



South Asian and Middle Eastern
Women Being Active



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Welcome

SAMBA was made with the help of women just like you.

Over the next 10 weeks you will take part in fun physical activities, like dance.

You will also be given interesting information that can help you to lead an active and healthy life.

We hope you enjoy SAMBA!

Your physical activity instructors



Preeti

Preeti came to Perth from New Delhi (India) when she was less than 2 years old. She has been away from the soil, but has stayed connected with the roots. Preeti has always been a dancer since her childhood, allowing her to escape to a world full of positivity, while also keeping her fit. She has been performing professionally on various stages and events over the last 4 years.



Pranshu

Pranshu is a mum of two beautiful little girls and a dance and fitness freak. She has been living in Perth for over 6 years. "Dance is the hidden language of the Soul" - This saying stands quite true for Pranshu. Dancing keeps her positive, fit and helps her to inspire mums like herself as well as the younger generation. She has been professionally performing at state and national level over the last 4 years.



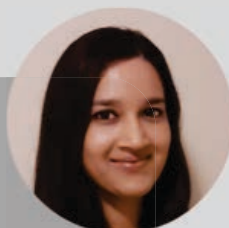
Jeena

Jeena was born and brought up in the UAE. She holds a Bachelor of Art in Psychology from Kerala University, India. She is mother of 2 kids and works as Freedom of Information Officer for WA Police. Jeena is a passionate dancer who loves dancing Semi Classical, Bollywood, Hip Hop, Salsa, Cumbia, Merengue, Reggaeton and Soca. She has performed in numerous stages and choreographed dances for kids and women. She is the founder of Bollywood Dance N Beats dance school that was established in 2018 with the intention to groom and boost confidence in kids to perform dance. Jeena is also a qualified Zumba instructor. Her aim is to focus on strengthening the stamina level, achieve fitness goals and more importantly creating a social entertaining, positive encouraging environment and nurturing women of all age.

The research team

Zakia Jeemi

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Zakia Jeemi is a Research Assistant in International Health, School of Public Health at Curtin University. Her family is from Bangladesh. Zakia has skills in mixed methods research & her interests include social determinants of health & participatory research among culturally and linguistically diverse (CALD) populations. She is currently assisting in research on SAMBA, peer-mentoring in migrant & refugee women & interpreter service use in CALD populations in a secondary hospital in Perth.

Principal Investigator

Professor Jaya Dantas

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Dr Jaya A. R. Dantas, originally from India, is Professor of International Health, in the School of Public Health. She coordinates the Postgraduate Research Program in International Health & is Dean International in the Faculty of Health Sciences. Jaya's central research interests focus on the consequences of post-conflict adversity on women and youth, the social determinants of health, and resilience and empowerment processes among refugee and migrant populations.

Nikita Bhavsar

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Nikita is a Research Assistant in the School of Public Health, and a Sessional Academic in the School of Psychology at Curtin University. She is originally from India, and recently completed her doctoral degree in sport psychology in the Physical Activity and Well-being Research Group at Curtin University. She is interested in the examining personal and contextual motivational influences in the sport and exercise domain.

Dr Jenny Olson

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Jenny Olson is a Post-Doctoral Researcher in the Physical Activity and Well-Being Research Group in the School of Psychology at Curtin University. She is interested in supporting the prevention of non-communicable diseases through health-behaviour change, particularly among populations at risk of poorer health outcomes. She adopts an ecological approach to her research & is specifically interested in how the psychological processes that predict behaviour are impacted by environmental & social context.

Professor Nikos Ntoumanis
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Nikos Ntoumanis is a John Curtin Distinguished Professor in the Physical Activity and Well-Being Research Group in the School of Psychology at Curtin University. He is interested in personal & contextual factors that optimise motivation & promote performance, morality, psychological well-being & health-conducive behaviours. Areas of interest are physical activity promotion in different community settings, self-regulation of weight management goals, & psychology of sport with emphasis on applications of contemporary theories of motivation.

