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Give a healthier gift this year and it'll work out

Stuck for gift ideas this festive season? Don't sweat.

Before you give out Christmas gifts or tuck presents beneath the tree, South Western Sydney Local Health District's Health Promotion Service Director Mandy Williams suggests people consider giving friends and family active gifts this holiday season.

"Healthy gifts are an ideal way of making physical activity and nutrition both relevant and meaningful enough for most people to prioritise it in their busy lives," said Ms Williams.

"Healthy gifts are immediately rewarding. They enhance our lives by providing us with more energy, a better mood, less stress and more opportunity to be social with friends and family."

Ms Williams said that people should focus on small steps by taking the stairs instead of the elevator, dancing to a YouTube video, even walking to the corner store instead of driving.

"We should take any and every opportunity to be as active as we can. Those who make exercise a priority don't necessarily have more time than others, they just schedule time for it because it can enhance a person's quality of life," said Ms Williams.

SWSLHD is proud to be involved in programs that promote active lifestyles. These include the Get Healthy telephone coaching service and the Healthy Children Initiative programs which focus on addressing childhood obesity, such as Live Life Well @ School and Much & Move programs.

Go4Fun is a fun and free program offered in six locations across south western Sydney to children aged 7-13, who are above a healthy weight.

Go4Fun Program Manager Claire Southwood-Jones said the Go4Fun program is contributing to positive health outcomes for participating families in south western Sydney.

"It's only through a whole community approach involving children, families, schools, local physical activity providers and the Go4Fun program that great changes can be achieved," Ms Southwood-Jones said.

"Go4Fun can help children above a healthy weight to reach a healthier weight, increase time spent being active, improve fitness and raise self-esteem."

Looking for active gift ideas? Here are some to consider;

- Steps pedometer and step counter activity tracker
- Balls
- Dumbbells
- Gym attire
- Bicycle
- Skateboard

- Rollerblades
- Trampoline
- Sports equipment such as soccer ball
- Pool toys
- Surfboard