



*A resource book produced for organisations working with youth and physical activity in the Northern Territory.*

*Created by the Mind and Body Team from the 2008 Youth Minister's Round Table of Young Territorians.*

*(The Mind and Body Team includes: Amy Smith, Jack Hose, Amy Sherrin & Felix Ho)*



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# Acknowledgements

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- Staff from the NT Government Department of Local Government and Housing, particularly Nicola Jackson;
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- Tennant Creek Hospital;
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- Families and friends of the team members for much needed patience and support

# Overview

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## Why our team created this resource book?

It is generally understood that mental and physical fitness contributes to the overall health of a person. The Northern Territory Government (NTG), through the goNT report (2005) stated:

*Over the last ten years, the proportion of overweight and obese adults has increased; for men, from 52% to 62%, and for women, from 37% to 45%. In the ten year period from 1985 to 1995, the proportion of 7-15 year old children who are obese has tripled (NT Government, 2005, p5).*

Physical inactivity and diet are factors affecting obesity. In addition, social determinants such as socio-economic status, access to and affordability of sport, physical fitness, mental fitness, employment and education can affect the holistic health of a person.

The Australian Institute of Health and Welfare, Canberra stated:

*"Health behaviours of young people, including physical activity, eating habits, (tobacco, alcohol and drugs) and sexual practices are, also important determinants of their current and future health status" (Australian Institute of Health and Welfare, 2007, p69).*

For young people, being active is extremely important for their continued health and long-term well-being as community members. Healthy young people are also more resilient to physical and mental illness, more active in the community, have better social skills, which the Mind and Body Team (MBT) believes would decrease the impact on the health sector.

The National Obesity Taskforce has shown that childhood obesity persists into adulthood with approximately 40%-70% becoming obese adults (*National Obesity Taskforce, 2003*). Chronic obesity is a factor in many chronic diseases, such as diabetes, hypertension, kidney and heart disease. These environmental diseases present an avoidable burden on the health system.

One could conclude that by reducing childhood obesity, there will be a flow-on decrease in adult obesity. This in turn decreases chronic diseases in the community. Overall this improves community resilience and decreases the burden of disease in the community. "Research shows that \$1 invested in childhood programs returns \$8 in benefits to program participants and society as a whole" (*Rolnick and Grunewald 2003, Beckstrom 2003, Clothier and Poppe 2008*).

It has been identified by the participants of the 2008 Youth Minister's Round Table of Young Territorians (Round Table) that obesity and physical activity is an issue concerning young Territorians.

Through consultation and research with 137 young Territorians in the Darwin, Tennant Creek and Alice Springs regions, the *Mind and Body Team* (MBT) has produced this resource to assist organisations in developing programs to encourage young people to be more active and engaged in sport and recreation activities. It will also provide organisations with a list of useful contacts, websites, resources and nutrition information.

## Research Findings & Results

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A total of 137 people aged between 12 and 25 (youth) were surveyed in the Darwin, Alice Springs and Tennant Creek regions between June and August 2008. In the first instance the majority of surveys were done through our team members approaching young Territorians to complete additional surveys were distributed to two organisations (Danila Dilba and The SHAK run by Red Cross).

It must be noted that this survey sample is of small proportions and can prove to be a limitation when interpreting data. MBT therefore recommends further detailed inquiries be carried out by individual organisations if they require a large survey sample.

The following information is data collated from the surveys. The first section deals with demographics of the survey respondents. The second section details the specifics of operational information useful to organisations developing programs.

### Section One: Demographic data of survey respondents

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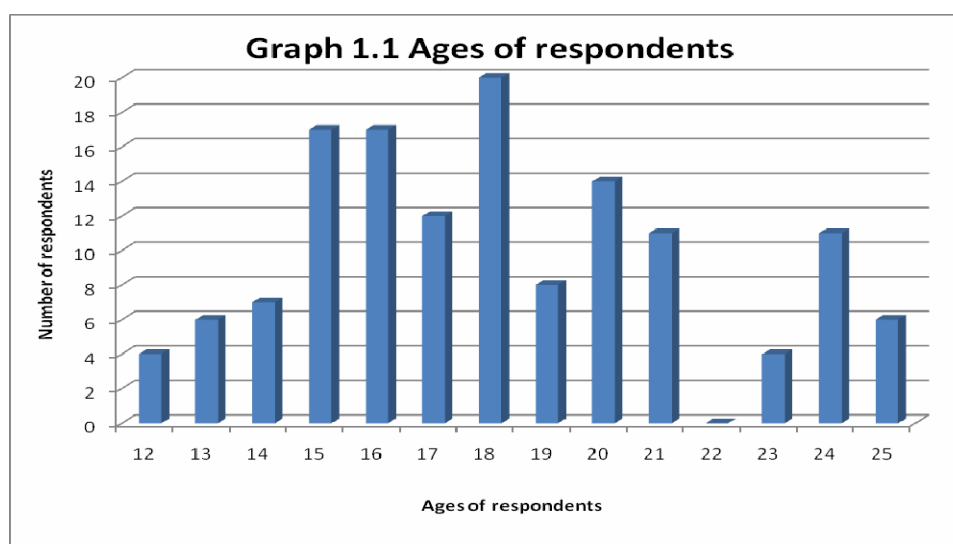


Table 1.1	#	%
16 – 19 (inclusive)	57	42
20 – 25 (inclusive)	46	33
12 – 15 (inclusive)	34	25
	137	100

