

Green Prescription

Spring checklist - you only get out what you put in!

- ☑ Make the most of the early mornings – set your alarm 20-30 minutes earlier. You'll be sure to fit in a work out, walk, home based stretches or bike ride.
- ☑ Lunch break – move more sit less, walking lunch or meetings, try a standing desk. Aim for at least 30-45 minutes.
- ☑ Active Transport – ditch the car and try walking/biking to work or to the shops, try a distance that is manageable for you.
- ☑ Make an appointment “for yourself” in your diary to exercise, “Literally write it in”.
- ☑ Do you catch up with a friend weekly? if so try to make it an active catch up, try an aqua class, strength and balance. Take a look on the Sport Bay of Plenty [Get Involved Directory](#) for more options.



Lakefront Walking Group

If you're looking for a kick start option, why not join our lakefront walking group?

When: Thursday 9.30am – meet by Memorial Drive, opposite QE Health, by the stage.

What to expect: A 7am weekly text reminder Thursday morning.

Organised coffee morning, the end of every term. Yes, your advisor attends every Thursday. Please make sure to register with Verina before attending.

Save the date: Walking group Xmas Breakup – Thursday 17th December



Healthy sleep habits



If you're tired of being tired due to lack of sleep here are some helpful tips to improve your sleep with some positive lifestyle changes and consistent sleep habits.

- **Regular sleep routine** – maintain a consistent sleep pattern, early to bed and getting up at the same time each morning.
- **Relaxing bedtime routine** – try reading a book, meditation, stretches, have a bath or shower. Go to bed in a good mood ie. avoid work issues, difficult conversation or activities.
- **Avoid caffeine or sugary drinks** – perhaps try a glass of warm milk or a glass of water before bed.
- **Technology management** – avoid the use of electronics ie phone, switch off your computer, tv, or avoid that Netflix series!
- **A clear mind** – try writing in a diary, reflecting back on your day, focus on the positive, know your why. Use your diary how you want to ...
- **Eat good food** – eat a balance of good nutritious foods throughout the day. An important reminder, no more late night snacks before bed.
- **Regular exercise** – keeping active often can help with a regular sleep pattern.

Virtual supermarket tours

You are what you put in your trolley (and your online shopping cart).

It can be overwhelming to navigate healthy eating at the best of times, and it all starts with what goes into the trolley. Our supermarket tours support and guide your shopping choices to enjoy food whilst staying on track with your goals



Save the date:

- Wednesday 4th November
 - Wednesday 2nd December
 - Where: 1189 Amohia Street, Sport BOP office at 10.00am – 11.15am
- Bookings essential. Chat with Verina to register.

Success story

“My doctor had warned me that I needed to make changes before it became too late” – Stephen Randall

Stephen had known for a long time that he needed to make changes to his health. After a warning from his GP and recommendations from a friend who had completed the Programme, Stephen decided to give the Programme go. After significant changes to his lifestyle, eating habits and activity, Stephen has turned his life around.

Read Stephen’s question and answer time with his Health Advisor, Verina Wihongi.

What was your initial motivation to start your journey to improving your health? Or what got you started?

I recently moved from Auckland to Rotorua. My doctor had warned me that I needed to make some changes to my health before it became too late. I was overweight and my blood tests were a concern with pre-diabetes. I was low in energy. The doctor’s words of warning provided the initial incentive to make the positive changes I needed. I had known for a long time that I had to make changes and this was the trigger to get started.

What have your accomplishments been through your journey?

So far, I have lost 10 kilograms. I regularly walk and go to the gym increasing my physical fitness levels. Diet wise I have managed to reduce my sugar intake and I am a much more conscious eater. Sugar has always been a problem. Smaller portions and staying clear of meat pies, fried foods and white bread has been helpful. Fruit juice and soft drinks are definitely off the menu. Everything in moderation, including moderation.

What changes have you seen?

I have more energy and feel much better and move more easily. People have said I’m looking better and that makes a difference. I have an autoimmune disease which has gone into remission because of the changes I have made. I’m very happy with the results.

Do you have any tips to people wanting to get started and improve their health like you have?

The biggest tip I can give is get off the couch and stay off. Not entirely of course but if you are like me, it’s so easy to watch YouTube, television, and movies instead of living your life. So, get active and stay active.

What keeps you going and what will keep you going with the changes you have made?

I have made a walking friend through the Thursday Lakefront Walking Group who keeps me motivated and challenged.

How did you find out about Green Prescription and what did you find helpful?

I found out through my friends who had completed the Programme. I made a number of connections through the Lakefront walking group, coffee morning’s, regular contact by Verina. Attending the supermarket tour was helpful in making better food choices.

Fast Forward almost one year

By doing the activities he enjoys, including walking and going the gym, Stephen has maintained a great balance between being active and eating healthier. He’s even looking forward to swimming once the weather warms up.



Stephen says his ‘blood sugar levels are perfect’ and that after 20 years on medication he’s managed to achieve being medication-free. ‘I have more energy and greatly improved mental wellbeing. A little over a year ago I was at my heaviest of 114kg, now I’m at a much more comfortable weight of 90kg’.

Coffee mornings

A relaxed morning with a variety of topics, including nutrition, health, community or physical activity guest speakers. Bookings are essential so chat to your advisor for more information and be sure to secure your place as numbers are limited. Coffee, tea and water will be supplied.



Save the date:

Wednesday 18th November
10.30-11.30am Sport Bay of Plenty office

Breakfast smoothie

Super quick, delicious and filling breakfast smoothie to get you ready for the day.

Preparation time: 5mins.

Ingredients:

- 1 tablespoon rolled oats
- 1 banana
- 1 dessertspoon, honey
- ½ cup yogurt plain/natural
- ½ cup of skim milk

Instructions:

Whizz all ingredients together in a blender and enjoy!

Facebook Group

How to join the closed
Facebook group:

1. Go to www.facebook.com/groups/CBOPGreenPrescription
-- log-in to your Facebook account and ask to join the group. Group name CBOP Green Prescription

2. If there's no option to join from this link, please like the [Sport BOP Facebook page](#), go to groups -- select CBOP Green Prescription -- select 'Join'.



Community Corner

Pre -Diabetes and Type 2 diabetes workshops

Are you a pre-diabetic or a Type 2 diabetic? Talk to your advisor about workshops on offer to support you in your health journey. Both workshops are designed to give you the tools to help make positive lasting lifestyle changes, within a supportive group setting. Speak to your advisor for more info.

Save the date:

Desmond Type
2 Workshop –
Wednesday 11th
November 2020



*To find out more information, contact
your Green Prescription advisor*

Rongoā Kākāriki
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PRESCRIPTION



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