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Healthy, thriving communities, Kia Momoho Te Hāpori Ōranga.



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Getting there in the end!



Given we're heading into Bike Month, I thought I'd share a reflection on one of my recent bike rides.

Waking up to a beautiful summer's morning, I decided to bike into work. I thought I'd take the route along the estuary rather than Cameron Road, to enjoy the views of the water.

Halfway along the estuary path, the path was blocked – closed for safety reasons following the recent storms. So I had to carry my bike up three flights of steps and over the overhead foot bridge (more effort than I was expecting!). When I got down the other side, and got back on my bike, the bike chain promptly came off and got jammed in two places. With a bit of perseverance, I managed to get it back on, my hands of course covered in oil. As I continued on my revised course, there were a couple of road crossings I wouldn't have had to do otherwise, and a steep hill that was hard work. I didn't make it to the top, so had to walk my bike up the last bit.

Having put in much more effort than I'd anticipated, coming across barriers I hadn't expected, solving a problem I hadn't had before and with dirty hands, I finally got to work, albeit a little later than expected!

It made me think about all the positive change initiatives we have going on across our DHB. It's one of the things that makes me proud to be part of our organisation - that so many people are engaged in making positive change, improving the services we provide to our communities. Both doing their jobs and improving their jobs.

I was at a conference recently where one of the presenters said: "We over-estimate the change we can make in a year, and under-estimate the change we can make in ten years".

As we head into 2018, and many of you continue with your improvement projects, large and small, I think it's worth remembering that they can often end up being harder work than you first anticipate. The path is unlikely to be straightforward, there'll be barriers you hadn't thought of, but with perseverance, you'll get there in the end.

Former US President Theodore Roosevelt famously said that "nothing worth having comes easy". Overcoming the road blocks and hurdles brings with it a deeper sense of satisfaction when the end goal is finally achieved. In our line of work, that sense of achievement is accompanied by the knowledge that we are positively impacting the health of our communities. And that is a real achievement.

The benefits of cycling – what the experts tell us:

In a country like New Zealand, where obesity is at epidemic levels among adults and young people, one of the main benefits of cycling is that people can do it as part of their normal daily activity – by cycling to work, to see friends or to the shops – rather than having to find additional time for exercise.

One study found that people who cycle to work experienced a 39% lower rate of all-cause mortality compared to those who did not – even after adjustment for other risk factors, including leisure time physical activity.

Getting on your bike can yield much the same health benefits as doing a specific training programme. Cycling for an additional 30 minutes on most days of the week, combined with reducing calorie intake, can achieve weight loss comparable to that achieved by doing three aerobic classes a week.

As well as improving physical health, cycling has a positive effect on emotional health – improving levels of well-being, self-confidence and tolerance to stress while reducing tiredness, difficulties with sleep and a range of medical symptoms.

Give it a go! Bike month activities

If you've ever thought of giving cycling another go I encourage you to use February's Bike Month as inspiration.

There are lots of events on around the Bay suitable for all ages and abilities. These include social rides, Ride Leader and Cycle Savvy workshops, Frocks on Bikes, maintenance workshops, spin classes and more.

There's also the ever-popular Go By Bike Day, which encourages people to

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"It's not only what we accomplish, but how we accomplish it with others that matters."

Tim Heetkamp, Registered Psychologist, Infant Child and Adolescent Mental Health Service (ICAMHS) BOPDHB

commute via two wheels, and the NZ Transport Agency's Aotearoa Bike Challenge, a month-long free competition that's all about seeing which workplaces can get the most people to ride a bike for just 10 minutes or more.

Click on the link below to see what events are going on during 2018 Bike Month:

<http://www.sportbop.co.nz/downloads/RS02342-SBOP-Bike-Month-WBOP-SCREEN-SINGLES-AMENDED.pdf>

<p>EXPLORE AND GET ACTIVE</p> 	<p>GET YOUR CREW TOGETHER</p> 	<p>LEARN AND GAIN CONFIDENCE</p> 	<p>GIVE IT A GO</p> 	<p>DO IT YOURSELF</p> 	<p>LEAD THE PACK</p> 
<p>WESTERN Bay of Plenty 406 Devonport Road Tauranga Phone: (07) 578 0016 Email: info@sportbop.co.nz</p> <p>Sport Bay of Plenty more people, more active, more often www.sportbop.co.nz www.facebook.com/playinthebay</p> <p>BIKE MONTH FEBRUARY 2018</p>					