**Graph 1.2 Gender of respondents**

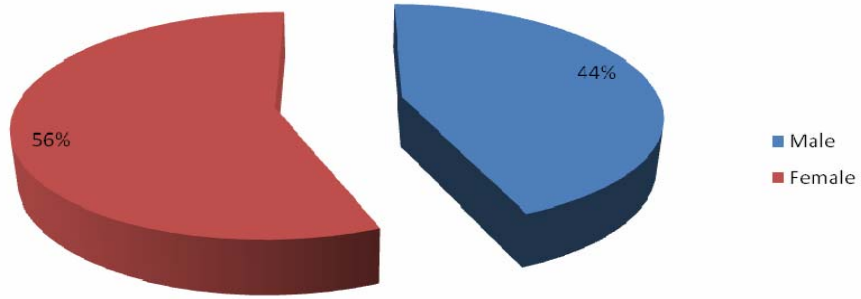


Table 1.2	#	%
Female	77	56
Male	60	44
	137	100

**Graph 1.3 Region lived in by respondents**

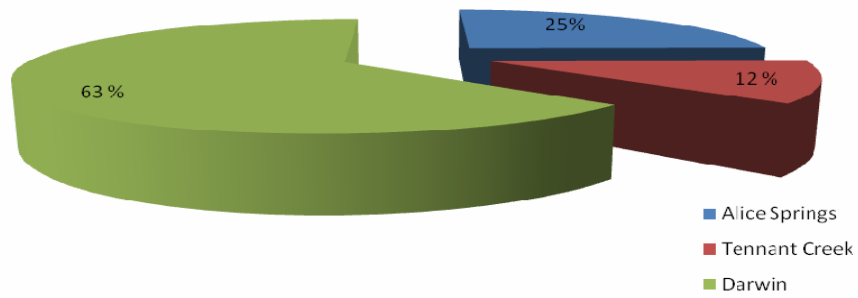


Table 1.3	#	%
Darwin	87	63
Alice Springs	34	25
Tennant Creek	16	12
	137	100

**Graph 1.4 Cultural identity of respondents**

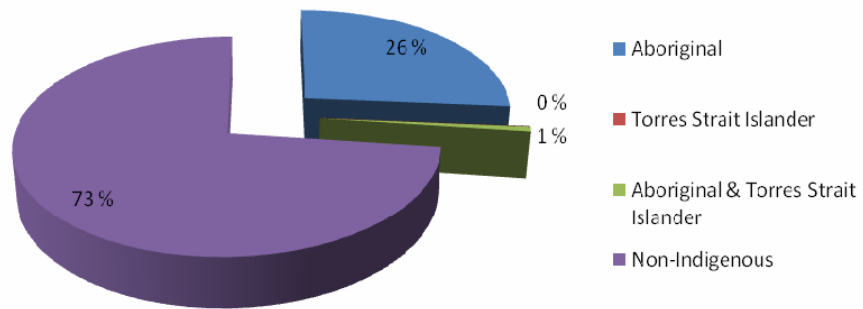


Table 1.4	#	%
Non-Indigenous	100	73
Aboriginal	36	26
Aboriginal and Torres Strait Islander	1	1
Torres Strait Islander	0	0
	137	100

**Graph 1.5 Language spoken by respondents**

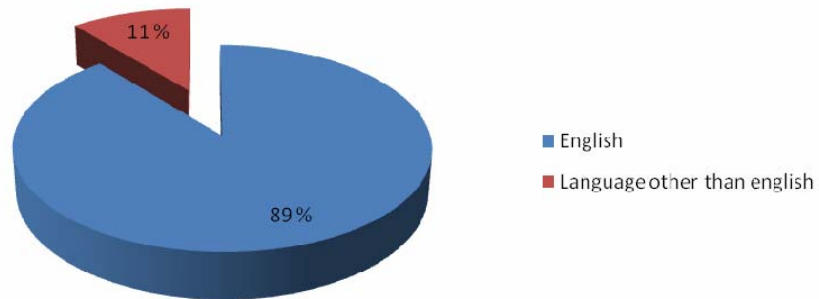


Table 1.5	#	%
English	122	89
Language other than English	15	11
	137	100

## Section Two: Operational details of potential program

The Mind and Body Team (MBT) when surveying NT youth investigated respondent's current participation in sporting activities. Information was also gathered on young Territorians' views and thoughts about physical activity to be included within this resource book. Ultimately this resource book would be available for organisations associated with youth and sporting activities. It would be envisaged that the information would influence potential future programs that community organisations might develop in regards to youth, sports and recreational activities.

MBT decided to develop a list of various sporting and recreational activities. It was envisaged an overall picture of the most popular sporting and recreational activities would be revealed. This would then indicate to organisations what to include or exclude from their programs based on interest.

Respondents were asked to rank five sports from a list with number 1 being most favoured. Graph 2.1 details respondents answers according to the number 1 ranked answer. However graph 2.2 encompasses each items overall totals regardless of ranking. (For example Football total would include all recorded responses if ranked 1,2,3,4 or 5).

