

Green Prescription

N NAU MAI HAERE MAI I TE PANUI O GREEN PRESCRIPTION! We hope you find something in here that will inspire, motivate or enhance your healthy lifestyle changes. Feeling good, having more energy and preventing or controlling medical conditions are just some of the many benefits of being active.

Leap out of lockdown!

Now that we are out of lockdown, what a good time to reassess our physical activity goals.

A drop in temperature shouldn't mean a drop in physical activity levels, with everything opening back up it's time to get moving. You have numerous choices including :

- Walking with a friend or an organised group
- Home-based exercise
- Pool and gym facilities
- Keep on Your Feet Strength and Balance classes



Stay in touch - new Facebook group



We welcome an exciting new addition to our support service – WBOP Facebook Group. This is a closed group for current Green Prescription members only. Regular postings to help you follow a healthy – interaction amongst our members are encouraged. Log-in to Facebook and search for “WBOP Green Prescription” group to join.

What's On timetable

Monday	Tuesday	Wednesday	Thursday	Friday
<p>“A positive attitude will lead to positive outcomes”</p>	<p>10.00am Green Prescription Coffee Mornings monthly</p> <p>(please ask your advisor for upcoming dates or keep an eye on your email inbox)</p>	<p>9.00am Te Puke Walking Group</p> <p>9.30am Green Prescription Ocean Striders Walking Group</p>	<p>10.30am Supermarket Tour held on the First Thursday of the month</p>	<p>9.30am Green Prescription City Striders walking, Memorial park</p>

Mauao Challenge Spring 2020



With the cancellation of our Autumn Mauao Challenge due to COVID-19, we will be running a Spring Challenge.

There are a number of people who live in the Bay who have never made the walk to the summit or who may not have walked Mauao for many years. The Green Prescription Mauao Challenge provides those that have never been to the top the opportunity to experience the walk to the top of Mauao. The Mauao Challenge is a supportive seven-week training series on the tracks of Mauao, finishing with a walk to the summit in the final week. It is designed for people of all ages with low to medium fitness levels.

The Spring Challenge starts on **Wednesday 14th October**. If you are interested in participating in the challenge please contact your advisor today. We will meet every week regardless of the weather.

Green Prescription Walking Groups

There is nothing like an incentive to keep moving. Our supervised weekly walking groups are a great way to keep moving in a friendly environment. Suitable for all fitness levels.

As well as the many benefits you gain from being active, walking with others with a common goal is a great way to improve your health, meet new people and make friends.



- **Te Puke Walking Group**, Wednesday & Friday 9.00, meet Te Puke Countdown carpark
- **Green Prescription Ocean Striders**, Wed 9.30, meet Mount Drury
- **Green Prescription City Striders**, Fri 9.30, meet Memorial Park

Contact your Green Prescription advisor to try one of these walking groups.

Supermarket Tour

The cooler months can bring about the desire for comfort foods and some of these foods can contain a lot of energy from added fat or sugar. The good news is that we can still enjoy satisfying comfort foods without feeling deprived or derailing our weight management goals.

The team would love to support you with getting back on track post lockdown, by offering you our popular supermarket tours.

Held on the first Thursday of each month.
July 2, August 6, September 3, October 1,
November 5, December 3.

Please contact your Green Prescription advisor for more information.



Coffee Mornings

Come along for a cuppa and conversation around different areas of lifestyle. Our successful and inspiring coffee mornings held on the last **Tuesday of each month, 10am**

- Nutrition: 28 July
- Inspiration and purpose: 25 August
- Managing stress: 29 September
- Home exercise: 27 October
- Guest Speaker: 24 November

Nau mai haere mai o ngā whanau katoa! You are welcome to bring whanau/friend/partner along. Contact your green prescription advisor for more information.



Finding your mojo

Sometimes our motivation to be physically active is low. Don't worry, this is normal! Here are a few tips to help keep your motivation high:

- Keep the list of what motivates you to be active somewhere it can be seen.
- Find an activity you enjoy and can do easily.
- Keep a log of when you are physically active and what you did.
- See yourself as a person who is physically active
- Keep telling yourself you can do it!

Remember, it is important to:

- Take time to think of reasons why you want to be more physically active;
- Learn what best motivates you to stay physically active, and get moving.



Nigel's Green Prescription journey



Nigel came to the Green Prescription programme in December 2020 with various health issues. He explained in his first Green Prescription appointment that he had a wake up moment which led him to see his doctor and start his health journey. "About 5 years ago after urinating blood for about six months and not wanting to do anything about it, as I was scared it was cancer, I bit the bullet and went to my doctor. A number of tests confirmed it was my kidneys, and if I did nothing I would die. My weight was a very big part of the problem, as well as diabetes. Wanting to be here for my five kids was my motivation to do something about it."

On joining the programme, Nigel received support and information to carry out his goals to improve his health. He increased his physical activity by going to the gym, and generally being more active at work and around home with his family.

Nigel also attended a Diabetes Self-Management course which started him on a healthy eating journey. He explained he made some changes to his nutrition. "Cutting out fizz, eating little or no bread. I am a lot more aware of what I eat, how much I eat and what is in what I eat."

By involving his family with these changes it has kept him motivated to carry on, together with the ongoing support from his Green Prescription advisor.

"The main changes I have seen are the reduction in my HbA1C - for years I was in the pre-diabetes category sitting in the mid 40s, then in the middle of last year I went up to 66 which my doctor said was very alarming, and put me at more risk of diabetes related complications.

"During the six months I was on the programme, I have since completed two diabetes tests and gone down to 53, with my last test being 44. I have also lost just over 10kg in total, with at least another 10-15kg weight loss being my goal. As a result, I feel better about myself and like to think I'm a better person nowadays, this is what will keep me going in this direction."

Nigel was also keen to share some key messages to take away from his lifestyle change journey on Green Prescription: "Make sure you put yourself first, and do this for you. Small changes at the start do make a big difference without you even realising."

To find out more information

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