

SWIM FOR HEALTH

BUSSELTON 
MASTERS  **SWIMMING**
CLUB



Evaluation - start of program

I feel confident in my ability to eat healthily.

Strongly disagree / Disagree / Neither agree nor disagree /
Agree / Strongly agree

To what extent do you feel you choose food that is healthy for you?

Never / Rarely / Sometimes / Often / Always

I am confident I can overcome barriers so that I can be physically active on a regular basis.

Strongly Disagree / Disagree / Neutral / Agree / Strongly Agree

On average, how many days a week do you complete at least 30 minutes of moderate physical activity?

One / Two / Three / Four / Five / Six / Seven

How confident are you in your ability to accurately monitor your own mental health.

Not at all confident / Low confidence / Moderate confidence /
High confidence / Complete confidence

To what extent do you feel connected to your club?

Not at all integrated / Slightly integrated / Moderately integrated
/ Well integrated / Very well integrated

MSA Mental Health Awareness Hub

Mental Health and Wellbeing

1 in 5 of us will experience symptoms of mental illness in any given year. In Australia that is around 5 million people, and roughly 60% of these people will not seek help (www.blackdoginstitute.org.au). The overwhelming concern for Masters Swimming Australia is that our members are not immune to this statistic.

Masters Swimming Mental Health Resources



Dry land exercises for swimmers

For Masters swimmers, what happens out of the pool strongly influences what happens in it.

Dryland training supports shoulder stability, core strength, mobility, and balance — all essential for efficient technique and injury prevention as we age. It helps maintain good posture, body awareness, and strength where swimming alone may not.

When the body moves well on land, it moves more efficiently in the water. Dryland work isn't about doing more — it's about swimming smarter and supporting longevity in the sport.

Healthy Sleep Habits

Visit MindSpot for
more information



1

Limit noise, light, and discomfort

Keep the room dark, quiet, comfortable, and cool.

Use curtains or an eye mask to block light. A comfortable bed and pillows make it easier for your body to relax.

Try to keep the room cool, because your body naturally lowers its temperature at night.

2

Develop a 'wind down' routine

In the 30-minutes before bed, try gentle activities such as brushing your teeth, reading, or meditating as these help signal to your brain that it's time to sleep.

3

Light exercise

Regular exercise can improve your sleep quality including how well and how long you sleep.

Exercise wakes up the body, so it's best to do it earlier in the day and not too close to bedtime.

4

Limit caffeine, nicotine, and alcohol

Avoid caffeine, nicotine, and alcohol before bed.

Caffeine and nicotine wake up your body and brain, and they can stay in your system for hours. Alcohol might make you sleepy at first, but it reduces the quality of your sleep.

5

Reduce screentime

Bright light from phones, TVs, and computers can confuse your body's natural sleep rhythm and make it harder to fall asleep.

Try to avoid screens for about two hours before bed so your brain can wind down.

5 senses technique

Feeling overwhelmed? Try this quick grounding exercise.
Take a moment to look around you.
Either in your head or out loud, list:

5 things you can see



4 things you can feel



3 things you can hear



2 things you can smell



1 thing you can taste



Source: Lifeline

What's on a label

Fuel your body



Food labels can be very confusing and tricky to understand. Often we don't have the time to spend trying to work out what they mean and how to use them. Knowing what nutrition information to look for can help you make the best choice for your health and avoid unnecessary saturated fat, added salt, added sugars and kilojoules. When looking at products, the Nutrition Information Panel (NIP) and the ingredients list provides the simplest and easiest way to choose the healthiest items.

Nutrition Information Panel (NIP)

- Displays the nutrients in a standard format, providing amounts per serve and per 100g (or 100ml if liquid) of the food
- Lists the amount of energy (kilojoules), protein, total fat, saturated fat, carbohydrate, sugars and sodium (salt), as well as any other nutrient about which a claim is made (e.g., fibre, iron, calcium)

While nutrition content claims can generally guide you to healthier choices, it is important to check the claim by looking at the NIP

Ingredients list

- Use this to check the first three ingredients for items high in saturated fat, sodium (salt) or added sugar

For example, a label that states: flour, potato, salt, flavouring; has more flour than any other ingredient but is still high in salt

How much is too much?

The energy, fat and sodium requirements vary depending on age and activity level. Visit Eat for Health website to calculate your requirements.