Associate Professor Jo McVeigh
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Jo McVeigh is an Associate Professor in the School of Occupational Therapy, Speech Therapy & Social Work at Curtin University. Jo's research interests are in the area of physical activity, sedentary behaviour & health outcomes. She has developed expertise using device based methods to assess physical activity & sedentary behaviour. Jo is currently involved in several projects that include using a life course approach to predict patterns of sedentary behavior, & using accelerometry as a clinical tool for measuring functional ability in people with chronic disease.

The team is here to support you and answer any questions you might have.



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Why do physical activity?

Physical activity is good for health and well-being, and can help reduce the risk of diseases, like heart disease, diabetes, and cancer.

It is also a great way to make new friends!



It is important for people of all ages to be physically active

Physical activity benefits for adults and older adults



BENEFITS HEALTH



IMPROVES SLEEP



MAINTAINS HEALTHY WEIGHT



MANAGES STRESS



IMPROVES QUALITY OF LIFE

REDUCES YOUR CHANCE OF

Type II Diabetes **-40%**

Cardiovascular Disease **-35%**

Falls, Depression and Dementia **-30%**

Joint and Back Pain **-25%**

Cancers (Colon and Breast) **-20%**

What should you do?

For a healthy heart and mind

To keep your muscles, bones and joints strong

To reduce your chance of falls

Be Active

Sit Less

Build Strength

Improve Balance

VIGOROUS

MODERATE



RUN



WALK



SPORT



CYCLE



STAIRS



SWIM



TV



SOFA



COMPUTER



GYM



YOGA



CARRY BAGS



DANCE



TAI CHI



BOWLS

MINUTES PER WEEK

75 OR 150

VIGOROUS INTENSITY

(BREATHING FAST
DIFFICULTY TALKING)

MODERATE INTENSITY

(INCREASED BREATHING
ABLE TO TALK)

OR A COMBINATION OF BOTH

BREAK UP SITTING TIME



2 DAYS PER WEEK

Something is better than nothing.

Start small and build up gradually:
just 10 minutes at a time provides benefit.

MAKE A START TODAY: it's never too late!

BE ACTIVE EVERYDAY & SIT LESS

Along with healthy eating, being active and sitting less is an important part of maintaining a healthy weight.

Be Active Everyday

Just 30 minutes of moderate-intensity physical activity (an activity that is energetic and raises your heart rate but doesn't make you too breathless, such as fast walking) on most or all days of the week is needed for good health.

In addition to planned activity, find everyday physical activities that you can fit into a busy day.

Try to:



Here are some tips on how to get started:

- Choose an activity that you enjoy
- Set small and achievable physical activity goals
- Reward yourself when you reach your goals e.g. massage
- Be active with friends or family by making a regular time to meet to go walking or take part in other activities
- Make physical activity part of your day – set your alarm for 30 minutes earlier each morning or use your lunch break to go for a walk

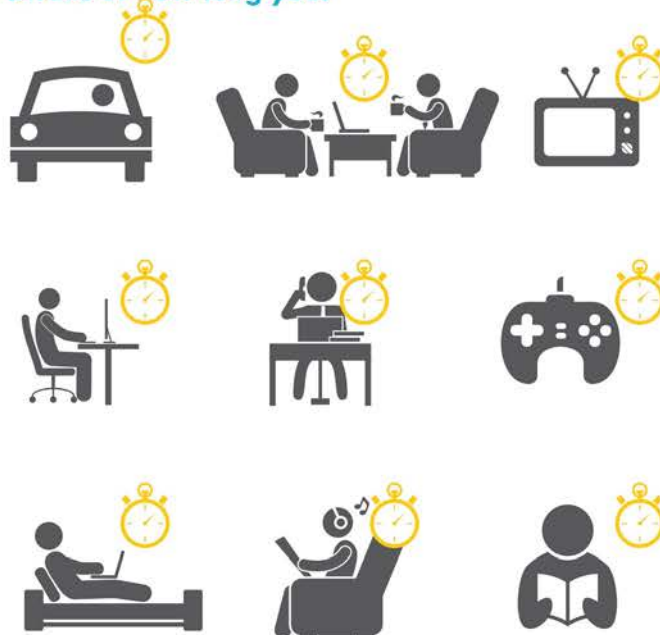
Sit Less

Research shows that high levels of sedentary time can lead to health problems. Sedentary time is the time we spend sitting, or not moving very much.

