

# NiE



Get on your hobby horse for world first contact

## Wordy news

**Hobby horse** – a topic that someone is very interested in; a favourite pastime; obsessive notion.



## Did you know?

IT IS recommended that you should be physically active for at least 60 minutes a day.



# Be bright, exercise right

## IN THE NEWS

### A novelty

THE world's first International Hobby Horse Competition will debut at the Sunshine Coast Mane Event on July 30.

Hobby horse competitions are becoming increasingly popular worldwide as a way for young and old to get out and about in the fresh air, enjoy exercise, improve well-being, make new friends and engage with their communities.

As a lead-up to this major event, an equestrian competition was held on Sunday, May 21, featuring all breeds of hobby horses\*. They took part in the novice freestyle to music dressage test, the show jumping contested over five jumps at 60cm each and the trail course which consisted of six elements.

In Finland, it's a serious sport. [www.youtube.com/watch?v=imW7EGQcJck](http://www.youtube.com/watch?v=imW7EGQcJck)

\* A hobby horse is a stick with a small horse's head attached.

## CHECK IT OUT

THIS week is Exercise Right Week, which is all about encouraging people to live a more healthy and happy life. It's not only important to exercise but to ensure your exercising is right for you. This means ensuring the right professional, the right place and the right time. It is important to ensure that when it comes to exercise that it is individualised for you so you reap the best benefits. If you are unsure whether you are exercising right, then this is the week to change that.

Exercise Right has some great tools and information on their website to help with this: [exerciseright.com.au](http://exerciseright.com.au).

**EXERCISE**, fitness, physical activity, sport – whatever you want to call it all these terms basically mean, get off the couch and give your body the chance to strengthen muscles, stretch and do aerobic activity.

Not only does exercise keep you fit and healthy but it can benefit you socially, emotionally and intellectually.

Research has shown that children who do regular physical activity feel more confident; have more energy; have improved sleep; are happy and relaxed; have better concentration; learn teamwork skills; develop new friendships; are more motivated; better organised and have positive social behaviours.

### Time to workout

One of our nation's professional organisations for exercise and sports science, Exercise & Sports Science Australia, has renewed calls for Australians to implement a regular physical activity regime.

Exercise can be accumulated throughout the day as part of active transport, recreation, sport and play.

It should consist of some vigorous activities that require more effort and should leave you huffing and puffing.

It's time to take a break from the computer and TV. Some screen time is okay but you should spend no more than two hours a day using electronic media.

### What's right?

Any kind of exercise is a step in the right direction, but some workouts can be more beneficial than others.

Many of the things we do for fun count as exercise. As long as you're doing some form of aerobic exercise and strength training each day you can consider yourself an active person.

No matter your age or fitness level, there are a number of activities that can help you get in shape physically and mentally.

Participate in a variety of activities, sports, and games that fit your personality, ability, age, and interests.

Be bright, make being active a part of your daily life and have fun.

### HOW HARD?

Here's a simple way to measure the intensity of your exercise.

If you can't talk and do your activity at the same time, you are exercising at a vigorous intensity.

If you can talk and sing while you do your activity, you're exercising at a low level.

If you can talk but can't sing while you do your activity, you are doing moderate intensity activity.

Another way to know how hard you should exercise is to find your target heart rate (THR). Go to [www.mydr.com.au/tools/heart-rate-calculator](http://www.mydr.com.au/tools/heart-rate-calculator)

## NEXT WEEK: Whale of a time



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