

Green Prescription Wellness Update

“Inspiring small achievable changes to create a better quality of life”

Summer Edition
Volume 1, Issue 3

Tēnā Koutou and a happy new year to you all!

Are you ready to kick off your health journey and you don't know where to start? Join Green Prescription for lifestyle support and work toward improved health and wellbeing today!

What better time to kick off your fitness journey and make positive lifestyle changes than right now?

The Green Prescription team have been working hard behind the scenes to bring you new and improved programmes for 2024! Ollie, Hayley and Nicola look forward to welcoming you to Green Prescription.

Ngā mihi nui, *The Green Prescription Team*



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What is Green Prescription?

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

Can anyone in Nelson Bays have a Green Prescription?

You need to be over 18 years old, have stable health and be ready to make some small changes. If you feel you will benefit from support in making some lifestyle changes then Green Prescription is for you.

We deliver the following programmes:

- **Kickstart** – a multi-week programme held at a local recreation facility. Kickstart involves 40 minutes of discussion followed by 30 minutes of gentle physical activity in a pool or gym.
- **Aqua Mobility** – this is an 8 week programme that is low impact, with a focus on improving mobility, balance, joint function, and pain management.
- **Aqua Strength** – a 45-minute Aqua rehabilitation/chronic conditions fitness and exercise self-management class.
- **Matapuna** – a pool-based programme in collaboration with Te Piki Oranga held at a local recreation facility/ pool:- Class 1: 30-minute session of gentle aqua focused functional movements- Class 2: 45-minute session of rehabilitation/chronic conditions fitness and exercise self-management.

How to access the service:

To access the service, [click here to register](#), or talk to your general practice (family doctor), email grx@nbph.org.nz or phone 0800 731 317 or visit www.nbph.org.nz/services/health-services/rongoa-kakariki-green-prescription

Green Prescription - Self Referral





Meet the Team – The Healthy Lifestyle Facilitators



Ollie Martin



Nicola Rae



Hayley Bennett

Introducing the Team from Left to Right:

Introducing Ollie Martin who has been in the Green Prescription team for 12 months and has been a big help with his attitude to help the team succeed. Ollie has a background in Personal Training and Sport Coaching so has experience in training all different abilities. Community Health and well-being is his passion and he is looking forward to seeing what else he can do to benefit the community.

Introducing Nicola Rae she has been on the Green Prescription team for 18 months now and is still as passionate about helping the community as ever. Having a background in bachelor of sport and recreation and having a wealth of knowledge she has a practical approach to helping people overcome challenges and getting people active again.

Introducing Hayley Bennett our newest Healthy Lifestyle Facilitator. She has recently been working as the Health and Disability Advocate for Nelson, Tasman and Marlborough. She is passionate about working with people and helping to improve their health status and wellbeing by empowering them to create positive change. She'll be a huge asset for our team and we are lucky to have her on board.



Upcoming Motueka KickStart

Monday Kickstart in Motueka

\$3.00 per session

1.00 - 2.00 pm at the Motueka Recreation Centre

This 8-week programme includes 30 minutes of education related to healthy lifestyle topics, followed by 30 minutes of physical activity in the Motueka Recreation facility.

Topics:

Topic 1 – Smart Goals and Planning

Topic 2 – The Importance of Physical Activity

Topic 3 – Nutrition for 2 weeks

Topic 4 – Stress/Sleep and Motivational waves

Topic 5 – Heart Health + Diabetes

Topic 6 – Integration/Reflection

This will commence on 1 May 2024, 1.00 - 2.00pm.





In the Spotlight (*with Frances Anderson*)

Tell us why you joined the Green Prescription Service:

After suffering a Weber 3 fracture in my leg in 2019 my life changed radically. Since then I have had physical issues causing ongoing pain and also I was in a job that I worked very long hours. I had become very unfit and needed to prioritise my health again with no excuses.

Were there any light bulb moments in the programme and if so, tell us about them:

Being pre-diabetic, by doing 30 minutes of exercise a day, I could reverse this. I absolutely took that on board and strive to do this. Also, rather than worrying about what other people think of me, I need to make the changes for me.



What's one aspect around nutrition that you would share with others:

For me, being a vegetarian who struggles with vegetables (I know, I hear it all the time, but you are a vege) I was shocked how much beige food I eat. I am making small changes to break this pattern by introducing more colour. Colours are good.

Tell us about your journey throughout the 8 week Kickstart programme:

I was really scared to face my fear of exercise and my totally bad eating pattern. The first night it was great to have supportive, non-judgemental people. I felt motivated 'can do' attitude. Each week I learnt about food, exercise and our general wellbeing which for me, I enjoyed learning. I shared what I learnt at work. Being in a clerical position I was shocked to learn sitting is the new smoking. As a change in our office, we now stand every hour, all have new mats to stand on and we all feel much better. My other personal change is I am trying to continue to go biking at 6.45am in the morning before work. I bike 10kms and enjoy being out.

What are your plans going forward from completing the Kickstart programme:

Ideally, I realise I cannot do this by myself as I am doomed to fail. It is easy to find a reason why I can't do something but in a supportive group it is harder for me to wriggle out of. I would like to be involved in a group like our kickstart group and continue to exercise. Non-judgemental people with a common goal, to be healthier is motivating.

Contact Details:

For more information on our service, please:

Visit: www.nbph.org.nz/services/health-services/rongoa-kakariki-green-prescription

Email: grx@nbph.org.nz

Phone: 0800 731 317



Current Programmes

Monday Aqua Strength - \$4.00 per session (invite only) Location: Richmond

1.30pm at Richmond Aquatic Centre

45-minute Aqua rehabilitation/chronic conditions fitness and exercise self-management class

Monday Kickstart Pool Programme – \$4.00 per session Location: Richmond

5.45pm at Richmond Aquatic Centre

This 8-week programme includes 30 minutes of education related to healthy lifestyle topics, followed by 30 minutes of aqua activity in the hydrotherapy pool

Tuesday Kickstart Pool Programme – \$4.00 per session Location: Nelson

10.00 - 11.00am at Riverside Pool

This 8-week programme includes 30 minutes of education related to healthy lifestyle topics, followed by 30 minutes of aqua activity in the hydrotherapy pool.

Wednesday Kickstart Education and Pool Programme – \$4.00 per session Location: Richmond

10.15 - 11.15am at Richmond Aquatic Centre

This 8-week programme includes 40 minutes of education related to healthy lifestyle topics, followed by 30 minutes of aqua activity in the hydrotherapy pool.

Thursday Matapuna Pool Programme collaboration with Te Piki Oranga (invite only) Location: Richmond

11.30am and 12.15pm at Richmond Aquatic Centre (2 classes)

Class 1: 30-minute session of gentle aqua focused functional movements

Class 2: 45-minute session of rehabilitation/chronic conditions fitness and exercise self-management

Friday Aqua Mobility – \$4.00 per session (invite only) Location: Richmond

11.00 - 11.45am at Richmond Aquatic Centre hydrotherapy pool

This 8-week programme is low impact, with a focus on improving mobility, balance, joint function, and pain management

How to access the service:

Referrals & Self-Referrals can be made by health professionals and individuals by:

Health Professionals: ERMs referral or emailing grx@nbph.org.nz with the patients basic information (full name, date of birth, contact number/email, general practice)

Self-Referrals: Talk to your general practice (family doctor), or [click here to register](#), or email grx@nbph.org.nz or phone 0800 731 317 or visit www.nbph.org.nz/services/health-services/rongoa-kakariki-green-prescription