High levels of sedentary time is linked to poor health, increased risk of health problems (e.g. type 2 diabetes and heart disease).

Sedentary behaviour is not the same as a lack of physical activity. People who do enough physical activity each day may still spend a lot of time sitting for too long.

Be aware of how long you:



More technology often leads to more sedentary time. Set yourself a goal of a maximum amount of 'screen time' for leisure each day.

Activities in Your Local Area

There are physical activity programs near you that are free or don't cost a lot.
Here are some examples:



Try to find something you
ENJOY. You are more
likely to stick to it!



Heart Foundation Walking
<https://walking.heartfoundation.org.au/>



HBF Fitness
<https://www.hbfitness.com.au/>



The Mall Walking Program
<https://www.actbelongcommit.org.au/activity/details/2894>



Get on Track
<https://getontrackchallenge.com.au/home/>



City of Stirling Fitness
<https://www.stirling.wa.gov.au/leisure-and-culture/leisure-centres/fitness>

***These activities are not free**

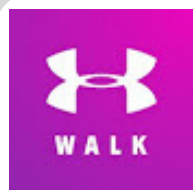


Can you think of some more like this? Write them down here:

Monitoring Physical Activity

Keeping track of what you are doing can help you to keep improving.

There are several apps that can help you to keep track of what you do. Here are just a few examples:



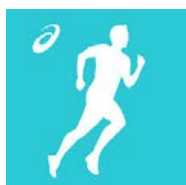
Map My Walk



My Fitness Pal



Pacer Pedometer & step tracker



Runkeeper



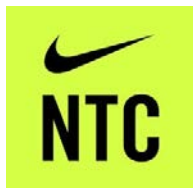
Strava: Run, Ride, Swim



7-Minute Workout



Daily Yoga



Nike Training Club

Or, you could try:



Fitness bands & watches



Keeping a diary
e.g., Friday 21st of June
Walked at a fast pace for
30 minutes

Motivation

MOTIVATION is very important.

It will help you start,
and it will keep you
going for life.



If you do something you
ENJOY, you are more
likely to stick to it!



Write down something that you ENJOY doing



Now write down an activity that you don't enjoy

Making Physical Activity More Enjoyable

People are more likely to enjoy activities when they:

... feel like they have control
over their own decisions.



... feel like they can
do it.

I CAN



... like the people they are
doing it with





Think back to the activity that you didn't enjoy.



Did you feel like you were in control of your decision to do it?

YES	NO
<input type="checkbox"/>	<input type="checkbox"/>

Did you feel like you could do it well?

YES	NO
<input type="checkbox"/>	<input type="checkbox"/>

Did you get along well with other people involved?

YES	NO
<input type="checkbox"/>	<input type="checkbox"/>



Now think back to the activity that you did enjoy.



Did you feel like you were in control of your decision to do it?

YES	NO
<input type="checkbox"/>	<input type="checkbox"/>

Did you feel like you could do it well?

YES	NO
<input type="checkbox"/>	<input type="checkbox"/>

Did you get along well with other people involved?

YES	NO
<input type="checkbox"/>	<input type="checkbox"/>



How can you make physical activity more enjoyable?



How could you build more CONFIDENCE?

Who could you exercise WITH?

How could you feel more in control of YOUR CHOICES?

Coping with Unpleasant Feelings

Sometimes your thoughts and feelings can get in the way of what you are trying to achieve.

Being aware of those thoughts and feelings can help you to overcome them and stay active.



You may feel embarrassed about how you look or feel when you exercise.

This can feel worse in some settings (e.g., the gym). Try to find activities in places where you feel more comfortable (e.g., places that only allow women).



Try to find an activity you ENJOY. You will be more likely to stick to it!

