



CENTRAL  
BAYSIDE  
COMMUNITY  
HEALTH  
SERVICES

# Quarterly Newsletter

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## CBCHS

### Welcome to the latest edition of the CBCHS Quarterly Newsletter!

This edition features an article about **ACTIVE LIVING**, it doesn't take much to gain a load of benefits from becoming more active. I hope you find this newsletter helpful.

Warmest regards and look after your own health!

**Chris Fox CEO**

As little as 30 minutes a day can improve your bones and muscles, reduce the risk of illnesses like heart disease, diabetes and colon cancer and increase your overall energy levels. You'll find a number of ways to be more active here, whether it's through organised programs, recreational activities or plain common sense.

### Walking

Many people believe that only intense physical activities like playing squash and running will benefit their health and well-being - they're wrong! You can achieve health and fitness gains when you start to do more moderately active things like brisk walking. Walking is one of the best activities to do to improve your health and well-being - there is very little risk of injury and it doesn't hurt.

### Active recreation

Not into competitive sport? You're not the only one - but it doesn't mean you can't be active. There are dozens of activities you can get involved in that aren't competitive.

### Sports and activities

As a nation, we are passionate about sport, but it's more fun being in it than watching it from the sidelines or the couch! Victoria's sport clubs cater for everyone and it's never too late to start. There are so many sports to choose from and most cater to people of all ages and abilities - you don't need to be a star athlete.



## You Can Help

Central Bayside Community Health Services Inc. appreciates the gifts of supporters to help meet the ever-increasing needs of its community. If you can help, simply fill out this form and send it, along with your donation, to the address below.

*YES I would like to help*

Name \_\_\_\_\_

Address \_\_\_\_\_

Post code \_\_\_\_\_

Tel (H) \_\_\_\_\_

(W) \_\_\_\_\_

Enclosed is my donation of

\$25  \$50  \$75  \$100

other \$ \_\_\_\_\_

Enclosed is my cheque/money order payable to:

Central Bayside Community Health Services Inc.

or please charge my

Visa  B/Card  M/Card

Card No

\_\_\_\_\_

Name on card \_\_\_\_\_

Signature \_\_\_\_\_

Expiry Date \_\_\_\_\_

or you can make your credit card donation over the phone by calling 8587 0301

All donations of \$2 or more to CBCHS are tax deductible. Donations will be acknowledged and a receipt provided for taxation purposes.

### Further information

If you require any other information, please tick the appropriate boxes below and send this form to us.

Please send me information on how to include CBCHS in my Will

I would like to talk to someone, in strict confidence, about including CBCHS in my Will

Return your completed form to:

CEO  
Central Bayside Community Health Services Inc.  
335 Nepean Highway  
Parkdale 3195

## Active transport

Active transport is any journey that relies more on walking, cycling and using public transport and less on using private cars. It's a great way to fit physical activity into your daily life. And it's great for kids too – why not help them to start the day well and take the active route to school?

## Activity and illness

Becoming more active is of clear benefit in improving health and well-being reducing the risks of premature death, illness and disability. The therapeutic effects of regular physical activity can help those with chronic, disabling conditions to perform activities of daily living. Physical activity also helps to improve mental health.

## Active living safety tips

Being active has plenty of benefits, enjoy! But it's important to get off to a safe start.

## Places to go/Things to do

Victoria is about as good as it gets when it comes to getting more action into your day. There's something for everyone in the activity directory, check it out on the website and 'Go for your life'!

## Physical activity quizzes

Any increase in your physical activity levels will be beneficial to your well-being. But whether you are active enough to see real benefits for your long-term health depends on how often you are active, how long you are active for and how much effort you put into it. To help you work out whether you are active enough, try your luck answering a number of quizzes, go to the website..

**'Go for your life'**  
**Infoline - 1300 73 98 99**

[www.goforyourlife.vic.gov.au](http://www.goforyourlife.vic.gov.au)



## CBCHS WEBSITE

To find out more information about us, general information, services, health promotion, events and publications, go to: [www.cbchs.org.au](http://www.cbchs.org.au)