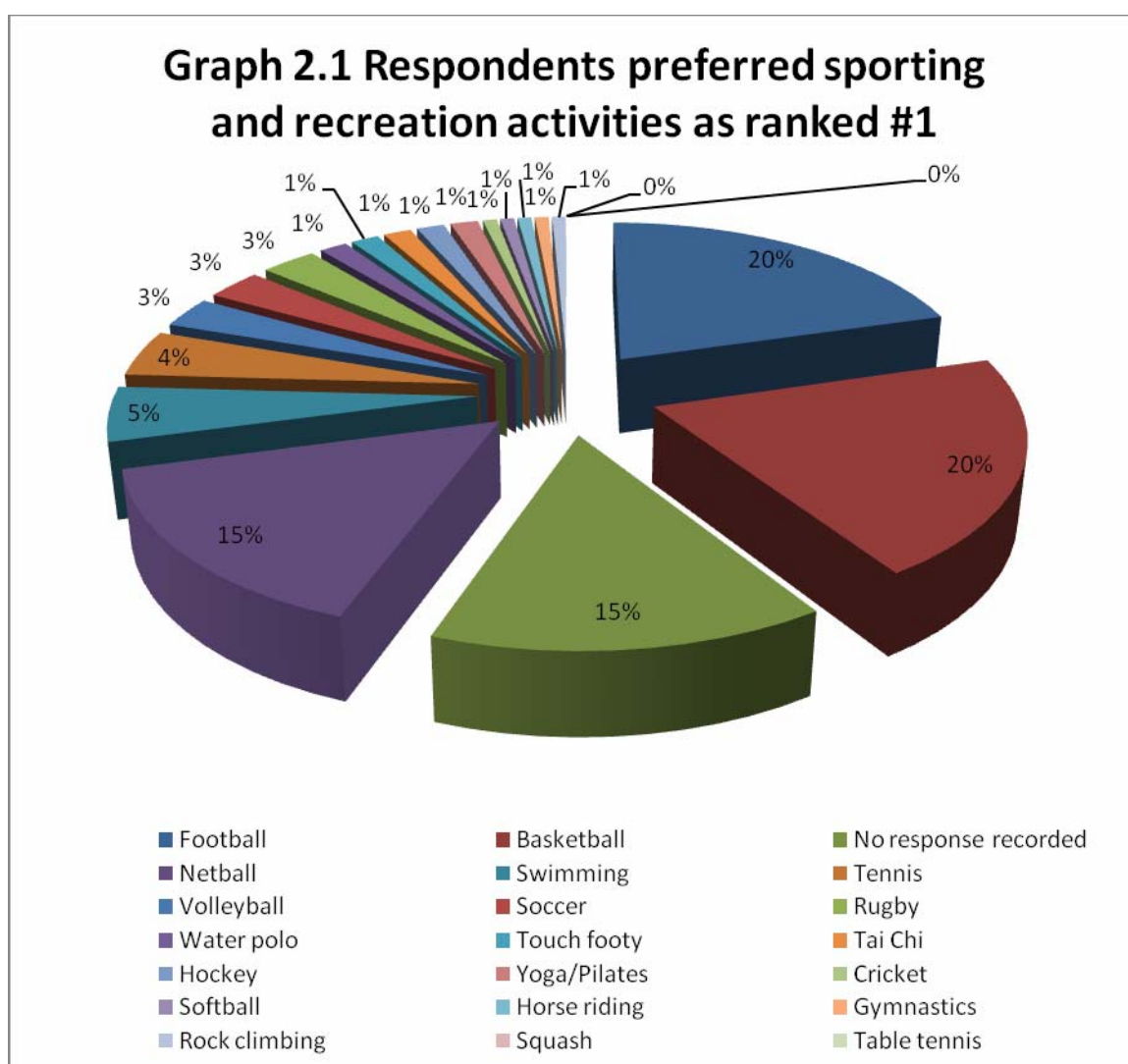


Table 2.1	#	%
Football	28	20
Basketball	28	20
No response recorded	20	15
Netball	21	15
Swimming	7	5
Tennis	6	4
Volleyball	4	3
Soccer	4	3
Rugby	4	3
Water polo	2	1
Touch footy	2	1
Tai Chi	2	1
Hockey	2	1
Yoga/Pilates	2	1
Cricket	1	1
Softball	1	1
Horse riding	1	1
Gymnastics	1	1
Rock climbing	1	1
Squash	0	0
Table Tennis	0	0
	137	100

*(Please note: percentages have been rounded.)*

In table 2.1 clearly shows the respondents dominating favorite sports of Football (28 respondents, 20%), Basketball (28 respondents, 20%) and Netball (21 respondents, 15%) as ranked as their first preference.

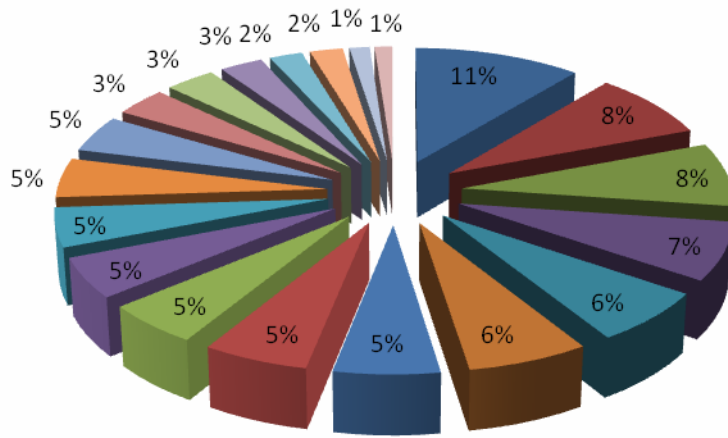
Table tennis and squash received 0 respondents choosing this as their first preference. This would indicate to an organisation that especially football, basketball and netball recorded a high interest from survey respondents and table tennis and squash lacked interest.

The survey participants also had the opportunity to suggest other activities not already listed. Some additional activities of interest to nine respondents included; mountain bike riding, baseball, fishing, boxing, ballroom, jazz and hip hop dancing which are shown in table 2.1.2.

Table 2.1.2	#	%
Dance (ballroom, jazz and hip hop)	2	22%
Baseball	2	22%
Mountain bike riding	2	22%
Fishing	2	22%
Boxing	1	11%
	9	100

*(Please note: percentages have been rounded.)*

**Graph 2.2 Respondents preferred sports and recreation activities overall ranking**



- Football
- Basketball
- Soccer
- Netball
- Tennis
- Softball
- Swimming
- Rock climbing
- Rugby
- Touch footy
- Volleyball
- Hockey
- Cricket
- Table tennis
- No response recorded
- Water polo
- Yoga/pilates
- Gymnastics
- Horse riding
- Tai Chi

Table 2.2	#	%
Football	66	11
Basketball	49	8
Soccer	47	8
Netball	43	7
Tennis	39	6
Softball	39	6
Swimming	34	5
Rock climbing	34	5
Rugby	31	5
Touch footy	30	5
Volleyball	29	5
Hockey	29	5
Cricket	27	5
Table Tennis	21	3
No response recorded	20	3
Water polo	17	3
Yoga/Pilates	13	2
Gymnastics	13	2
Horse riding	8	1
Tai Chi	7	1
	596	100

*Please note: percentages have been rounded.)*

A total of 66 (11%) of respondents ranked football in the top 5. A further 49 (8%) of respondents ranked basketball in the top 5. Soccer was also popular with 47 (8%) respondents recording this sport in the top 5.

Overall from the results shown it can indicate which sports and recreational activities are of more interest to the surveyed group.

For some cultural and religious groups within the NT it may be seen as inappropriate for mixed gender sporting activities to be run. It was therefore decided by the MBT to explore this concept.