Feeling too tired or can't be bothered?



Going for a walk or doing some other physical activity can actually make you feel better!



If this happens a lot, is it possible to change your routine and exercise at a different time?

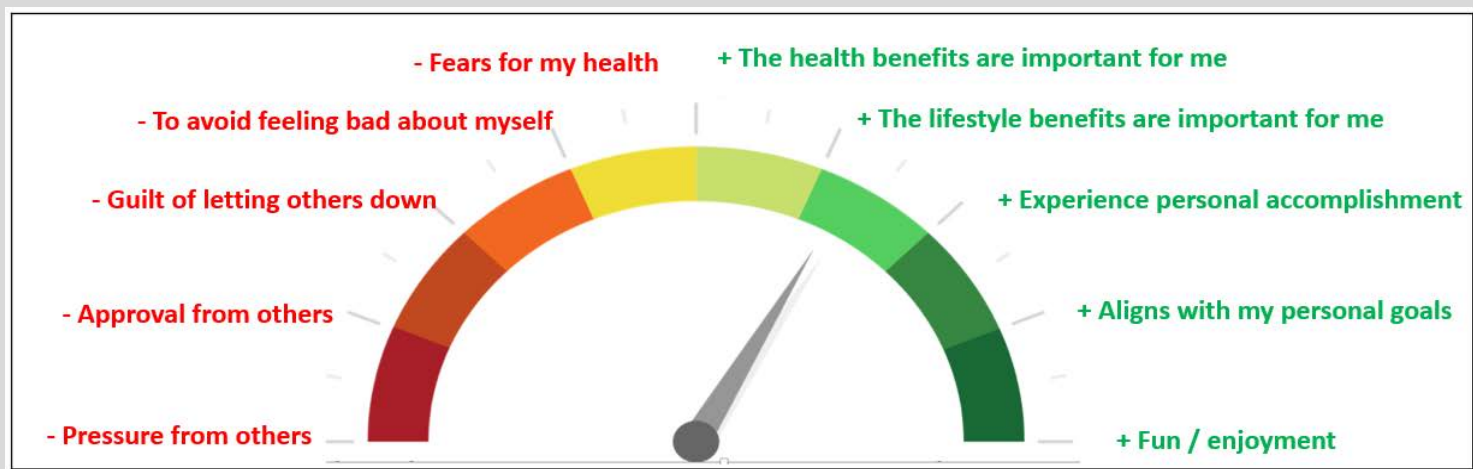
Feeling a bit uncoordinated?

You are probably not the only one. The most important thing is to have fun! Try practising just a few moves at a time, and slowly build up your confidence.



Reasons for Being Active?

Everybody has different reasons for wanting to do physical activity. Some examples are listed below:



Some of these reasons are more helpful than others.

The reasons in GREEN are better - They will help you to feel better about what you are doing and enjoy it.



Remember: If you enjoy it, you are more likely to stick to it!



The reasons in red might help you to get started, but if you don't enjoy it you are more likely to give up.

Setting Goals

Many of our physical activity habits have formed over a long time and changing them can be hard.



Every goal we set and achieve helps us feel in control and builds our confidence.



Goals also create opportunities for 'small wins', which are also great to boost confidence!

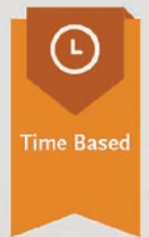
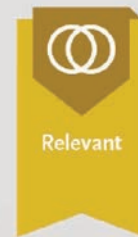
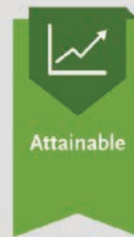
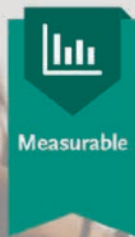
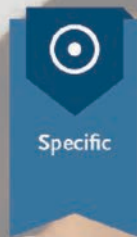


Remember: you are more likely to ENJOY it, if you feel like you are IN CONTROL and GOOD at it.

AND if you ENJOY it, you are more likely to stick to it!

