

Canowindra "Boot Camp" Fitness and Nutrition Program

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Aim

To implement a fitness and nutrition program for 30-50 year olds which will

- Improve overall fitness
- Decrease waist measurement/body fat
- Positively change eating behaviours
- Encourage a culture of exercise.

Background

1996

Physical Activity Survey

**30-44yr old adults
least likely to be
adequately active**

ABS 2004-05

National Health Survey

**62% adult males
45% adult females
were
overweight or obese**

**Local exercise
opportunities limited
for 30-50 year
age group**

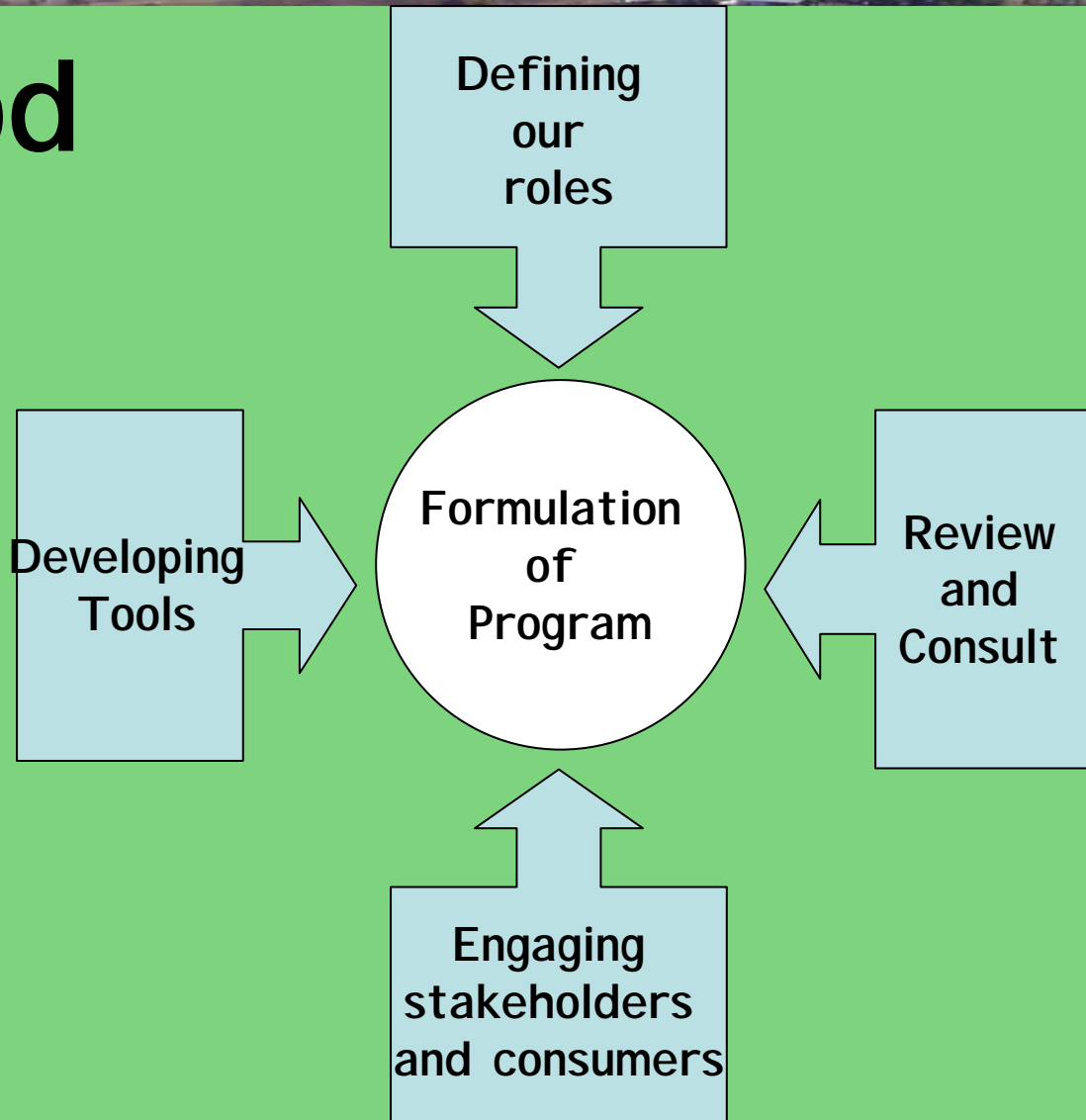
Background

- 1 to 1 counselling
- Hospital gym
- ACE nutrition program