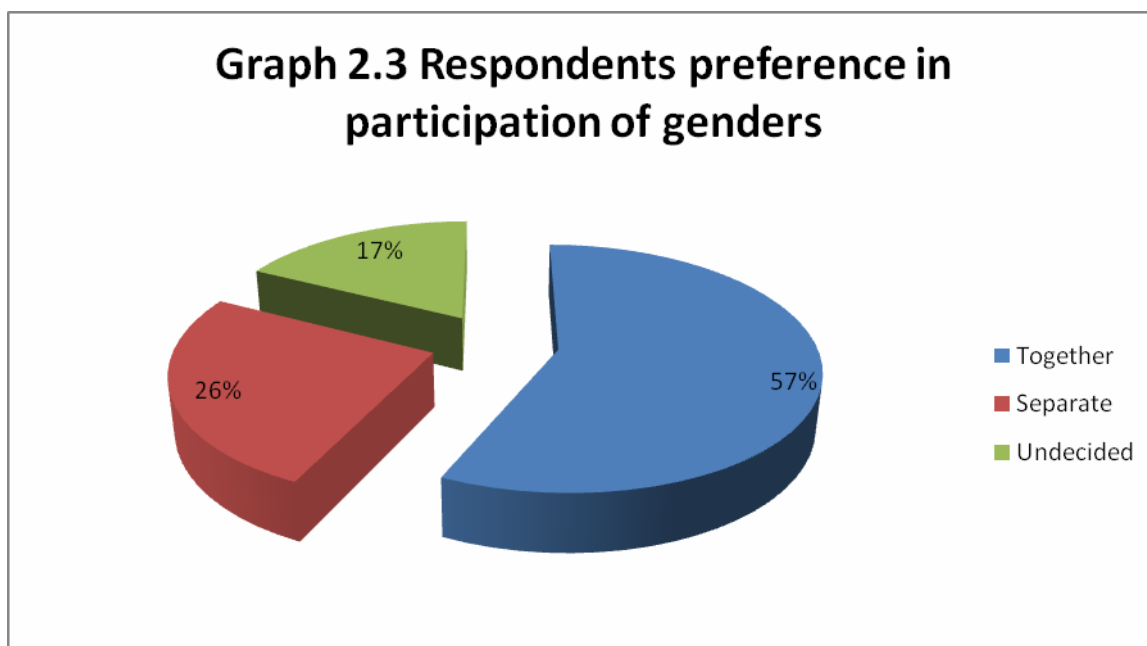


Table 2.3	#	%
Together	78	57
Separate	35	26
Undecided	24	17
	137	100

From the respondents surveyed it can be seen that 78 (57%) did not have an issue with mixed gender activities, although a significant number of respondents, one in four young people 35 (26%) indicating a preference for separate male and female activities.

Any sporting or recreation program should take into consideration their potential audience and cater for their needs, so that no-one feels excluded or uncomfortable.

MBT wanted to explore specific details of running a potential program including; how many hours a week it should run, how many times a week, optimal time to run, overall length of program. These details are explored in the following graphs and tables.

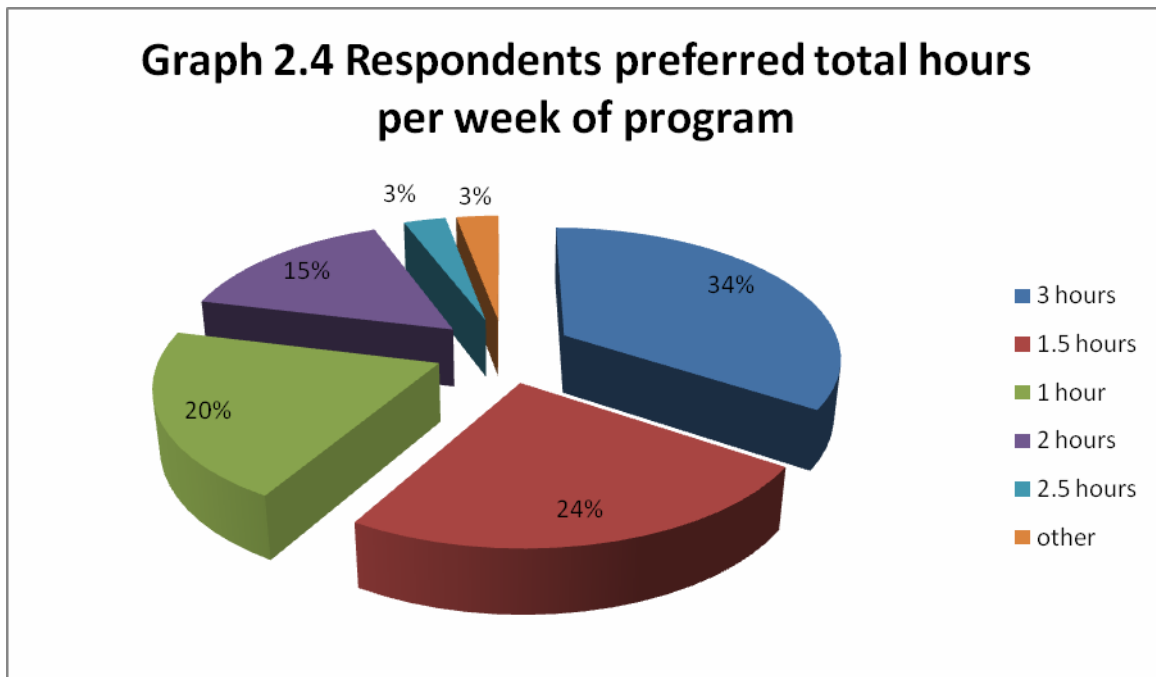


Table 2.4	#	%
3 hours	47	34
1.5 hours	33	24
1 hour	28	20
2 hours	21	15
2.5 hours	4	3
Other	4	3
	137	100

*(Please note: percentages have been rounded.)*

A number of survey respondents (47 respondents, 34%,) recorded 3 hours as their preferred number of hours per week a possible program should operate. The next favourite total length of time was 1.5 hours per week with 33 respondents (24%) choosing this.

Whether the total hours should be split into sessions during the week is examined in following graph 2.5.

**Graph 2.5 Respondents per week attendance or program**

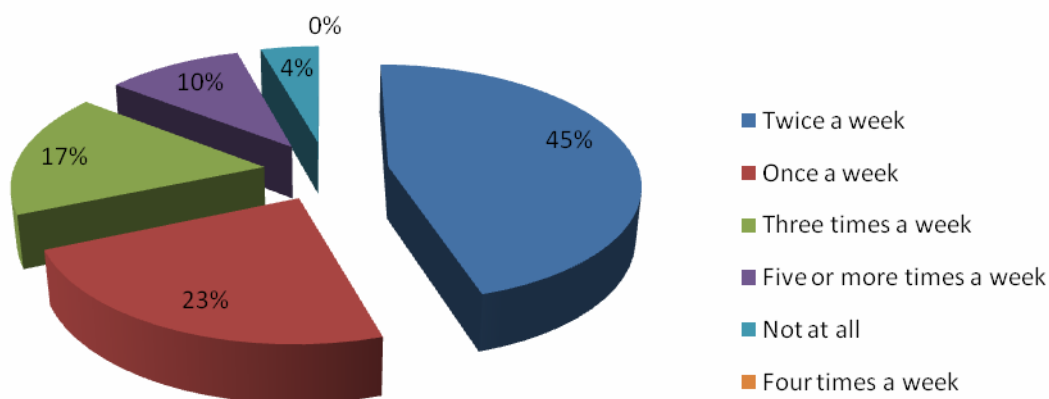


Table 2.5	#	%
Twice a week	62	45
Once a week	32	23
Three times a week	23	17
Five or more times a week	14	10
Not at all	6	4
Four times a week	0	0
	137	100

*(Please note: percentages have been rounded.)*

Twice a week was the preferred option with 62 (45%) respondents recording this answer.