Make sure
your goals
are:

S M A R T



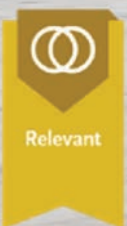
Have an exact goal in mind, rather than something vague. For example, 'be able to run around the oval for 10 minutes without stopping' is a more specific goal than 'be fitter'.



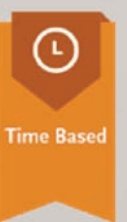
It is important that you can measure your goal so you will know when you have achieved it. For example, 'spend 20 minutes doing physical activity with my child, on at least 3 days each week' is measurable, but 'do some physical activity with my child' isn't.



Be realistic about what you can do. It's better to set small, but challenging goals and then build on them, than to set a goal that is far out of your reach, e.g., 'go to the gym at least once a week' will be more attainable than aim to visit a gym daily;



Is it a goal that serves your preferences as opposed to other people's wishes? Does it fit in with your lifestyle and the things that are important to you? For example, if time is an issue for you, 'aiming to get off the bus early and walk further home' maybe more relevant than 'aiming to walk for 30 minutes at the beach each morning'.



Put a date on your goal. This can be both for when you plan to start working towards it and when you would like to achieve your goal by. For example, 'by the start of next week I will do at least one resistance training session.'



Remember: If you enjoy it, you are more likely to stick to it!

It may be helpful to write down your goals.
For example:

My goal for
physical
activity:

To go for a 20 minute walk after
work each day.

How will I
achieve my
goal:

I will bring my walking
shoes to work and
walk home from work.



The best goals are the ones you will stick to.
You are more likely to stick to it if you ENJOY it!



Write down your goal:

Check that your goal is SMART:

- | | | | |
|--------------|--------------------------|-------------|--------------------------|
| • Specific | <input type="checkbox"/> | • Realistic | <input type="checkbox"/> |
| • Measurable | <input type="checkbox"/> | • Timely | <input type="checkbox"/> |
| • Achievable | <input type="checkbox"/> | | |

Some other tips to help you reach your goals:

Tell others



Share your goals with other people who could support you. They can help encourage you and keep you motivated.

If friends and family can join in to help you, it will be easier and more fun.

Reward yourself when you achieve your goals.

Whether it's a shopping trip or a nice family outing, find something that fits you and your budget.

This will help motivate you to keep up your good work. Before you know it, it will be a HABIT!

Celebrate



Keep trying



If you don't achieve your goals, don't be too hard on yourself. It is rare for people to succeed completely the first time.

Think about what you can do differently next time and learn from your experience.

Most importantly, **KEEP TRYING!**

Habits

When something becomes a HABIT, you are more likely to keep doing it.



Setting REMINDERS can help you to build HABITS



Doing things at the SAME TIME each day can help you to build HABITS

Planning

Think about how you are going to achieve your goal.
By planning these things, you are much more likely to actually do them.



Remember: If you enjoy it, you are more likely to stick to it!



Setting REMINDERS and doing things AT THE SAME TIME OF DAY can help you build HABITS. If it is a HABIT you are more likely to stick to it!

With your goal in mind, how will you get there?



What will you do? _____

When? _____

Where? _____

How will you remember? _____

Who with (optional)? _____

When things go wrong ...

Sometimes things don't go as planned, and this can get in the way of achieving your goals.

Thinking about what might go wrong in advance, can help you when things don't do to plan.



List some of the things that might get in the way of your plans?



How will you get around this:

Helping Each Other

Many women feel they don't have enough time to do physical activity because they are busy at work and at home.

By helping each other out, you may find some extra time for fun physical activities.



How could you help other women to have more time to do physical activity?

Who can you help?

How can you help?



What could you ask your friends to do to help you to make more time for physical activity?

Physical activity offers a chance to spend time with family and friends! Why not invite them to join you!

Get the whole family involved



Remember: If you enjoy it, you are more likely to stick to it!



Try doing physical activity with friends

You can support and encourage each other to keep going!

