other drugs
- loss of appetite or increased eating
- loss of interest in enjoyable activities
- loss of sexual interest.

Remember that all responses are NORMAL to an ABNORMAL situation.

## **It will take time before you start to feel better**

You may have strong feelings right away. Or you may not notice a change until much later, after the crisis is over. Stress can change how you act with your friends and family. It will take time for you to feel better and for your life to return to normal.

Give yourself time to heal.

## **These steps may help you feel better:**

A traumatic event disrupts your life. There is no simple fix to make things better right away.

But there are actions that can help you, your family, and your community heal. Try to:

- Follow a normal routine as much as possible.
- Eat healthy meals. Be careful not to skip meals or to overeat.
- Exercise and stay active.
- Help other people in your community as a volunteer. Stay busy.
- Accept help from family, friends, co-workers, or other people you trust. Talk about your feelings with them.
- Limit your time around the sights and sounds of what happened. Don't dwell on TV, radio, or newspaper reports on the tragedy. This goes for the Japanese situation as well.

## **Sometimes the stress can be too much to handle alone**

Ask for help if:

- The problems described above are particularly severe, or if they continue for more than five or six weeks.
- Your emotions or physical symptoms are too intense or persistent.
- You feel too numb, cut off or you have to keep active in order not to feel.
- You continue to have nightmares, poor sleep or 'flashbacks'.
- Your family, social or work relationships suffer.
- You feel profoundly sad or depressed for more than two weeks.
- Your performance suffers at school, work or at home.
- You use alcohol or drugs to get away from your problems.
- You are not able to take care of yourself or your children.

- You have accidents or illness.
- You have no one to talk to about your experience.
- You have lost faith in yourself or the world.
- For further information go to: [www.moh.govt.nz](http://www.moh.govt.nz)

*[Personalise]*-Give me a call or drop me an email....I am available for....



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