

Video transcript



MyStudySeries
supporting Kiwi students through NCEA

Video title: 3.1 Strategies for lifelong wellbeing

Learning outcome:

- Consider the Ministry of Health strategies for staying active
- Define what a strategy is
- Look at four factors that need to be considered when preparing your strategies

Slide 3

The ministry of health outline a strategy with 8 steps for staying active. While this is a one size fits all approach and doesn't take into account your current situation. It's worth taking a look at so you can see an example strategy in action.

Set a goal – ever wanted to try a triathlon? With a little perseverance and some perspiration, you can get there. Make your goals measurable and achievable.

Make a day of it – it's easy to add activity through your weekend outings. How much better will that picnic taste once you've climbed that hill and got the view to match?

Be active with others – rope in your friends and whānau and you can all have a great time. Adults versus kids cricket, anyone? Or see if there's a sports team at work you could join.

Try a range of activities – team sports not for you? Try releasing your energy with some kickboxing instead – or harness it with some relaxing yoga techniques.

Have fun – if having to go to the gym at lunchtime gets you down, don't forget there are other options. Go tramping, take a dance class – as long as you enjoy it, you can stick with it.

Make some swaps – you could:

- get out and doing some gardening or going for a walk, instead of turning on the TV
- swap your coffee breaks at work with walking breaks
- use a push mower instead of an electric mower (and impress the neighbours!)

Make it normal – physical activity should be a normal part of your day, and not a chore. Simple things, like walking or cycling to the shops or to work, can make a big difference.

'Snack' on activities – short periods of activity still count towards your weekly activity level. Even small things, like taking the stairs instead of the lift, add up!

Slide 4

When it comes to designing your own strategies, there are a few key things to consider. First of all you need to understand exactly what a strategy is. This definition is a good start, a careful plan or method for achieving a particular goal usually over a long period of time.

There are four areas you need to consider before writing your strategies.. First is identifying your goal. You could reuse the goal of demonstrating lifelong well being, or you could write your own SMART goal based around well-being. Well-being means many different things for many different people. For many people, well-being comes about from satisfaction of lifting weight in a stuffy gym for an hour a day. To some people this is completely insane. So establish your goals, what you want to achieve that will allow you to begin down your path of demonstrating lifelong well-being.

Consider your plan for next year. Are you working? Are you studying at university? Are you travelling? Will you be at home or will you be flatting? All of these scenarios will influence what your strategies might look like.

We talked about barriers and enablers in an earlier video. Make sure you have identified what will be a barrier for you in your situation next year, and also what factors can act as enablers that will help you achieve your goal. Make sure your strategies work to minimise the barriers, while at the same time enhancing your enablers. For example, if a barrier for you next year will be a lack of money, joining the local crossfit box at \$50 per week is probably not a great idea. But if an enabler is that you might have access to a free gym through university, you could replicate some crossfit style workouts using equipment and gear found at the free gym.

Slide 5

Were going to have a quick look at a how we might approach a sample strategy. I will go through this sample strategy rather briefly, you will need to elaborate much more.

Really be careful not to make some blanket statements with regard to your strategies. I will try to join a university netball team is a fairly poor attempt at writing a strategy. You could rewrite this strategy to something along the lines of "I will play competitive netball at university by actioning the following plan:

I will research all of the netball clubs close to the university

I will investigate what clubs are within walking distance of my accommodation

I will determine how much money is required for subs

I will implement an off season training programme to ensure I am in the best possible shape for trials

You can see that this approach to a strategy takes into account each of the aspects mentioned on the previous slide. It has a goal, it incorporates my plan for next year, it minimises my financial barriers, but also enhances my enablers which is my passion for netball.

Slide 6

To summarise,

We Considered the Ministry of Health strategies for staying active, which gave us a bit of an example of how we could approach our strategy design.

Then we defined what a strategy is, which is a careful plan or method for achieving a particular goal, usually over a long period of time.

Then we Looked at four factors that need to be considered when preparing your strategies. These were a goal, your plan for next year, and your barriers and enablers.

And we finished by looking at a sample strategy.

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