

# Green Prescription Newsletter: Nov 2011

**WELCOME** to the third Green Prescription newsletter for 2011. This edition is for everyone—staff and patients alike, so please feel free to display this newsletter in your public waiting area.

This newsletter features the 'Finding Your Feet' success story from The Eye newspaper, a reminder about the 2012 BNZ Surf to City team for GRx patients, and an update on our pilot 'Intro to Aquajogging' programme.

**Thank you** to all doctors, nurses, specialists, surgeons and physiotherapists who have prescribed 'Green' recently. With our 92% satisfaction rate in Southland, you can be sure your patients are likely to appreciate and benefit from the Green Prescription. The Green Prescription staff at Sport Southland appreciate your continued support.

We always welcome more referrals for any person (child, teen or adult) who 'wants and needs' help to be more active and eat healthier for their overall wellbeing.



## INTRO TO AQUAJOGGING

In September Sport Southland started a new activity group; 'Intro to Aquajogging'. Two groups run on a weekly basis at Splash Palace:

9am Mondays	9am Tuesdays
Seniors (60yrs+)	Adults (under 59 yrs)

'Intro to Aquajogging' is a group session where people learn to be comfortable and safe at the pool, and how to aquajog. The total cost is only \$2.00 per week.

Aquajogging is a great activity option, especially for people who have arthritis or are overweight, or just to add variety into daily physical activities.

The Monday class is currently full, with a large waiting list. The Tuesday class has 24 people registered but with only approx. 8 people attending each week—there is space for more participants on Tuesdays. Please call Sport Southland if you are interested in registering.



Green Prescription will host a team in the 2012 Surf to City. GRx patients who chose to be a part of the GRx team in the 2012 BNZ Surf to City can take part in any of the distances and will also receive a free GRx Race Pack of goodies.

In addition, the first 20 GRx patients who sign up to the team will receive FREE ENTRY into the 2012 Surf to City. To date we have 13 team members, so there are only seven free entries remaining.

Rongoā Kākāriki  
**GREEN**  
PRESCRIPTION

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# GAME ON



Thursday, October 13, 2011

## Being active is a fun lifesaver

By FRANCES WILKINSON

RICKY and Kerry Bremer, and even their dog Tarra, have found their feet.

Sport Southland's Finding your Feet programme has helped 130 Southlanders get motivated to lead healthier lifestyles since it started in February, and that is exactly what Ricky and Kerry are doing.

The couple started the 12-week programme in April and between them have already lost 27 kilograms by going to the gym and having long walks around Queen's Park.

The programme costs \$10 to start and then \$2 per week and Kerry decided to give it a go after a blood pressure check. "I felt like I needed to do

something where we could improve our health," Kerry says. "I didn't know what to expect [about the programme] but it's about changing your mind set, it got us motivated."

"It showed us different activities, like swimming and the gym. That wasn't me but it is now."

Ricky has type two diabetes, which he says is now under control and better managed because of the programme.

Sport Southland active lifestyles manager Yvette Hodges said the programme covered fitness, food and motivation, with a different activity every week helping people find an exercise that suited them. "We're trying to help people realise that being active can be fun and it doesn't have to be a chore."



**Healthy living:** Kerry Bremer and Ricky Bremer walking their dog Tarra at Queen's Park after their successful completion of the Sport Southland Finding your Feet programme.