

## The more the merrier – get active in a group

There are so many ways to be active – indoors, outdoors, on land, or in water. And when you're part of a group activity, you're more likely to be motivated and remain committed when it comes to physical activity.

Whether you play a team sport, try a gym class, or cycle with your family, getting active with a group can give you a great workout that helps build cardiovascular (cardio) fitness, muscle strength, balance and flexibility.



**Cardio** activity raises your heart rate and works your cardiovascular system. Cardio is important to keep your heart and lungs working efficiently.

Cardio can also help lower blood pressure, increase fitness, and improve mood.

There are so many fun and interesting activities to choose from to get a good cardio workout.



**Resistance** exercise means anything that builds strength by using your muscles to move something. Examples include using your arm to throw a ball, your legs to push off the ground as you walk or run, or your stomach muscles as you hold your body in a yoga pose – almost any exercise you do that uses your muscles can help build and maintain strength.

Any activity you do uses your muscles in some way, and the more often you use your muscles in a variety of ways, the stronger they will get.

Strong muscles are important for your health as you age. They also keep your metabolism working well, and strength is essential for bone health to reduce the risk of osteoporosis.



**Balance** is built and maintained through core muscle strength.

Most of the muscles in the core of our body are stabilising muscles, meaning they help us do everyday activities such as sit, stand, and walk – all while remaining balanced.

## Group Activities

Group activities are an easy way to have fun while being active. Most team sports have an element of running around, so playing volleyball, tennis or cricket with friends can be a fun way to work out your cardiovascular system. They're also a great opportunity to make friends with others in your community, and build skills and confidence.

You don't have to be Richie McCaw to play a team sport. With more than 15,000 sports and recreation clubs throughout the country, you can take part in physical activity just about anywhere in New Zealand.

Team sports can be played competitively, recreationally, or in the backyard. Or if your children play you could give coaching or refereeing a go at the local sports club or school.

Indoor team sports such as netball, soccer and cricket can be played any time of year. Indoor games make a great cardio workout because they are more fast-paced than outdoors, with quicker games on smaller courts.

Touch rugby, basketball or tag football are non-contact sports you can play outdoors, and are fun ways to get your heart rate up – and that is great for fitness. Outdoor activities such as hiking and cycling are great weekend activities all around New Zealand's fabulous outdoors.

There are also so many outdoor activities to do at the beach – from volleyball and cricket to water sports such as kayaking or paddleboarding.

Indoor water activities that are great for cardio fitness include water walking, swimming, or a water aerobics class – it's more fun with music! And great for building strength.



If you prefer taking a class on land, step, spin (indoor cycling), or dance classes are great group activities – the addition of music and an instructor works to keep you motivated and enjoying yourself while you get fitter.

For building muscle strength, you could try “pump” (weights) or boxing classes.

Alternatively, to work your core muscles you could try slower, steady exercise like yoga or Pilates, that improve balance and flexibility. These types of exercises are great for anyone, but especially good when you're starting out with exercise because you can build strength in the right places and don't put too much strain on your cardiovascular system while you're building up your fitness and strength.



Being active is such an important part of keeping diabetes under control, and reducing the risk of complications. There are so many different activities to try – and each has a raft of benefits!

	Cardio	Resistance	Balance & Flexibility
<b>Netball</b>	√√√	√√	
<b>Basketball</b>	√√√	√√	
<b>Cricket</b>	√√	√√	
<b>Soccer</b>	√√√	√√	
<b>Touch rugby</b>	√√√	√√	
<b>Tag football</b>	√√√	√√	
<b>Swimming</b>	√√√	√√	
<b>Water walking</b>	√√	√	
<b>Water aerobics</b>	√√√	√	
<b>Cycling</b>	√√√	√√	
<b>Running</b>	√√√	√√	
<b>Golf</b>	√	√	
<b>Hockey</b>	√√√	√√	
<b>Volleyball</b>	√√√	√√	
<b>Squash</b>	√√	√	
<b>Badminton</b>	√√	√	
<b>Tennis</b>	√√	√	
<b>Walking</b>	√	√	
<b>Hiking</b>	√√	√	
<b>Dancing</b>	√√	√	√
<b>“Pump” (weights) class</b>	√√	√√√	
<b>“Step” class</b>	√√√	√	
<b>Yoga</b>		√	√√
<b>Pilates</b>		√	√√
<b>Martial arts</b>	√	√	√
<b>Kayaking</b>	√√	√	√
<b>Stand-up paddleboarding</b>	√	√	√
<b>Skiing</b>	√√	√√	√
<b>Snowboarding</b>	√√	√√	√
<b>Weightlifting</b>	√	√√√	√

Diabetes New Zealand is a leading national organisation and registered charity. Our aim is to support all people affected by diabetes to live well through: Providing information and support to help people take charge of their health • Acting as an advocate and representing all people with, or at risk of developing, diabetes • Raising awareness of diabetes, especially around lifestyle factors that can help prevent or delay type 2 and help manage and control type 1 and type 2.