

# Green Prescription Newsletter

## HAPPY NEW YEAR!

Welcome to the first Green Prescription newsletter for 2008!

Our Green Prescription team appreciated your commitment to the programme last year, and we are certainly looking forward to working with you again this year. Over 2007, you referred 806 patients to Green Prescriptions.

All of the referrals received during the Christmas and New Year period have been actioned and new referrals have been coming through thick and fast. January alone saw 70 referrals!

This newsletter includes information our *Movement for Health Falls* Prevention programme, *BikeWise Week* and information about a recent pedometer study and its effect on weight.

We also now have a dedicated email purely for Green Prescriptions. You are now able to email your scripts through (as long as they have a signature on them). Or if you have a query simply contact us on:

[grx@sportsouthland.co.nz](mailto:grx@sportsouthland.co.nz)

For any further information please contact us with the details provided below.

**Green Prescription Team**  
**Sport Southland**  
**Phone: (03) 211 2150**  
**Fax: (03) 211 2250**  
**www.sportsouthland.co.nz**

## Is your patient suitable for a Green Prescription?

To ensure that we can provide the best possible service for your patients please ensure the following when you refer a patient:

- ♣ They understand what the Green Prescription Support Services is and give their consent to being referred
- ♣ They are currently inactive but are **ready** to be more active
- ♣ You consider their condition(s) STABLE enough for participation in low to moderate physical activity
- ♣ If required (ie. physical or mental disability, language barrier) they have access to appropriate people that can provide one-on-one support
- ♣ If you are a physiotherapist or Registered Nurse, you can recommend a Green Prescription but it must be signed off by a GP or PN.

### Please note:

We have included this as a separate pull out sheet for your reference. Please keep it somewhere easily accessible for future Green Prescription referrals.



# Bike Wise Battle

18 February – 2 March

Are you up for it?

The Bike Wise Battle is free, fun competition that encourages organisations to compete against each other to see who can get the highest percentage of staff cycling during Bike Wise Week.



The aim of Bike Wise Battle is to get as many of your work mates as possible to ride a bike. They can ride wherever they feel comfortable for a minimum of 2km or 10 mins. It's a fun way to give cycling a go, win some great prizes and create a healthier, happier workplace!

There are different categories for organisations of sizes, which gives any organisation, big or small, a good chance of winning. It's easy to get your workplace involved in the Bike Wise Battle – everything is taken care of online.

## Pedometers Help People Lose Weight Even Without Changes In Diet

People who participate in a pedometer-based walking program can be expected to lose a modest amount of weight even without changing their diet, with more weight loss the longer they stick with the program, according to a University of Michigan Health System analysis of nine studies.

Participants in the studies increased the distance they walked by one mile to slightly more than two miles each day. At an average pace of three miles per hour, that means the walkers were getting an additional 20 to 40 minutes of activity a day. On average, they lost 0.05 kilograms per week for an average total of 1.27 kilograms throughout the duration of the studies.

"The amount of weight loss attributable to pedometer-based walking programs is small but significant." It is noted that the analysis also indicates that participants tended to lose more weight in the longer studies.

While pedometer-based walking programs are thought of as convenient and flexible for participants, there has been some question in the fitness and medical communities about the health benefits of such programs, Richardson notes. This analysis should quell some of those questions, she says.

## MOVEMENT FOR HEALTH

Movement for Health Falls Prevention classes are available for patients who would benefit from improving their balance, coordination and muscle strength.

This 20 week programme is specifically developed and designed for patients in the over 65 years age group (or 55 years if Maori or Pacific Island descent). The programme is based on 12 movements of Tai Chi and other seated-type exercises. Participants receive guidance and support with instruction from trained, tai chi specialists working alongside Sport Southland's GRx patient support team.



These free classes run twice weekly, for 45 minutes each session, beginning on Monday 11 February. The class times are as follows:

<b>Hearing Association, Invercargill</b>	<b>Awarua Social &amp; Health Services, Invercargill</b>
Mondays AND Thursdays	Mondays AND Thursdays

<b>Rosedale Bible Church, Invercargill</b>	<b>Murihiku Marae, Invercargill</b>
Mondays AND Thursdays	Days yet to be confirmed

<b>Pacific Island Venue, Invercargill</b>	<b>Te Rau Aroha Marae, Bluff</b>
Days yet to be confirmed	Tuesdays AND Thursdays 9 to 9:45am

<b>James Cumming Wing, Gore</b>
Mondays AND Wednesdays at 10 to 10:45am

Anyone interested in registering should contact Sport Southland on (03) 211 2150.