Reviewing Your Goals

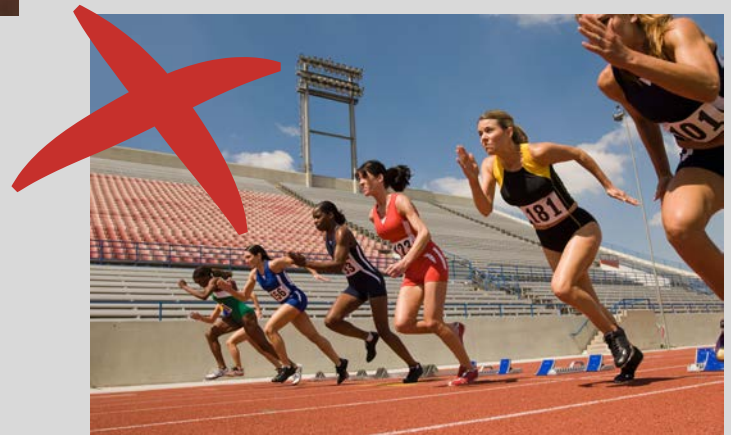
It is important to regularly review your goals to stay on track.



Sometimes things can get in the way of your goals. Don't be too hard on yourself when this happens. It is completely normal.



Maybe the goal was too ambitious. If so, try to set a more realistic goal.



Progress towards big goals is usually the result of achieving a number of smaller goals.

If you have achieved your goal, it is time to set your next goal. This will help you to reach your overall goals.



What was the physical activity goal that you set for yourself earlier in the SAMBA program?



Did you achieved it?

YES

☐

NO

☐

If not, what got in the way of achieving your goal? How you could overcome those things?



Are you still ENJOYING what you are doing? Are there other activities that you could try that might be more ENJOYABLE?



List your new goal:

Check that your goal is SMART:

- | | | | |
|--------------|--------------------------|-------------|--------------------------|
| • Specific | <input type="checkbox"/> | • Realistic | <input type="checkbox"/> |
| • Measurable | <input type="checkbox"/> | • Timely | <input type="checkbox"/> |
| • Acheivable | <input type="checkbox"/> | | |

Dealing with setbacks

It is normal to have some setbacks. Some reasons can include:



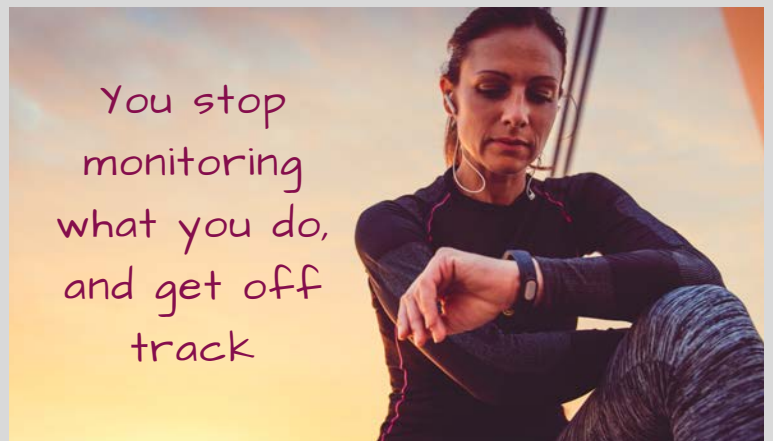
Your motivation drops.



Other things get in the way



You feel tired or stressed



Your old bad habits creep in (e.g., watching T.V. instead of going for a walk) or your new habits are not yet ingrained in your routines



Are you still ENJOYING what you are doing? Are there other activities that you could try that might be more ENJOYABLE?

Whatever the reasons are, you can always think of ways to overcome the setbacks.

It is just like any other problem solving exercise. Think what went wrong and try to think of ways you could deal with it better in the future,





Setbacks are normal. Try not to feel bad about them, and try to learn from the experience.

Make sure that you are flexible; there will be days when you are too busy. Make sure that overall you stick to your positive habits but don't be too strict and too hard on yourself.



For general enquiries about SAMBA you can contact:

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