

Hello all

Welcome to the fifth edition of the Green Prescription newsletter for 2007.

Congratulations to this year's participants of Active Practice 2007. The aim of the Challenge is to encourage your colleagues to become more active, more often which can have a positive spin-off towards encouraging your patients to become more active for their health.

In addition, this newsletter includes information about Push Play Nation – a great resource for your patients along with information about the Annual Push Play 5km Walk held in both Invercargill and Gore.

This month's patient success story is James Wilson (see page 2), a patient of Dr Roger Baillie.

General Practitioners and Practice Nurses who prescribed "Green" last month will also receive with this newsletter a report outlining progress made by your patients since you referred them to us for physical activity patient support.

Remember that GRx is a starter programme, designed to encourage inactive patients to embark on safe and appropriate physical activity. It can be carried out in their own environment and at little or no cost.

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

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ACTIVE PRACTICE CHALLENGE

Congratulations and all the best to the following teams who have entered Active Practice for 2007 so far:

- Gore Medical Centre
- Baillie and Corkill
- Oraka Aparima Health and Social Services
- Dr Foote / Dr Henderson / Dr Tooke
- Catherine Street Medical Centre
- Southland PHO Office
- Riverton Medical Centre
- West Otago Health
- Nightcaps Medical Centre
- Waihopai Health Services

Remember the aim of the Challenge is to do 30 minutes of physical activity, 5 days of the week. All practices will receive a goodies basket and an opportunity to win \$300 worth of physical activity options for your medical centre staff.

Other prizes include the most regularly Active Practice as well as a spot prize for any referrer who prescribes Green during the month of October.

If you have not entered into Active Practice yet and would like to, contact us on Phone (03) 211 2150 or Fax (03) 211 2250 before Monday 8 October.



A great resource for your patients

- ♣ Come into Sport Southland during the month of October
- ♣ Pick up a Push Play Nation pack (includes 12 month diary, wristband and wall planner)
- ♣ Receive a 2 for 1 special on our Push Play 5km Walk held in both Gore (Dolamore Park) and Invercargill (Thomsons Bush) on Sunday 4 November
- ♣ Bring in this advert to make use of our special offer!

An awesome opportunity to get active within your own workplace or family – challenge and support your family, friends and workmates! You can do this challenge individually or take the challenge up to do 30 minutes of physical activity every day as part of a group!

PUSH PLAY 5KM WALK SUNDAY 4 NOVEMBER

Invercargill

Sunday 4 November
10.30am start
Thomsons Bush to Surrey Park
\$5 per person

Gore

Sunday 4 November
Dolamore Park
10am start
\$3 per person

Note!

If you register with Sport Southland during the month of October with a friend, you will receive a 2 for 1 special on any Push Play walk of your choice.



SUCCESS STORY

“YOU GET ONE SHOT AT LIFE – AND IT’S NEVER TOO LATE TO START”

Eighteen months ago, James Wilson had been struggling with a medical condition that forced him to give up his passion of cycling on the open roads. He thought to himself that it was perhaps time to face facts that he was ageing, to take the easy way out and retire from being active as he might as well conserve the years and energy that he had left.

Over the next year James’ health continued to deteriorate, he felt his strength; especially in his legs rapidly decrease, his body weight soared, his joints stiffened and was also diagnosed with Type 2 Diabetes. James’ enthusiasm for life was diminished and worst of all his ‘balance condition’ was getting worse rather than better. As James put it he was on a downward spiral.

He visited his local GP, Dr Roger Baillie, who recommended that he try a Green Prescription to try to improve his health and wellbeing. James’ immediate thought was positive and that he had nothing to lose by trying something new. Southland’s Green Prescription support person, Ann Robbie contacted James within the week and talked about what opportunities were out there for James to start regular activity again. With Ann’s motivation and encouragement, James took confidence and seized the opportunity to try indoor cycling on Southland’s newest indoor cycling velodrome track.

James started with 20 slow laps around the velodrome and eight months on, is now doing 60 laps, three times per week. “It’s marvellous fun and I’ve made some great friendships”, says James. James has since lost 8kg in weight, has increased his muscle mass, feels mentally more alert, has his diabetes under control and reckons he has gained ‘years of life’. James’s family and friends have also noticed and commented on his changes, both physically and mentally.

James is grateful for the help and support given through the Green Prescription programme, he also advises others to give everything a go. “Try things that are offered to you”, James says. “You may be doing something that your children have never done before – you only get one shot at this life, and its never too late to start”.

Consent given to publish story