A number of survey respondents (47 respondents, 34%) recorded 3 hours as their preferred number of hours per week a possible program should operate in graph 2.4. Drawing from this conclusion it would be ideal to split the 3 hour total per week into the preferred twice a week; two sessions of one and a half hours each.

Overall out of the 137 survey respondents, only 6 (4%) believed they would not attend a potential sporting program. Therefore over 96% of those surveyed would attend the program once or more times a week. This is a strong indication if an organisation was to develop a youth focused sport and recreational program there would be a good response in attendance.

**Graph 2.6 Best time for program to operate for respondents**

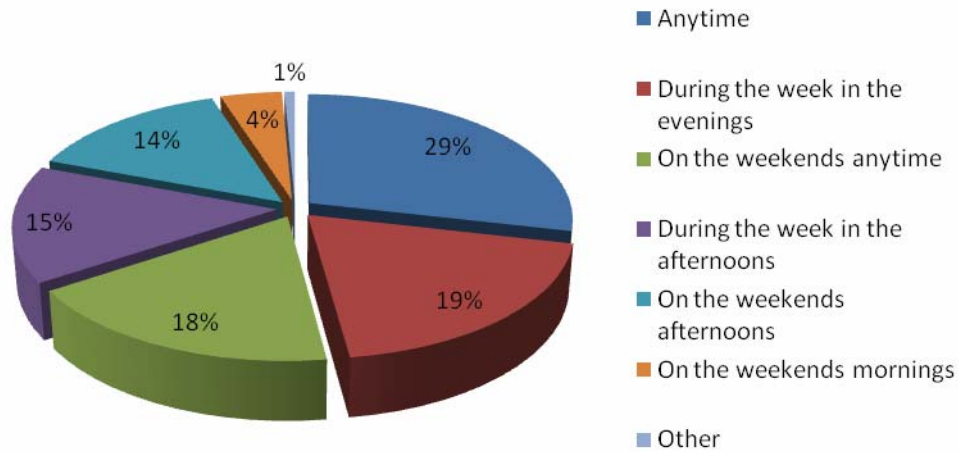


Table 2.6	#	%
Anytime	40	29
During the week in the evenings	27	19
On weekends anytime	25	18
During the week in the afternoons	21	15
On weekends afternoons	20	14
On weekends mornings	6	4
Other	1	1
	137	100

The purpose of this question was to source respondents' typical availability for sporting activities. A number of respondents (40 respondents, 29%) were inclined to be available anytime. However the subsequent popular times, were during the week on evenings (27 respondents, 19%) or on the weekends anytime (25 respondents, 18%).

Every respondent would have varying commitments, and due to this MBT thought it would be beneficial to operate the two suggested sessions during different times to accommodate more participants.

**Graph 2.7 Respondents overall preferred duration of program**

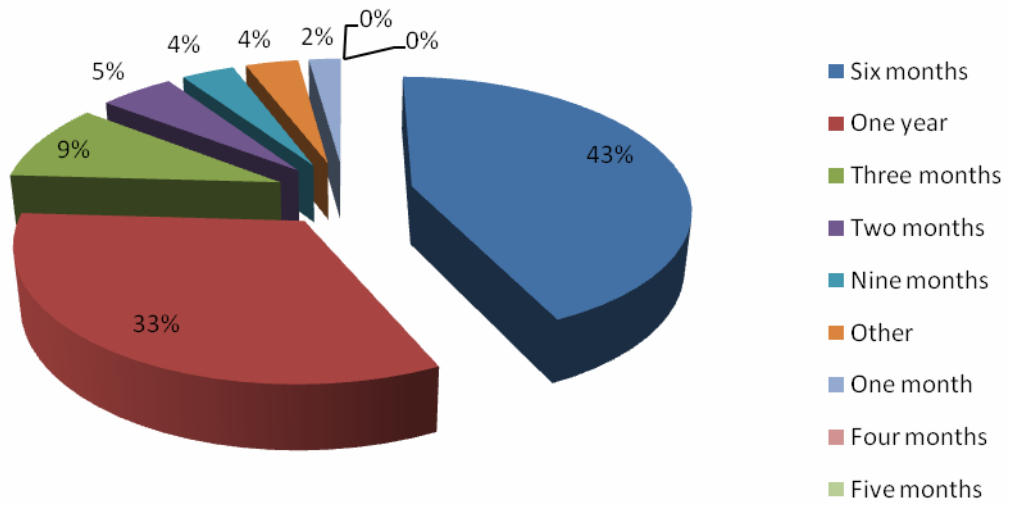


Table 2.7	#	%
Six months	59	43
One year	45	33
Three months	13	9
Two months	7	5
Nine months	5	4
Other	5	4
One month	3	2
Four months	0	0
Five months	0	0
	137	100

A significant number of respondents, 59 (43%) believed six months was the ideal duration for the total program. Closely ranked was one year, with a total of 45 (33%) of respondents recording this.

Other suggested durations of the possible program included the following comments:

- *Depends on success*
- *For good*
- *As long as necessary*
- *Ongoing*

It was considered by the MBT whether a potential program developed by an organisation would focus solely on sport and recreation activities or could involve other topics of interest to youth that are associated with a healthy mind and body.

It was decided to survey respondents to see if any interest was shown in topics listed including; mental health, body image, self esteem, leadership, diet and healthy eating, and sexual health. It was also an option for respondents to answer they were just interested in sport.

