

**FREE education session on the importance of physical activity followed by 30 minutes of a gentle, easy to perform movements you can do in the comfort of your own home.**

This session will cover:

- The benefits of exercise.
- Free or low-cost options in your community or exercising at home.
- What counts as exercise and how much is enough or too much?
- Exercise recommendations for adults and seniors.
- What are functional movements and why are they important?

Exercise component will be strength focused using resistance bands, balance and coordination exercises. The exercise component of this session is 30 minutes. Seated options will be offered.

Participants are encouraged to bring a support person if needed.

All participants are advised to speak to a Healthy Lifestyle Facilitator if they have any concerns about movement prior to exercise to discuss alternative options if needed.

Afternoon snacks and refreshments will be provided after the session.



Heidi Mortimer



Nicola Rae



Ollie Martin

# 'Movement For Life'

FREE education and movement session

Bought to you by the Green Prescription Team at Nelson Bays Primary Health

# Rongoā Kākāriki **GREEN** PRESCRIPTION

**“It does not matter  
how slowly you go, as  
long as you do not  
stop.”**

**When:** Tuesday 18<sup>th</sup> April 2023  
12:30pm- 2pm

**Location:** Motueka Over Fifties Social Hub  
10 Pah Street, Motueka, 7010

**All levels of fitness welcome &  
modifications will be given if needed**

|                     |                |
|---------------------|----------------|
| <b>Education</b>    | 12:30pm-1:15pm |
| <b>Movement</b>     | 1:15pm-1:45pm  |
| <b>Refreshments</b> | 1:45pm-2pm     |

If you are interested in attending this education and activity session, please contact Nelson Bays Primary Health on

03 539 1170 or email [grx@nbph.org.nz](mailto:grx@nbph.org.nz)  
With name and contact number

Green Prescription is a free service that helps you make small, achievable changes so you can improve your quality of life and health. We partner with you to achieve your wellness goals by self-management.

**This service will help with:**

- Identifying what you need to change and why
- Supporting you to develop realistic goals and create a plan of action to get there
- Building your internal motivation (so you keep going) with the overall aim to empower your lifestyle changes so they become normal healthy habits for you and your whānau

Guide you to become self-sufficient in managing your own long-term health

Increasing physical activity by inviting you to participate in community activity either land or pool based

**Contact Details**

Email: [grx@nbph.org.nz](mailto:grx@nbph.org.nz)

Phone: 0800 731 317