

# Green Prescription

**W**elcome to our winter newsletter. We welcome those who are new to the Green Prescription programme. Winter has now well and truly arrived and along with it the cold and wet weather that, at the best of times, can be quite discouraging to find the time to be active. However, why not tackle those winter blues with exercise which will help you feel energised, positive and ready to face the winter ahead?

## COVID-19 Staying on track

Covid-19 has had a huge impact on day to day lives. Our Green Prescription support during lockdown continued with phone call support and finding new initiatives to keep you on track. We adapted quickly to what we now call “the new norm”. Here is some feedback from our Green Prescription clients on their experiences during lockdown:

- We found ways to be active in and around the home. Walking often, decluttering, gardening, finally some time to clean out the shed and online fitness classes.
- We had more time to focus on whanau and daily habits around physical activity.
- We had home cooked meals and tried many new recipes.
- A time to reflect and focus on the simple things in life.
- Stayed in touch with family, friends & neighbours.

Our Lakefront walking group received weekly text messages through the Covid lockdown.

Below are some comments we received for offering the group as a way to further support them.

*“I belong to many groups in our community, but you are the only person who has maintained contact, doing great work girl” Female (70)*

*“Gee V, I find your messages always put a smile on my face, thanks heaps for the encouragement” Male (60)*

*“The newly created Facebook group has been helpful to stay connected with advisors and other members”*

**A reminder:** Make sure to do your best to maintain the newly established habits you developed over lockdown, and maintain these in and around your “now” busy schedule.

Thank you for your time and patience during Covid.



## What's On timetable

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>8:45am</b> Aqua Fit (\$6)</p> <p><b>10.00am</b> Redwoods walking group, Intermediate, meet at the Info Centre</p> <p><b>5.45pm</b> AquaFit \$6</p>	<p><b>7am</b> AquaFit \$6</p> <p>Own time walking, stretching, or a structured class speak with your advisor for more options</p>	<p><b>8.45am</b> AquaPump \$6</p> <p><b>10am</b> Supermarket Tour 1st Wednesday of every month</p> <p><b>5.45pm</b> AquaPump \$6</p>	<p><b>9.30am</b> Lakefront walking group. A great kick start option – guided by your advisor.</p> <p>Meet at the Lakefront in front of the toilet block, closer to Memorial Drive</p>	<p><b>8.45am</b> AquaFit \$6</p> <p>Meet a friend for coffee or voluntary work if you have some spare time</p> <p><b>5.45pm</b> AquaFit \$6</p>

### Lakefront Walking Group



If you're looking for a kick-start option, why not join our Lakefront walking group. We meet every Thursday at 9.30am. Meet at the Lakefront by the toilet block beside memorial drive.

What to expect: A text reminder at 7.00am every Thursday morning.

Organised coffee morning towards the end of every school term and yes we do walk during the school holidays.

Yes, your advisor attends every Thursday.

Please register with Verina before attending.

### Staying on track and back into routine



Family commitments, work, school, school sports, the list goes on and on. Stress levels will be starting to rise. Here's a few tips to stay on track:

1. Breathe, take a few minutes, stop what you're doing and spend 1 minute concentrating on slow, quiet, deep breathing.
2. Get active, even if it's only 15 minutes a day – being more active regularly not only makes you feel great but also improves your mental wellbeing.
3. Eating well, including lots of fresh foods, veges, fruit and home cooked meals.
4. Drink more water and less caffeine, soft drinks and alcohol.

## Winter Warmer



### Slow Cook Meat Balls, serves 4-5

#### *Meatballs*

700g premium minced meat (mince, pork, lamb) 1 large red onion, finely diced (put ½ aside for sauce) 4 cloves garlic, finely diced (put ½ aside for sauce) 2 tsp oregano 1/3 cup almond flour 1 egg, whisked Pinch of pepper

#### *Sauce*

½ capsicum, chopped  
2 celery sticks, chopped  
4 white button mushrooms, chopped  
1 x 400 can chopped tomatoes  
½ cup tomato puree Pepper to season Onion and garlic set aside from meatball ingredients above

#### *Method*

1. Place all of the meatball ingredients into a bowl and gently mix until combined.
2. Form the meatballs into your desired size balls. (If the meatballs aren't forming or binding you may need to add a little extra flour or egg mixture.)
3. Combine all sauce ingredients together in a bowl. Stir well before placing in the bottom of the slow cooker.
4. Place the meatballs on top of the sauce, trying not to overlap.
5. Cook in the slow cooker on low for 4-6 hours.
6. Serve with whole meal pasta, brown rice or kumara mash – Enjoy!

## 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 1st July
- Wednesday 5th August
- Wednesday 2nd September

**Where:** Tours are held at Countdown, 246 Fenton Street, 10.00am – 11.15am Bookings essential. Chat with Verina to register.



## Coffee Mornings

We offer a bi-monthly coffee morning. This is a great way to get you motivated. We have a variety of health professionals or physical activity guest speakers provided. Hear some fantastic success stories from past and present clients, sharing their journey while being on the programme. Bookings are essential so chat to your advisor for more information and be sure to secure your place as numbers will be limited. Coffee, tea, water will be supplied.

### Save the date:

- Wednesday 22 July
  - Wednesday September 23
- 10.30-11.30am Sport Bay of Plenty office



## Staying Connected - Facebook Group



We initially started a closed Facebook group to provide further support while everyone was at home during the COVID-19 shutdowns.

The purpose of our page is to provide relevant information such as physical activity, nutrition & mental wellbeing.

### How to join the closed Facebook group:

Log-in to your Facebook account and search for the group CBOP Green Prescription. Ask to join the group.

## Community Corner



**diabetes**  
new zealand

### Pre -Diabetes and 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:

Wednesday 19 August

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

Rongoā Kākāriki  
**GREEN**  
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