BREAKING IT DOWN

Example:

Baked savoury goods

Servings per package: 6
Average serving size: 16 biscuits (35g)

	Per serve 16 biscuits (35g)	Per 100g
Energy (KJ)	770KJ	2195KJ
Protein	5.2g	14.8g
Total fat	8.8g	25.1g
Saturated fat	3.9g	11.1g
Carbohydrate	20.4g	58.1g
Sugars	1.1g	3.2g
Dietary fibre	1.4g	4.0g
Sodium	238mg	678mg

Ingredients: Are usually listed in order from highest to lowest amounts

Serves

- This is the number of serves in the packet, i.e. this product has 6 serves of 16 biscuits
- This is the serve size determined by the manufacturer - this can often be different than what is recommended

Per serve

- This column gives the nutritional information of the product at its serve size
- If calculating how much of a nutrient, or how many kilojoules you will actually eat, use the per serve column

Per 100g

- This column gives the nutritional information of the product per 100g
- This is a standard measure and can be found on all products with a NIP
- Use this column to compare nutrients in similar food products
- This column can also be converted into a percentage - Did you know this product contains 25% fat?



healthway

Foodcare
Nutrition Services

WHAT SHOULD YOU BE LOOKING OUT FOR?

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Ingredients: Are usually listed in order from highest to lowest amounts.

Carbohydrates & Sugars

Carbohydrate includes all types such as starches and sugars. Sugars include both naturally occurring and added sugars. Products which have naturally occurring sugars include dairy products like milk. It is recommended to choose products with less than 15/100g

Dietary Fibre

Dietary fibre is important for keeping our gut and bowels healthy. When choosing cereals and/or bread products it is recommended to choose products with 3g /per serve

Sodium

Packaged foods can often be high in sodium. When choosing a packaged product it is recommended to choose food items with sodium content less than 400mg/100g

Healthy Recipes

LIVELIGHTER
▲
®



**SCAN
TO
VIEW**

HEALTHY FRUIT SALAD & YOGHURT

Prep 5 mins

Cook 0 mins

Serves 6

Find this recipe
and more here



Ingredients

- 410g canned peaches in natural juice, undrained
- 225g canned pineapple slice in natural juice
- 1 banana, sliced
- 1 bunch grapes
- 250g strawberries, hulled and sliced
- 500g low-fat natural yoghurt

Method

1. Combine all ingredients in a large bowl.
2. Serve with yoghurt.



Water wins!



IT'S IMPORTANT TO DRINK WATER BEFORE, DURING AND AFTER SPORT TO STAY HYDRATED

Did you know, over half your body is water? Drinking water keeps your body cool, replaces fluid lost through sweat and helps you to perform at your best.



A WORD ON SPORTS DRINKS

Sports drinks are very high in sugar and not recommended for the general population, especially children.

Endurance or high performance athletes should consult an Accredited Practising Dietitian for advice.

**DID YOU KNOW
THE AVERAGE
600ML SPORTS
DRINK CONTAINS
9 TEASPOONS
OF SUGAR?!**



This means if a person drinks **1 x 600mL** sports drink each week over a year, from sports drinks alone they will consume:

**2.3 KGS
OF SUGAR**
(approx.)



STAY HYDRATED

Fluid requirements vary from person to person and depends on a number of factors including the weather, type of exercise and sweat loss.

Children often don't realise when they are thirsty and may need to be reminded to drink often, particularly during exercise.

Aim for the following amounts of water per day and extra during exercise;

4-8 year olds = **1.2L or 5 cups**

9-13 year olds = **1.5L or 5-6 cups**

14-18 year olds = **1.8L or 6-8 cups**

Adults = **2L or 8-9 cups**

WARNING SIGNS OF DEHYDRATION

- Dark urine
- Dizziness
- Dry mouth and throat
- Muscle cramps
- Nausea and headache.

HUNGRY FOR MORE HEALTHY TIPS?

Visit fueltogo.com.au or email fueltogo@education.wa.edu.au

National Health and Medical Research Council. (2013).
Eat for health. Australian dietary guidelines.



Healthy snack ideas

- ✓ Cheese & cracker packs
- ✓ Fruit toast
- ✓ Plain popcorn
- ✓ Toasted sandwiches
- ✓ Cup of milk
- ✓ Corn pikelets
- ✓ Mini pizza
- ✓ Mac and cheese muffins
- ✓ Muesli bar (choose bars with more than 3g of fibre per bar!)
- ✓ Rice cakes with spread (e.g avocado)
- ✓ Toast with spread (e.g nut paste or ricotta)
- ✓ Vegetable sticks and dip (e.g hummus, pesto)
- ✓ Blueberry and lemon muffins
- ✓ Yoghurt – top tip: you can freeze this so that it stays cold throughout the day.

Pack a variety of healthy snacks every day to help you fuel up and perform at your best!



Have you packed...

a healthy snack

☐

water

☐

fruit

☐

SCAN HERE IF YOU'RE HUNGRY FOR MORE HEALTHY TIPS!



