

# SEA Change Portland Celebrate

## dates to remember

4 <sup>th</sup> August	Jeans for Genes day
12 <sup>th</sup> August	International Youth Day
25 <sup>th</sup> August	Daffodil Day



All Portland Children live, learn & play in a community that makes it easy for them to eat healthy & be active!



# United Way Grant Helps Boost Fitness Opportunities for Portland Primary School Students

Students from Portland Primary School will be able to increase their activity levels thanks to a grant from United Way Glenelg. The grant was used to purchase equipment which will help promote exercise and encourage the students and their families to develop a healthy and active lifestyle.

Portland Primary school has initiated new programs to help the students make healthy lifestyle choices involving exercise and diet. Over the last 12 months the school has focused on healthy lunch boxes, healthy lunch days catered by the students and healthy cooking classes for students and families. "It is important we educate our students on the importance of exercise and the correct way to use equipment. We also encourage our students to walk or ride to school and the fitness track is a natural extension of this activity especially in the summer, spring and autumn. We hope by upgrading our facilities we are highlighting the importance of exercise and this will contribute to tackling the high incidence of obesity in our region." Steph Carter, Portland Primary School Principal.



## Fitness Provider Tailors Activity to Suit the Group



The 'Blair StreetBlitz' is a group of neighbours who exercise together every Tuesday. "It's a fun time for us who are more senior in this area. "I cannot speak highly enough of our instructors' efforts to keep us engaged and fitter", Prim, Participant.

The group started when one neighbour asked if they could do some exercises. The group has grown to 5 regulars for a 45 minutes session of weights, puffing and socialising. They laugh, tell jokes and swap veggies from their gardens. Carrie, fitness instructor.

## PT @ HOME and Kyeema Partner for Boxing

Last month, the Men's Group from Kyeema participated in a boxing session. They all had a fabulous time with lots of laughs and a few loose punches.

"This was by far the most enriching session I have ever taken. I loved seeing the guys enjoy themselves. They listened to every word of advice about technique and had huge smiles on their faces. I think my smile was the biggest", Carrie, PT@HOME.



# Food Talk with the Dietitian

**HEALTHY NEWS UPDATE: Skim Milk has the SAME SUGAR content as Full Cream Milk and is a much healthier option overall!**



Nutrition	Avg Qty Per Serving	Avg Qty Per Serving	Avg Qty Per Serving
Energy	654kJ	464kJ	355kJ
Protein	8.2g	8.2g	8.2g
Fat Saturated	5.5g	2.2g	<0.2g
Carbohydrate	11.8g	12.0g	12.2g
Sugars	11.8g	12.0g	12.0g
Sodium	120mg	108mg	135mg

Note: 1 serving is 250ml or 1 glass. Nutrition values may vary between different milk brands and types.  
Resource: images and data sourced from woolworths.com.au <accessed 26/06/17>

Many low fat products you will notice have a higher sugar or salt content to enhance the flavor that has been removed with the fat. There is often the misconception that this concept also applies to milk which is completely untrue.

As you can see when comparing the above milks the difference in sugar is negligible. 1 tsp of sugar = approx. 5g so you can see the 0.2g difference between the full fat milk and the lower fat versions amounts to merely a few granules of sugar. You can also see the sodium (salt) values vary slightly, but not greatly. The daily recommended intake for sodium is 2300mg therefore differences of a few mg does not amount to much. A major difference between the 3 milks is the energy and saturated fat content. Excess energy in the diet contributes to obesity therefore choosing products will lower energy density can assist in weight control. Excess saturated fat in the diet can lead to high cholesterol, hardening of the arteries and increase risk of heart disease. So make a healthier choice and choose low fat milk!



Just a reminder that Glenelg Shire Community Grants are now open until 7 August 2017.

Pacific Hydro Sustainable Communities Fund is still open until 31 July.

Please come and see Sharon Bridgewater if you are interested in applying for any of the grants below as she can give you more information and assist with the application process.

### **Pacific Hydro Sustainable Communities Fund**

Currently open until 31 July 2017. Up to \$10,000 is available to eligible groups that meet the selection criteria. There is no requirement for financial contribution from the group for the specific project, although it would be seen favourably. [Click here for more information.](#)

### **Glenelg Shire Community Grants Round 1 2017-2018**

Open 17 July 2017 and closes 7 August 2017. The Community Grants Program assists community organisations and groups to undertake activities and provide facilities for the benefit of the citizens and residents of the Shire region. Up to \$5,000 is available for community groups and clubs (over \$1,000 is on a \$ for \$ basis). [Click here for more information.](#)

### **Glenelg Shire Junior Sport Trust**

The Glenelg Junior Sport Trust provides financial support for individual athletes or teams who have been selected to represent at state, national or international level in their chosen sport aged up to 18 years of age inclusive. [Click here for more information.](#)

### **Glenelg Shire Heritage Grant Scheme**

The aim of the Scheme is to provide grants which will help fund restoration works to recognised buildings, sites or objects of heritage value in the Glenelg Shire in order to promote the conservation and protection of these buildings, sites or objects for the benefit of the community. Up to \$5,000 is available on a \$ for \$ basis. [Click here for more information.](#)

Sharon Bridgewater  
sbridgewater@glenelg.vic.gov.au  
Community Liaison Officer  
Glenelg Shire Council  
PO Box 152  
Portland  
Ph: 5522 2172



**DID YOU  
KNOW?**



Young people are among the highest consumers of sugary drinks, especially young males

## Exercise Physiologists on Diabetes

"It's About Time" national diabetes week was held earlier this month, 9-15th July. The campaign aimed to raise awareness about the importance of early detection and early treatment for all types of diabetes. It is well known that exercise plays an important role in both the prevention and management of diabetes. Here are a few facts on how exercise can help manage diabetes:

- During exercise the muscle is able to uptake glucose (sugar in the blood) without the help of insulin.
- Following exercise insulin sensitivity improves - this means any insulin you produce works better.
- Improvement to insulin sensitivity last up to 16 hours post exercise - so participation in at least 30mins a day is recommended for optimal diabetes control
- Exercise can help reduce the frequencies of hyperglycaemia (high blood sugar levels), meaning there is less damage to tissue and organs
- It's common for people who have Diabetes to also have high blood pressure (hypertension), high cholesterol and to be overweight. All of these conditions increases the risk of developing some of the same chronic complications as diabetes, these include cardiovascular disease or chronic kidney disease and suffering from a heart attack or a stroke. Exercise not only has a positive effect on diabetes, it also plays a role in reducing hypertension and cholesterol levels, and managing obesity. Even more reason to exercise!

- Amy Goetz and Brooke Smith

## Feedback and Contact

"We listen to the SEA Change radio program every week", Robyn

Contact: Thanks for the feedback and to those who sent their 'news' in. If you would like to include an update of your SEA Change activity, please forward details to Leyla at

[lquartermaine.pdh@swarh.vic.gov.au](mailto:lquartermaine.pdh@swarh.vic.gov.au) or view our webpage on

[www.seachangeportland.com.au](http://www.seachangeportland.com.au)

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