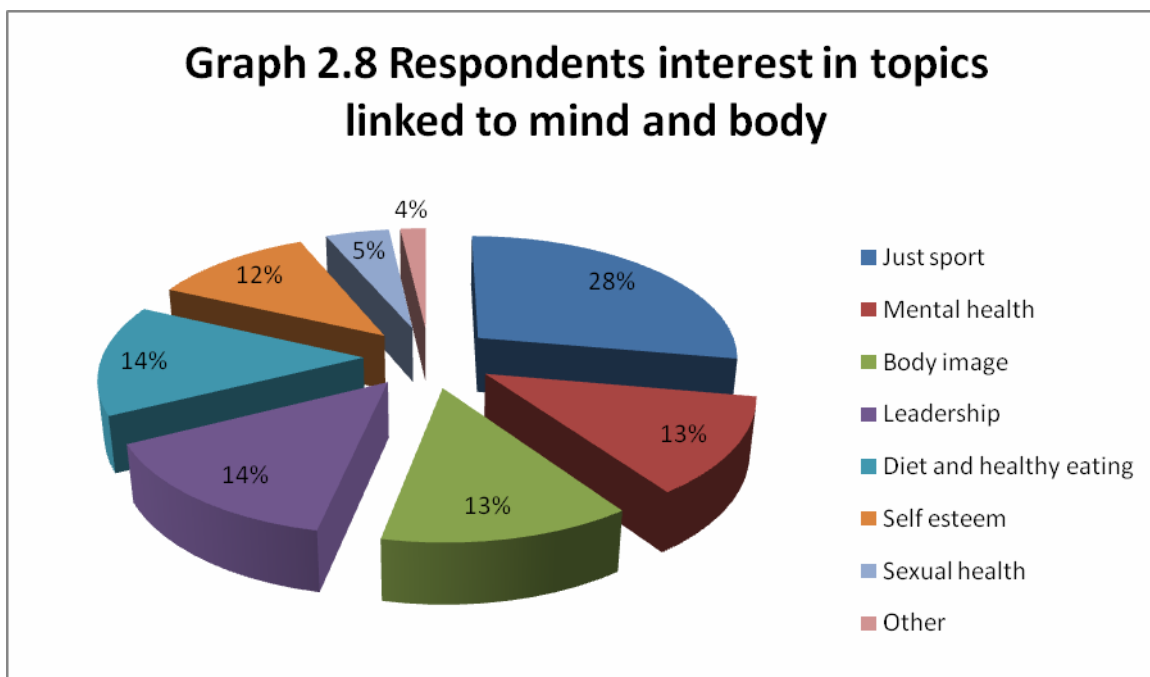


Table 2.8	#	%
Just sport	60	28
Mental health	27	13
Body Image	28	13
Leadership	31	14
Diet and healthy eating	31	14
Self esteem	25	12
Sexual health	10	5
Other	4	4
	216	100

Survey respondents were able to record more than one answer, this explains a greater total.

A total of 60 (28%) respondents were interested in just a sporting program with no additional topics included.

All other topics were closely matched between 12% and 14% with the exception of sexual health where only 5% (10) respondents recording interest in this topic. It can be concluded that this topic was of limited interest to the survey group in this style of program. However it should not discourage an organisation to include one/or more of these topics in a program for youth as they are of importance.

## Useful Contacts

This list of contacts was created for organisations interested in involving any of the sporting areas in a potential program.

Sport	Organisation	Contact Name	Phone/Fax	Email
Tennis	Tennis NT	Mrs. Di MacDonald	8981 5609 (BH)	<a href="mailto:dmacdonald@tennisnt.com.au">dmacdonald@tennisnt.com.au</a>
Basketball	Basketball NT Inc	Ms. Shelly Lambert	8985 2852 (AH) 0402 210 653	<a href="mailto:s.lambert@live.com.au">s.lambert@live.com.au</a>
Netball	Northern Territory Netball Association	Mrs. Sue Chilman	8942 2241 (BH) 8942 2507 (fax)	<a href="mailto:netballnt@internode.on.net">netballnt@internode.on.net</a>
Cricket	Northern Territory Cricket Association Inc	Mr. Mick Nelson	8981 1677 (BH) 8981 1766 (fax)	<a href="mailto:ntcricket@ntcricket.com.au">ntcricket@ntcricket.com.au</a>
Football	AFL Northern Territory Limited	Mr. Tony Frawley	8945 2224 (BH)	<a href="mailto:tfrawley@aflnt.com.au">tfrawley@aflnt.com.au</a>
Volleyball	Darwin Indoor Beach Volleyball	Mrs. Honor Liversidge	0412955559	<a href="mailto:info@dibv.com.au">info@dibv.com.au</a>
Softball	Northern Territory Softball Association Incorporated	Ms. Christine Heron	8927 3333 (BH) 0438 278 814	<a href="mailto:ntfa@bigpond.com">ntfa@bigpond.com</a>
Table Tennis		Mr. Graham Symons	8999 1700 (BH) 0401118206 8999 7402 (fax)	<a href="mailto:grahamd.symons@nt.gov.au">grahamd.symons@nt.gov.au</a>
Rugby	Northern Territory Rugby Union inc	Mr. Tim Heath	8945 1444 (BH) 0407 061 544 8945 2060 (fax)	<a href="mailto:tim.heath@ntrugby.com.au">tim.heath@ntrugby.com.au</a>
Touch Footy	Northern Territory Touch association Inc	Ms. Isobel Appo	8936 8131 (BH) 0417875713 8936 8144 (fax)	<a href="mailto:nttouch@octa4.net.au">nttouch@octa4.net.au</a>
Soccer	Football Federation NT		8941 2444 (BH)	<a href="mailto:info@footballnt.com.au">info@footballnt.com.au</a>
Swimming	AUSSI Masters Swimming in Australia NT Branch(Inc)	Mr. John Pollock	8981 5919 (AH) 0431 671 871	<a href="mailto:ntaussi@iinet.net.au">ntaussi@iinet.net.au</a>
Swimming	Surf Life Saving Club Northern Territory Inc	Mr. Tony Snelling	8985 6588 (BH) 0417 173 287	<a href="mailto:tony.snelling@lifesavingnt.com.au">tony.snelling@lifesavingnt.com.au</a> <a href="mailto:birth@lifesavingnt.com.au">birth@lifesavingnt.com.au</a>
Swimming	Swimming Northern Territory Incorporated		8981 5483 (BH)	<a href="mailto:admin@nt.swimming.org.au">admin@nt.swimming.org.au</a>
Gymnastics	Northern Territory Gymnastics Association Inc	Ms. Maeve Marrone	8927 9262 (BH) 0439 344 112 8927 8255 (fax)	<a href="mailto:ntadmin.gymnastics@bigpond.com">ntadmin.gymnastics@bigpond.com</a>
Tai Chi	Life Balance Lifestyle & Fitness Centre		8932 9476 (BH)	<a href="mailto:admin@balancelife.com.au">admin@balancelife.com.au</a>
Hockey	Northern Territory Hockey Association Inc	Mr. Michael Lloyd	8945 0302 (BH) 8945 4768 (BH)	<a href="mailto:executiveofficer@nthockey.asn.au">executiveofficer@nthockey.asn.au</a>
Yoga/Pilates	Darwin Pilates Studio	Mr. Fergal Mcgrath	0417456494	<a href="mailto:c_ology@westnet.com.au">c_ology@westnet.com.au</a>
Squash	Squash NT Inc	Ms. Carol Kawalijeno	8927 2419 (AH)	<a href="mailto:squashnt@octa4.net.au">squashnt@octa4.net.au</a>
Rock climbing & Abseiling	Rock Centre	Ms. Caroline Reynolds	8941 0747 (BH) 0415500252	<a href="mailto:helpnt@bigpond.com.au">helpnt@bigpond.com.au</a>

