

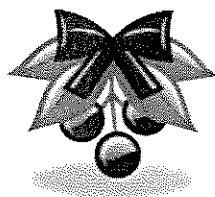
## GREEN PRESCRIPTION NEWSLETTER DECEMBER 2009

### GREETINGS ALL

Welcome to the final edition of the Sport Southland Green Prescription newsletter for 2009.

This edition of the newsletter features Sport Southland's plans for ACC Movement for Health Modified Tai Chi in 2010. Page 2 of the newsletter features some ideas and tips for 'pushing play' over the sunny holiday season, and also some good news regarding Ministry of Health Green Prescription resources.

Recently the Green Prescription team has welcomed a new member in Leanne Courtney, Community Educator with Sport Central, based in Cromwell. Leanne's role is varied, involving the delivery of several programmes within the wider Central Otago region, including Patient Support to Green Prescription patients in the Wakatipu area. Welcome Leanne, we look forward to working with you in 2010 and onwards.



The Sport Southland office will be closed for holidays from 23<sup>rd</sup> December and reopening on Monday 18<sup>th</sup> January. The Green Prescription team thanks everyone for their support with promoting and referring to Green

Prescription throughout 2009. We wish you a happy holiday season and best wishes for 2010.

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

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### ACC MOVEMENT FOR HEALTH MODIFIED TAI CHI IN 2010



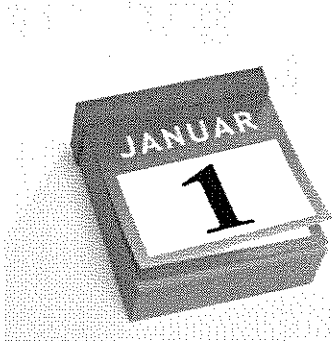
ACC Movement for Health Modified Tai Chi classes are currently being planned for 2010 in the following Southland locations:

- Invercargill
- Gore
- Winton
- Riverton
- Wallacetown
- Bluff
- Otautau/Thornbury
- Ohai/Nightcaps
- Lumsden
- Edendale/Wyndham

Details will follow in January regarding days, times, and venues. If you are working with patients in their retirement years who will benefit from increasing strength and balance via this falls prevention programme, please refer them onto a Green Prescription so we may facilitate their entry into a class and any other appropriate physical activity opportunities. We need to utilise this ACC funding while it is available.

For more information please contact Ann Robbie at (03) 211 2150 or [ann.robby@sportsouthland.co.nz](mailto:ann.robby@sportsouthland.co.nz)

## Green Prescription in the New Year: Being Active and Healthy



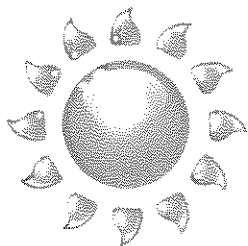
The start of a new year is a perfect time for patients to make a positive lifestyle change. Media and attention towards 'new year's resolutions' may encourage some people to think about getting fitter and healthier for 2010. We all know that "right now" is the *best* time to take up an active healthy lifestyle, but we can encourage active new year's resolutions by referring suitable patients onto a Green Prescription.

**The Green Prescription patient support team will help each patient with goal setting, motivation, information and encouragement to be active - throughout 2010 and beyond.**

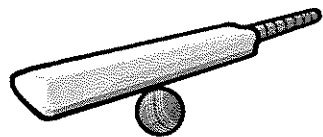
### Active Holiday Season

#### Making the most of the good weather

Families on holiday and sunny weather mean there is plenty of opportunity to 'push play' over the summer holiday period. Below are some tips from the Green Prescription team:



- Free or low cost activities for active individuals or families include going to the beach or river, local bush walks, local park and playground areas, school playgrounds and tennis courts where possible, or visiting recreational areas like Sandy Point or Dolamore Park.
- There are a lot of fun events to try in Southland over the summer. Find one you'd enjoy listed at [www.sportsouthland.co.nz](http://www.sportsouthland.co.nz) or perhaps the Community Trust of Southland Surf to City (see right).



- When buying Christmas presents, consider options that promote fun physical activity, such as:

- Sports equipment
- For children: bouncy balls, kites, bubble blowers, balloons, slip'n'slide, bike, skipping rope, skate board, Twister, swing-ball set, etc. Active gifts will even help keep the children occupied and happy on Christmas Day.
- Adults might like a swiss ball, Exercise DVD, tramping boots, walking shoes, membership to Kiwiseniors, Pilates DVD, etc.

### Green Prescription Resources

Good news from the Ministry of Health was received; the Ministry will soon print new Green Prescription resources including **script pads**. If your practice needs more Green Prescription resources such as:

- Script Pads
- Posters (to display in waiting room)
- Push Play brochures
- Active Families brochures and posters

Please contact Yvette at the details overleaf to order a quantity of the required resource.



**Start Preparing Now...** The Community Trust of Southland **Surf to City** Fun Run takes place on Sunday 7<sup>th</sup> February. Run, walk, bike from Oreti beach to Queens Park - an excellent active goal to achieve! Kids will enjoy "Kids in the City", a 2km fun run on the same day around Queens Park. **New for 2010 is a 6km distance** for those runners and walkers who find 12km a bit daunting. We will be encouraging many Green Prescription patients into this 6km event as a goal to aim for.

For more information see [www.surftocity.co.nz](http://www.surftocity.co.nz).

