



This is our final Green Prescription newsletter edition for 2008!

A reminder that our Green Prescription team takes a well deserved break over the Christmas and New Year period. Your referrals will still be received by us over this time but will not be actioned until we return.

A huge thank you to those of you that have and continue to support the Green Prescription programme through referrals. A special mention to our faithful referrers - Dr Pat Hastilow, Dr Rebecca Short, Dr Roger Baillie, Dr Roger Deacon, Dr Tabitha Luecker, Dr Sunil Talwar, Dr Steve Brown and Practice Nurse Jock Hughes.

Congratulations again to this year's Active Practice winners – Catherine Street Medical Centre. We hope that you all enjoyed taking part and were spurred on towards increasing your physical activity regularity for your own enjoyment and benefits!

This month's newsletter includes information about our closing and re-opening dates below. It also has information about our Active Practice winners as well as the latest Active New Zealand survey results.

This month's patient success story is Billie Hunia (see page 2), a patient of Dr Emma MacCallum, Riverton Medical Centre.



**- REMINDER -**

**We are closed between Friday 19 Dec to Mon 19 Jan. We can still accept your referrals during this period, however, they will not be contacted until the GRx team return**

**Please fax your referrals to  
(03) 211 2250**

## Active Practice Challenge

Congratulations to all of you who took part in this year's Active Practice Challenge. A special mention to Wakatipu Medical Centre and Nga Kete Matauranga Pounamu Charitable Trust who joined the Active Practice Challenge for the first time this year! We hope that you all enjoyed your goodies basket!

- *Most Active Practice*

It was a close call this year with one 30min day as the decider, Catherine Street Medical Centre came out on top as the most regularly Active Practice! For their efforts they have won \$350 worth of physical activity vouchers. Last year's winners – Baillie and Corkill took to the high ropes course at Adventure Southland, so we will keep you informed what adventures Catherine Street Medical Centre get up to this coming year!



- *Active Practice Spot Prize*

Congratulations also to Dr Glenys Weir from the Gore Medical Centre. Dr Weir receives a special spot prize for referring to the Green Prescription programme during the month of October. There were so many of you that prescribed over the Push Play month of October, but congratulations to Dr Weir for the luck of the draw. For her efforts she has won \$150 worth of vouchers from B & B Sports and H & J Smiths in Gore!

## SUCCESS STORY – BILLIE HUNIA

May 2008 saw Billie Hunia, a lovely lady in her mid seventies, sitting staring out the window, contemplating her future. She had raised her large family but the nest was now bare with the kids grown up and doing their own thing. Billie, a recent retiree, starting noticing weight gain and a decline in her mental wellbeing. Once, an avid whitebaiter, who loved the river, Billie had even sold her nets. She stated that her energy levels and incentive to get going had disappeared. Even though Billie lived her years in the health industry as a life member of the Volunteer Ambulance Service and even had community service awards lining her walls, her heart health had deteriorated. "I was annoyed at myself and was devastated that what I used to promote as a 'Health Educator' now saw me switching roles!" After all her life of giving to the community, she now admitted that she needed some help.

A visit to her local GP saw a referral to the Sport Southland Green Prescription team. Ann Robbie, Patient Support Person made contact and from there - Well – she hasn't looked back! Billie speaks of her journey –



"The encouragement and ideas that flowed soon had me off the couch and into some home-based exercises. Starting with loan DVD's, I increased my muscle strength over the first 2 months. Then it came time to venture outside. Initially I could only walk to my mailbox, which is 20m from my home, before I would start huffing and puffing. I was too embarrassed to do anything outside of my home, as friends would stop and offer me a ride or ask 'What the hell are you doing'? Now I have the answer - 'I'm walking my way back into a healthy lifestyle, why don't you join me'? I've lost 10kg and heading towards the 20kg mark. This will help me to enjoy my time with my family of grand children and great grand children.

It has taken a lot of determination. Best of all for me is knowing that Ann and the team are there to support me. Green Prescription is a brilliant programme! At present I am managing about 2km 4 times a week on undulating ground and my breathing is so much easier. I'm feeling so much better and I'm wearing some of my old clothes again. My goal now is walking up some of the local hills and returning to community organisations and promoting health again!"

Well done Billie, you are an inspiration to many in the Southland community, that it is never too late to start reaping the benefits of regular physical activity! For more information about the Green Prescription programme or how to be active contact us on 0800 ACTIVE (228 483) today.

*Consent given to publish story*



The Active NZ Survey is an in-depth, comprehensive snapshot of NZ adults aged 16+ participation levels in sport, recreation and physical activities.

This 2007/08 survey demonstrates that large numbers of Kiwi adults continue to participate in sport and recreation.

The new research shows that there has been no fall off in overall participation levels since the previous comparable survey in 2001. It also states that, on any given week, 80% of NZ'ers (aged 16+) participate in a sport or recreation activity – that's 2.6 million Kiwis having a go every week.

Other major results in the survey are:

- Walking, gardening and swimming are the top three activities participated in per year
- Volunteers continue to be the backbone of sport and recreation with one in four adults involved as volunteers
- Per month, one-third of adults use clubs / centers for sport and recreation
- We love to compete – 37% of adults are involved in events and organised competitions
- Among adults who are active, sport and recreation is the main way they achieve their recommended daily dose of physical activity
- When compared to the total population, a similar proportion of Maori, NZ European and Pacific adults achieve NZ national physical activity guidelines

**For more information go to the Active NZ Survey link on :**

[www.sportsouthland.co.nz](http://www.sportsouthland.co.nz)



**PUSH PLAY**