# Nutrition Information

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As seen in graph 2.8, survey respondents were asked if they were interested in additional topics linked to having a healthy mind and body. Diet and healthy eating was one option. A total of 31 respondents (14%) of youth chose to rank this as topic of interest to them.

When researching nutrition information to include within this resource there were countless sources available and by all means this should only be used as a starting point. There are other websites and resources listed later that can also be utilised.

**Source: Nutrition Australia ([www.nutritionaustralia.org.au](http://www.nutritionaustralia.org.au))**

## The Healthy Living Pyramid

The Pyramid was developed to provide a simple guide to planning the food that we eat. It only includes foods from the core food groups. That is, it shows meat, fish, chicken, eggs, nuts, bread, cereals, vegetables, legumes, fruit, milk, etc. It does this because when we eat these foods we do not always eat them alone we combine and mix them. For example we mix meat with vegetables to make a stew or casserole, eggs with milk and sugar to make custard or flour with oil, cheese, vegetables and meat to make a pizza. Mixing foods, and adding herbs and spices to create flavours that we enjoy, helps us to eat the food variety that we need. The Pyramid does not show these mixed foods because there are so many different ways that we like to mix them that they cannot be shown on a diagram. The Pyramid allows us the choice of how to mix foods and to keep to the proportions that we need.

Knowing how to cook and to prepare our own food helps us to know or understand what is in the mixed foods that we eat. The Healthy Living Pyramid encourages variety, minimum fat, adequate fibre, limited salt and adequate water to be balanced with physical activity. The 'Move more' layer at the base of the Pyramid shows moving legs that add the concept of physical activity as being the essential link with eating.

## The Layers of the Pyramid

### Move more

Every time we move we use up some of the kilojoules (or calories) that are in the food that we eat. The kilojoules that we do not use up in energy will be stored and changed to fat. 'Move more' reminds us that we need to balance the energy (kilojoules) that we take in with the energy we use. *We eat daily so we need to be active daily.*

### Eat most

This base layer of foods includes only plant foods: vegetables, fruits, nuts, dried peas, beans and lentils, breads and cereals (preferably wholegrain). These foods contain many different nutrients and should make up most of the food that we eat. Eating a variety of these foods each day should provide good amounts of energy from carbohydrate, as well as protein, minerals, vitamins and dietary fibre. In other words these foods are nutrient dense (each food contains a lot of nutrients for each kilojoules that it provides).

Alongside the base is the symbol for water to encourage water consumption. 6-8 glasses each day is the recommendation. Smaller children need about 4-5 glasses of water.

### Eat moderately

Foods in the middle of the Pyramid include fish, lean meat, eggs, chicken (no skin), milk, cheese and yoghurt. Eating a serving of meat, fish or eggs and three of dairy foods each day will provide protein, minerals (especially iron and calcium) and B vitamins.

### Eat in small amounts

Sugars and fats are in this layer. These foods should be limited because they lack a good supply of the nutrients needed for growth, good health and only provide a quick energy boost.

While small amounts of fats, oils and sugar are acceptable, larger amounts of these foods will cause an inadequately varied food intake. When choosing fats and oils it is better to choose the ones that have low levels of saturated fat and better levels of omega -3 fats. The Pyramid also suggests that salt should not be added to foods.

**By choosing a wide variety of foods** the Healthy Living Pyramid (HLP) way we should consume all the nutrients and other food compounds that we need for good health. When we serve a meal the 'Eat most' foods should take up most of the plate, the 'Eat moderately' foods should take up a third or less of the plate, and there should be very little of the 'Eat in small amounts' foods. The HLP does not state how many serves we should have or the size of the serves but it does give an idea about the balance of foods we need to choose for good health. In order to maintain body weight, food eaten (*energy in*) needs to be balanced with physical activity (*energy out*). The Healthy Living Pyramid can be used to provide the stimulus for life style change and weight management.



Nutritious foods and an active lifestyle can help achieve good health throughout life. Here are some general healthy tips: (Source Food for Health)

- Enjoy a variety of yellow, green and red vegetables, both salad and cooked.
- Eat at least five serves of vegetables a day.
- Eat at least two pieces of fresh fruit a day.
- Try nuts as a snack.
- Switch from white bread to whole meal bread.
- Eat wholegrain cereal for breakfast.
- Include a variety of cereal foods in your meals such as pasta, noodles, rice, couscous and polenta.
- Eat at least four to five serves of cereal foods a day. Active men may need up to twice this amount.
- Enjoy lean red meat three or four times each week.
- Choose lean cuts of meat rather than sausages and processed meat.
- Try to eat one or two fish meals a week.
- Use low-fat dairy foods at two or more meals each day.
- Low-fat milk and yoghurt are excellent choices.
- Be moderate with full fat cheeses.
- Drink plenty of water.
- Limit your intake of biscuits, cakes, pastries, snack foods and fried take-away foods.
- Limit your use of full-fat dairy foods, fatty meats and sausages.
- Choose unsaturated vegetable oils and margarines in moderation.
- Include more fresh foods, especially fruits, vegetables in daily meals.
- Look for 'reduced salt' or 'low salt' foods when shopping. Low salt foods contain less than 120mg of sodium per 100g.
- Try to limit salty snacks, take-away foods, processed meats, cheese and butter.
- Use a range of herbs and spices to flavour foods instead of salt.
- Limit sugary soft drinks, cordials and juice drinks. Remember, one glass of about 250mls may contain up to 30g of added sugar, a large can nearly 40g and a large bottle up to 60g.
- Consider 'diet' versions when you feel like a soft drink, but remember water is the best option.
- Limit lollies, sweet biscuits, cakes and pastries.