**Josie to add
cooking method
fact sheets**

Meal planner

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



☒	Check what you have in the fridge, cupboards and freezer
☒	Create your meal plan for the week
☒	Write your shopping list
☒	Buy in-season fruit and vegetables
☒	Compare unit prices, look for specials and reduced items
☒	Limit pre-prepared convenience items
☒	Consider canned or frozen goods and supermarket brands
☒	Plan for having leftovers on busy nights
☒	Aim to use up ingredients that you already have



Shopping list



GRAINS AND CEREALS

FRUIT

MILK, YOGHURT, CHEESE AND ALTERNATIVES

VEGETABLES

LEAN MEAT AND ALTERNATIVES

OTHER ITEMS

How much exercise?

Adults aged 65+

Recommendations

Adults (65+) should be active most days, aiming for 30 minutes of moderate intensity physical activity a day.

Moderate fitness activities

Fitness activities are good for your heart, lungs and blood vessels, and can include:

- brisk walking
- swimming
- golf with no cart
- aerobics or water aerobics
- cycling
- yard and garden work
- tennis
- mopping and vacuuming.

Strength activities

Strength exercises help maintain muscle and bone strength, and can include:

- weight, strength or resistance training
- lifting and carrying (for example, groceries or small children)
- climbing stairs
- moderate yard work (for example, digging and shifting soil)
- calisthenics (for example, push-ups and sit-ups).

Flexibility activities

Activities that focus on your flexibility help you move more easily, and can include:

- tai chi
- bowls (indoor and outdoor)
- mopping or vacuuming
- stretching exercises
- yoga
- dancing.

Balancing activities

Activities that help improve your balance can prevent falls and injuries, and can include:

- side leg raises
- half squats
- heel raises.

Source:
Department of Health, Disability and Ageing

How much exercise?

Adults aged 18-64

Recommendations

Adults (18-64) should be active most days, preferably every day. Each week, adults should do either:

- 2.5 to 5 hours of moderate intensity physical activity – such as a brisk walk, golf, mowing the lawn or swimming
- 1.25 to 2.5 hours of vigorous intensity physical activity – such as jogging, aerobics, fast cycling, soccer or netball
- an equivalent combination of moderate and vigorous activities.

*Include muscle-strengthening activities as part of your daily physical activity on at least 2 days each week. This can be:

- push-ups
- pull-ups
- squats or lunges
- lifting weights
- household tasks that involve lifting, carrying or digging.

Building activity into your day

Physical activity doesn't have to be structured. Making some small changes to your daily routine can make a big difference. For example, you could:

- walk or ride your bike for short trips instead of driving
- drive to a 'park and ride' spot, and walk or ride your bike the rest of the way
- use the stairs instead of the lift or escalator
- get off the bus one stop earlier and walk the rest of the way
- park further away from your destination and walk
- walk to the park to eat lunch.

Tips and Ideas for Adults (18 – 64 years)

Think about when and where you can be physically active. Making some small changes to your daily routine can make a big difference.

Build Activity into your Day

- For short trips, walk or cycle and leave the car at home.
- For longer trips, walk or cycle part of the way.
- Use the stairs instead of the lift or escalator.
- Get off the bus one stop earlier and walk the rest of the way.
- Park further away from your destination and walk.

Active at Work

- Take the stairs instead of the lift.
- Walk to deliver a message to your colleague, rather than emailing.
- Leave your desk at lunch time and enjoy a short walk outside.
- Organise walking meetings.

Active and Safe

- If you are new to physical activity, have a health problem, or are concerned about the safety of being (more) active, speak with your doctor or health professional about the most suitable activities for you.
- Protect yourself from the sun - you should wear sun-protective clothing, including a hat, and apply sunscreen regularly.

Active Indoors

Don't let the weather stop you!

Body weight exercises like squats, push-ups, sit-ups and lunges, can all be done indoors.

Try indoor activities like;

- dancing,
- indoor swimming,
- yoga or pilates,
- martial arts,
- squash, or
- indoor rock climbing.

Make your move – Sit less – Be active for life!



Tips for Reducing Sedentary Behaviour

Get up to change the channel on the TV instead of using the remote.

When tidying up, put things away in multiple small trips rather than one big haul.

Preset the timer on your TV to turn off after an hour to remind you to get up and move more.

Walk around when talking on your mobile phone.

Stand up and move during your favourite TV shows.

Instead of sitting and reading, listen to recorded books while you walk, clean, or work in the garden.

Stand on public transport and get off one stop earlier than your destination.

If you work in an office:

- ☐ Take your lunch break outside or in another location instead of sitting and eating at your desk.

Stand while you read at work.

Move your rubbish bin away from your desk so you have to get up to use it.

Use the speakerphone for conference calls, and walk around the room during the conference.

- ☐ Ask your boss for a 'walk and talk' meeting rather than a sit down meeting.

Why not turn off the TV during the day and get out in the garden?

Set an alarm on your computer to remind you to stand up and move more often.

How about delivering the message in person, instead of by email?

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