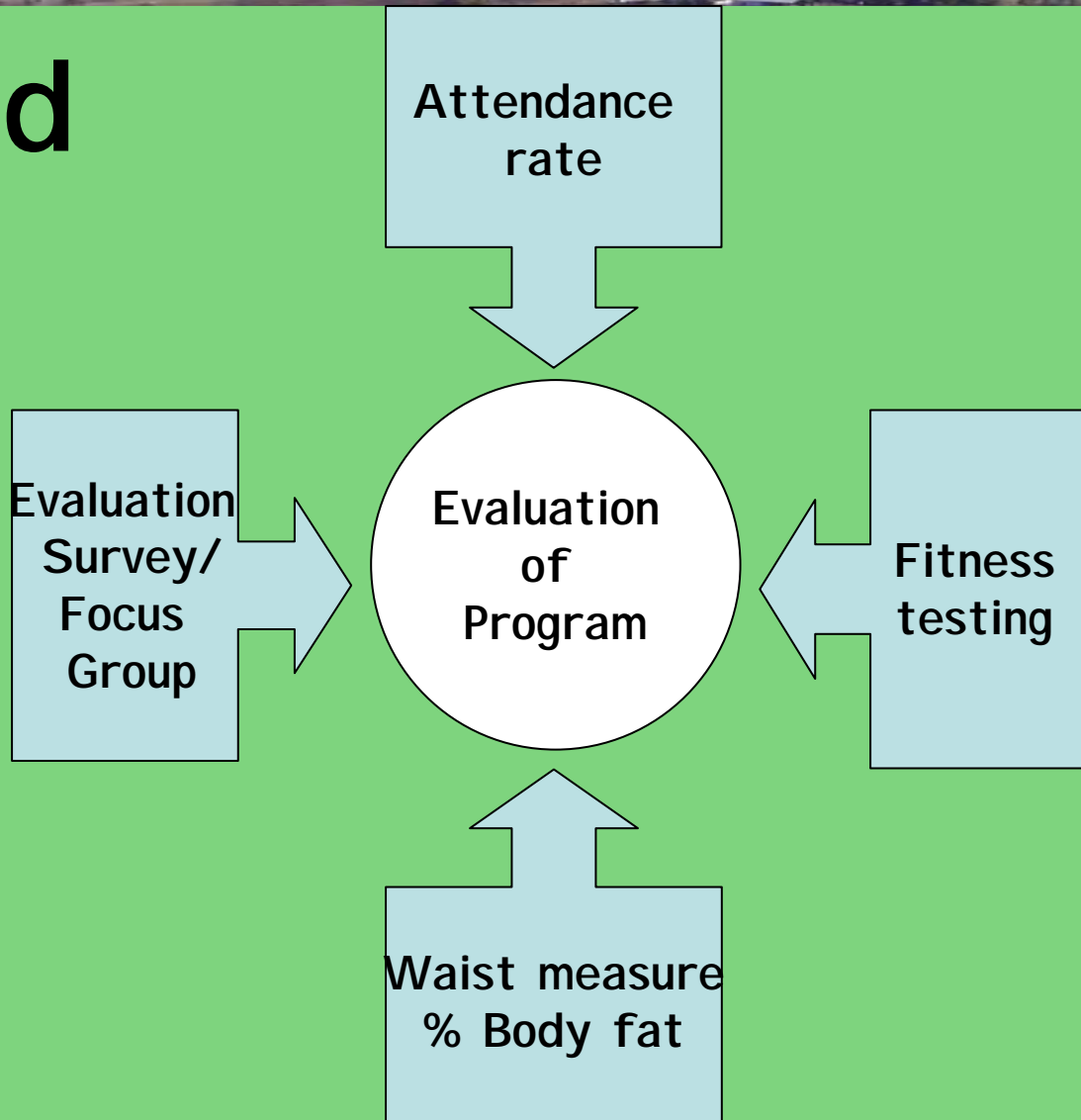


Combined
Fitness and Nutrition
Program

Method

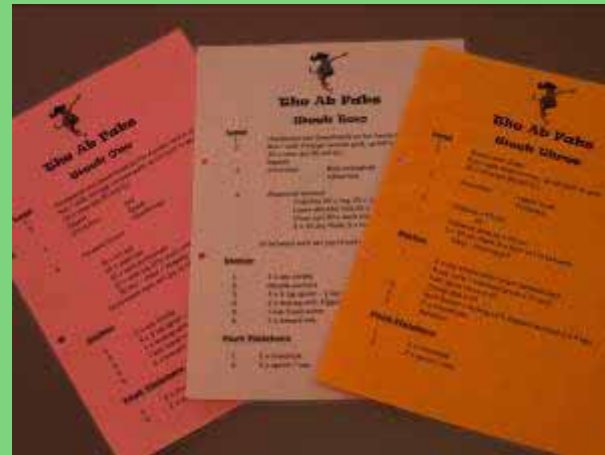


Method



Planning and implementation

Pre and post program fitness test

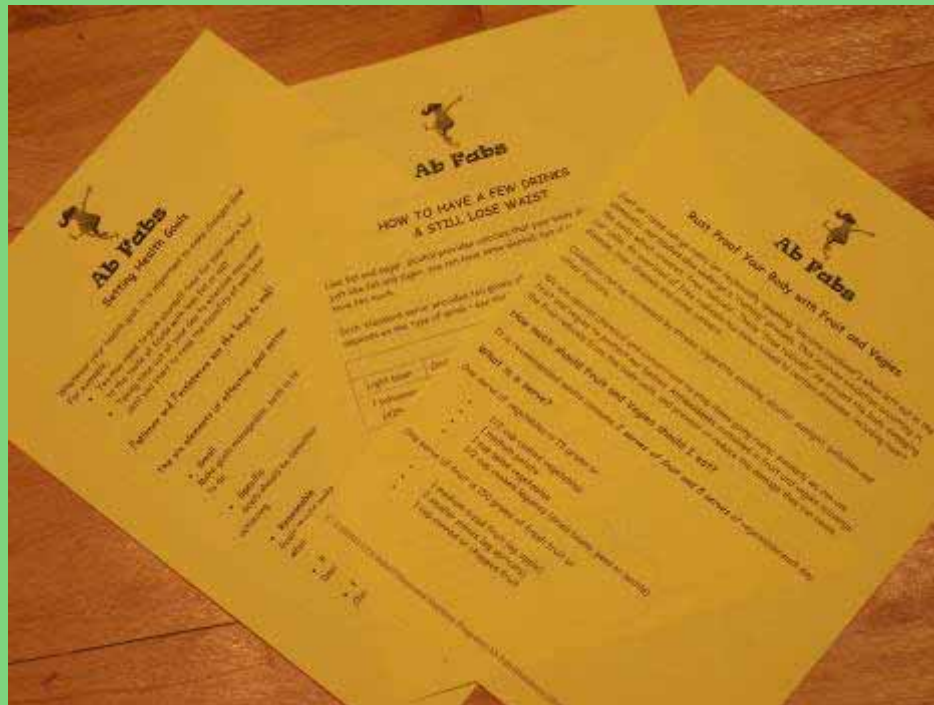


Weekly circuit training



Planning and implementation

Nutrition Information



2005

Charlies Angels

25 females/3 males



Rambos

20 males

Average Waist 100.6cm



2006

Ab Fabs

22 females

Average waist 95cm



Power Kittens

24 females

Average waist 88cm



2007

Torsos

13 males

Average waist 103.5cm



Program Reach

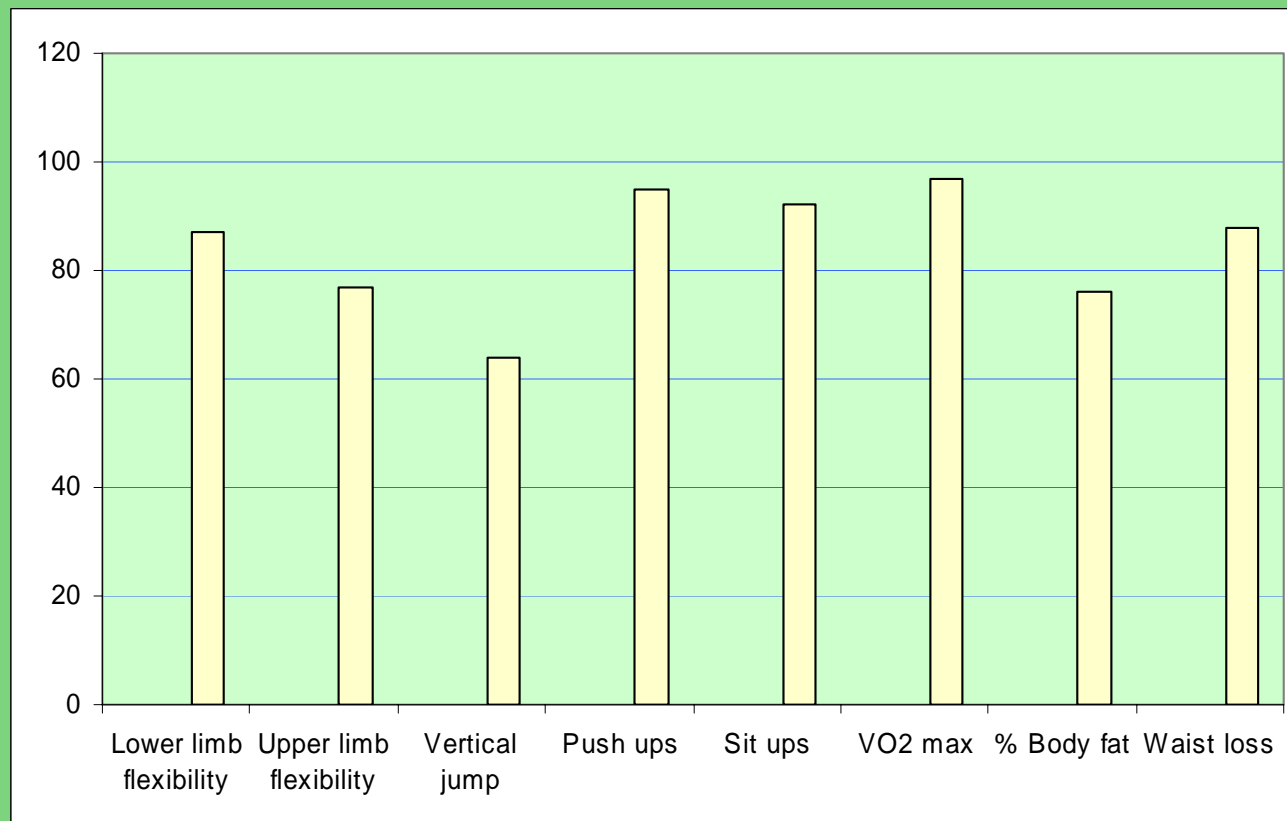
36 males and 71 females

28.5% of target population



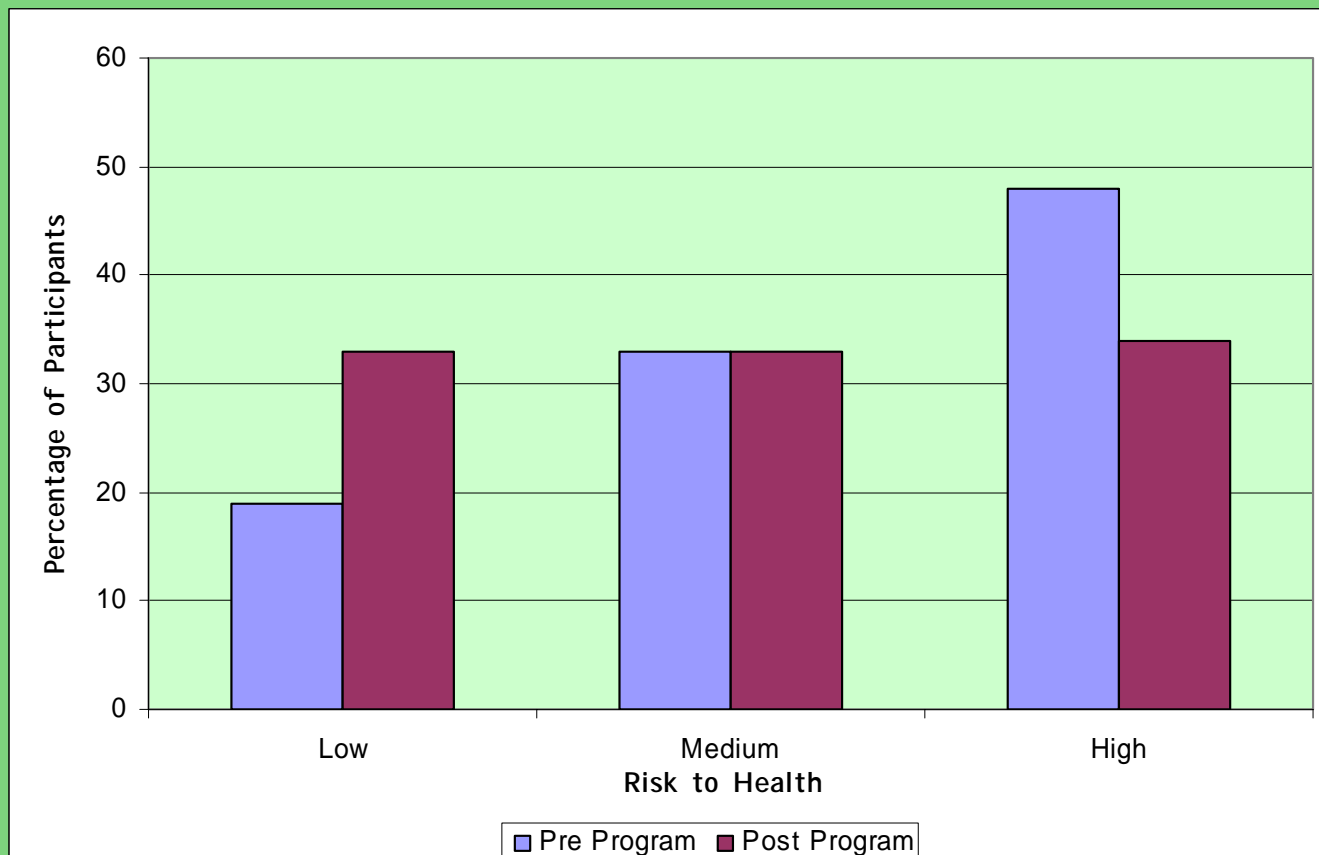
Outcomes and Evaluation

