

## GREEN PRESCRIPTION NEWSLETTER MARCH 2010

### Kia ora and Welcome

Kia ora and welcome to the first Green Prescription newsletter for 2010. We hope you are back into the “swing of things” in the new year and looking forward to Easter.

Green Prescription continues to offer free regular support to anyone in Southland who wants to be more active for health, wellbeing, fitness, or fun. Physical activity is such an important part of living a healthy and vibrant life, from birth until senior years. Ann, Rose, and Susie are able to encourage Green Prescription patients into a range of activities specific to the individual – their specific needs, location, budget, likes and dislikes.

One of the most important things you can do to promote the benefits of a physically active lifestyle is to “walk the talk” and discover the benefits yourself. By enjoying regular physical activity you can be an inspiration to your patients, friends and family for how ‘pushing play’ really helps with:

- Energy levels
- Managing stress and mental wellbeing
- Weight management
- Enjoyment, socialising and fun... and more

The Green Prescription team look forward to helping you on this journey, for those “old hands” who already Push Play 30mins a day, and also those who would like some more ideas or encouragement. See the next column, “Active Practice Returns” for more information.

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

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Green Prescription referrals can be emailed to: [grx@sportsouthland.co.nz](mailto:grx@sportsouthland.co.nz)

### ACTIVE PRACTICE RETURNS

**You asked for it, it's back!**

**Register now to take part in 2010 and be in to win**

**Active Practice encourages staff at medical centres in Southland to be regularly physically active.**

#### How It Works

Practices register to take part on the enclosed form. Practices receive a pack which includes a Push Play Wall Chart. All participants at each practice keep track of their daily physical activity on the provided chart. At the end of the month it is returned to Sport Southland.

#### Incentives

The most regularly active practice wins the ‘main’ prize. All practices taking part receive a ‘thank you’ goody bag.

#### Refer ‘Green’

Everyone who refers a Green Prescription during the month goes in the draw for a spot prize.

#### