

Green Prescription

Newsletter | Summer 2022

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Sport Bay of Plenty

Kapow!

Find your inner physical activity superhero

FEATURE STORY | by Lucy Horne

Make physical activity your superpower

Rongoā Kākāriki
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Nga mihi manahau mō te tau hau 2022. Welcome to our Green Prescription newsletter.

How to choose a physical activity to suit you:

- Choose an activity that interests or inspires you
- Ask yourself: "Where can I fit activity into my day?"
- Make sure you have the right equipment
- Enlist a friend to join you. This will help provide support and encouragement to stick with it.

Across the region there are Green Prescription guided walking groups, community strength and balance

classes and water-based exercise classes which are popular with Green Prescription clients. Water-based exercise is a great option for circulation and relaxation, muscle strength, flexibility and reducing impact on joints. What makes water-based exercises different from the rest?

- Low or no impact – a good work out without stress on your joints
- Quick post-class recovery session
- Resistance of the water enhances toning and shaping of your muscles.

Check in with your advisor for more information.

JOIN US ON FACEBOOK

Stay connected through our private Facebook groups for Green Prescription members.



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Join by logging into your Facebook account and searching for the below group near you.



WBOP Green Prescription



CBOP Green Prescription



EBOP Green Prescription

EDUCATION | by Jade Wharemate



Routine

A routine can help you create positive daily habits



Tips to help you find a routine

- 1 **Regular sleep** | Be sure to maintain a consistent sleep pattern - early to bed and up at the same time each morning. Avoid caffeine or sugary drinks before bed.
- 2 **A clear mind** | Create a visual planner and pop it on the fridge or a space where you will see it often.
- 3 **Eat good food** | Eat a balance of good nutritious foods throughout the day. Plan your weekly meals to avoid the convenient foods.
- 4 **Regular exercise** | Being active often can help boost energy levels and improve wellbeing. It's also a great way to connect with others.

Find your routine

Summer is definitely our most favourite time of the year, with holidays and time to rest, unwind and relax. It is a season to enjoy quality time with friends and whanau and, let's not forget, summer can be a time to enjoy the lovely weather, abundance of fresh summer fruits, crisp crunchy veges and barbeques.

When days are less structured during the summer months with things such as school holidays and sleep ins, it does make life more difficult to transition back to normal routines and daily life. This is why we thought "routine" would be the perfect topic of choice for this newsletter.

"Routine (noun)"
A sequence of actions regularly followed

Routine helps us create positive daily habits that not only promote self-care,

but also enables us to organise our time around what we feel is important.

A little extra planning can also go a long way to helping to lower stress levels. As a result of that planning we can have more room for a positive attitude and improve our mental wellbeing.

Whakatauki | | "Koi paheke te tuna"
Don't let the eel slip through your fingers." Grasp every opportunity with both hands, and never let this slip by.

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What's On

Green Prescription activities



1

Healthy Cooking

Learn how to make healthy meals on a budget. Held in Te Puke over four weeks, starting in March. Limited spaces available, please contact your advisor to register.

2

Mauao Challenge

Autumn 2022. Challenge yourself to climb Mauao over five weeks with support from Sport Bay of Plenty staff. Keep an eye on your email and our Facebook group to stay updated.

3

Zumba

Back by popular demand. Coming again to Green Prescription clients in Term 2. Watch out for an email and Facebook updates coming soon.

4

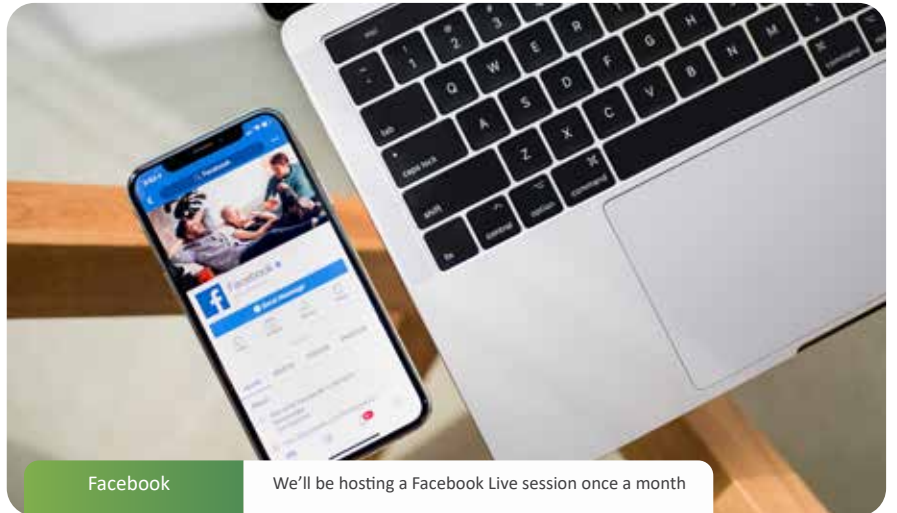
City Striders

Friday mornings, Tauranga central. Please contact your advisor for more information.

5

Ocean Striders

Wednesday mornings, Mount Maunganui. Please contact your advisor for more information.



Facebook

We'll be hosting a Facebook Live session once a month

ACTIVITY HIGHLIGHT | by Jenagh Jenner

Facebook Live

We're offering Facebook Live sessions in our private Facebook group



Our world has changed a fair bit in the past two years so the way in which we do things has had to change alongside this. At Green Prescription part of our kaupapa is to connect with our clients to share and encourage learning. Traditionally we have done this through group sessions in our office.

In order to continue this part of our service we have moved online with LIVE sessions on our private Green Prescription Facebook group. Once a month an advisor will post the upcoming topic in the Facebook group. You can comment with any pātai/questions and we'll schedule a day and time for the LIVE session to answer your pātai. If you can't join the LIVE session at the scheduled time it is saved on the Facebook group for you to view in your own time.

Join our Facebook group

Scan the QR code to join our Facebook group



Top tip

This is a good time to establish your routine of physical activity. Aim to move your body every day. Have fun exploring the different ways you can be active.

SUCCESS STORY | Phoebe Jarman

Mauao Challenge



L to R Kristelle, Roz and Chris and Grant complete the Mauao Challenge

Some snapshots and feedback from clients who completed the Spring 2021 Mauao Challenge.

Kristelle

I did Mauao Challenge to get fit, to be able to say I completed it and to take my 5 year old daughter to see the amazing view from the summit.

I wasn't as fit as I had hoped and had ongoing hip pain, which made climbing up

stairs difficult. The rain on the final climb added to the challenge. It was great to reach the summit and see the satisfaction and amazement on my daughter's face as she too reached the summit and saw the view.

Do it, you won't regret it! A great opportunity to reach the top in stages with heaps of support and encouragement from the team and fellow walkers. The sense of pride and accomplishment is an amazing feeling and one I won't forget in a hurry.

The Mauao Challenge is a fantastic way to slowly work up the fitness and ability to reach the summit of our beautiful Mount. The sights and stories along the way is a cool bonus.

Roz

Reaching the top was the most amazing accomplishment.

Give it a go! Even if it takes longer than the five weeks just keep trying, but if you don't make it all the way to the top it is still a great achievement.

The other walkers were all so nice and all wanted to get to the top. The team looking after us were so caring and understanding of each person's abilities.

Chris and Grant

Our family do Mauao regularly without us, so we wanted to be able to say we've done it too.

Arriving at the top in the rain, there was a feeling that we'd won our challenge. Our 9 year old grandson had come with us and he was proud we made it.

If you're unfit do what we did - over a few weeks climb in stages. It was hard at times but rewarding.

The encouragement from Jenagh, Phoebe, Lena and Lucy plus our other participants just encouraged us to continue on. Our health issues were challenging but WE DID IT. Thank you.

Save the date: The next Mauao Challenge is in autumn 2022. Keep an eye on you email and our Facebook group to stay up to date.



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