Percentage of Participants improving their fitness and nutrition scores (n=53-65)



Outcomes and Evaluation

Waist Measurement - Risk to Health



Outcomes and Evaluation

Charlies Angels



- 6-8 members have met weekly for last 2 1/2 years.
- 5 members have competed in City to Surf for the last 2 years.
- Charlies Angels team entered into local swimming carnival.
- Several members use hospital gym and walk regularly on their own.



Outcomes and Evaluation



- 6-8 members have met weekly for last 2 years.
- Non Rambo men have joined group
- Hash Harriers monthly social event started by Rambos and families attend.

Rambo's



- Rambos team entered into local swimming carnival

Outcomes and Evaluation



Ab Fabs

- 6 met regularly for 9 months and competed in city to surf
- Several joined netball teams
- Individuals tending to exercise more on their own



Outcomes and Evaluation

Power Kittens

- Individuals tending to exercise more on their own or pairs. Many seen at the pool over summer.



Outcomes and Evaluation

Torsos

Several have joined Rambos group/attending local footy training



Outcomes and Evaluation

Changes to Eating

50% made positive
food changes

Meeting Expectations

Positive subjective
feedback

Culture of Exercise

- Hospital Gym use
has increased
- Carry on groups

Encouraging a Culture of Exercise

- Annual Fitness and Nutrition Re-test
- Evening Hospital Gym Program during winter months
- Annual Childrens program
- Plans for the future
 - *2 programs per year*
 - *Introduction of software for computerized fitness testing reports*
 - *Update skills at Sydney Academy of Sport*
 - *Computerized diet habits questionnaire*

Lessons Learned

- Flexible Strategies
- Participants working at own pace
- Group Cohesiveness
- Organisation
- Data Recording
- Unexpected Benefits!

An aerial photograph of a rural landscape. In the foreground, there is a green field with some dry grass. The middle ground shows a small town with various buildings, including a prominent white cylindrical structure. The background features rolling hills and mountains under a blue sky with scattered white clouds.

Joy

Collaboration

Inspiration