Dietary Guidelines also play a major role in steering people to make conscious healthy choices and are the best guide to food, nutrition and health. Dietary Guidelines differ for adults, adolescents and children. The following information is the recommended guidelines for children and adolescents in Australia as stated by the Australian Government – Department of Health and Ageing.

The guidelines have been developed by food and nutrition experts on behalf of the National Health and Medical Research Council and the Australian Government Department of Health and Ageing.

### **Dietary Guidelines for Children and Adolescents in Australia**

- Encourage and support breastfeeding

Children and adolescents need sufficient nutritious foods to grow and develop normally.

- Growth should be checked regularly for young children
- Physical activity is important for all children and adolescents

Children and adolescents should be encouraged to:

- Eat plenty of vegetables, legumes and fruit
- Eat plenty of cereals (including breads, rice, pasta and noodles), preferably wholegrain
- Include lean meat, fish poultry and/or alternatives
- Include milks, yoghurts, cheese and/or alternatives. Reduced-fat milks are not suitable for young children under 2 years, because of their high energy needs, but reduced-fat varieties should be encouraged for older children and adolescents.
- Choose water to drink. Alcohol is not recommended for children

And care should be taken to:

- Limit saturated fat and moderate total fat intake. Low-fat diets are not suitable for infants
- Choose foods low in salt
- Consume only moderate amounts of sugars and foods containing added sugars.
- Care for your child's food: prepare and store it safely.

## Useful Websites & Other resources

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Looking to get involved in sport but don't know where to start? Check out this great website! It's full of information like a list of sports that suit you, fun ways to keep healthy and enjoy life, competitions and prizes. Sport Linkup is your one-stop-shop for junior sport information in the Northern Territory.

[http://www.sportlinkup.nt.gov.au/sport\\_linkup\\_home](http://www.sportlinkup.nt.gov.au/sport_linkup_home)

The Government of Western Australia, Department of Sport and Recreation website contains strategies to strengthen youth sports and recreation programs discovered through workshops with key stakeholders in 2002. The publication *Youth Sport – A Good Practice Guide* is available to download.

<http://www.dsr.wa.gov.au/index.php?id=430>

For all your information on NT Football. <http://www.footballnt.com.au>

The "Go for 2 & 5" website provides great information on the benefits of fruit and veges and ways to increase your fruit and vegetable intake. It has a fantastic selection of recipes that will tempt children of all ages.

<http://www.gofor2and5.com.au>

The "Fresh Food for Kids" website has some fantastic recipe ideas as well as some great cooking with kids ideas. <http://freshfoodkids.com.au>

The "Healthy Kids Website" is a fantastic resource for parents, schools, childcare services and anyone dealing with children. <http://www.healthykids.nsw.gov.au>

The Australian Government has a website for the National Health and Medical Research Council which has some fantastic fact sheets and information regarding nutrition and dietary guidelines for all Australians.

<http://www.nhmrc.gov.au/publications/synopses/dietsyn.htm>

This Victorian Government websites allows you to look for healthy recipes based on an ingredient, category or meal type. All recipes also have the full nutritional analysis provided. This website also has information on food safety, weight management, nutrition and illness, dietary advice and active living.

[http://www.goforyourlife.vic.gov.au/hav/articles.nsf/leveltwoview/healthy\\_recipes?Open](http://www.goforyourlife.vic.gov.au/hav/articles.nsf/leveltwoview/healthy_recipes?Open)

This is an interesting paper that examines the connection between sports and antisocial behavior in youth. <http://www.aic.gov.au/publications/tandi/tandi249.html>

This Victorian Government website has available the *Youth Worker's Guide to Nutrition for Young People*. It has been specially designed to provide nutrition information for youth workers, allied health staff and general practitioners working in juvenile justice centres with young people. It is also a useful guide for staff working with young people in the community.

[http://www.goforyourlife.vic.gov.au/hav/articles.nsf/pracpages/Youth\\_Workers\\_Guide\\_to\\_Nutrition\\_for\\_Young\\_People?open](http://www.goforyourlife.vic.gov.au/hav/articles.nsf/pracpages/Youth_Workers_Guide_to_Nutrition_for_Young_People?open)

The Australian Government, Department of Health and Ageing website provides a variety of website links from each state and territory, government run initiatives to better youth nutrition.

<http://www.healthyactive.gov.au/internet/healthyactive/publishing.nsf/Content/com-schools-grants-state-terr-gov>

Healthy People 2010 challenges individuals, communities, and professionals, indeed all of us to take specific steps to ensure that good health, as well as long life, is enjoyed by all. <http://www.healthypeople.gov>

This website fitness online provides a variety of advice and information.

<http://www.fitnessonline.com/>[www.fitnessonline.com](http://www.fitnessonline.com)

This website provides health & fitness advice, tools and directory.

<http://www.healthfitness.com.au>

This website has a number of articles and topics covered including a teen's section.

[http://kidshealth.org/parent/nutrition\\_fit/index.html](http://kidshealth.org/parent/nutrition_fit/index.html)

This website provides nutrition and fitness based on various ages. It also has available an A to Z of nutrition, AIS survival cookbooks, and getting into shape information. <http://www.nestle.com.au/Nutrition/default.htm>

Articles online regarding kids and the cost of sports participation.

[http://www.associatedcontent.com/article/1131773/least\\_expensive\\_sports\\_for\\_kid\\_finding.html](http://www.associatedcontent.com/article/1131773/least_expensive_sports_for_kid_finding.html)

## Final words

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The Mind and Body team (MBT) would like to thank you for reading our resource. It is hoped that some part of this resource has been of use to your organisation, whether it be big or small.

We wish you good luck with future programs involving youth, and physical activities as this is what our team is passionate about.

Goodbye for now :O)

MBT

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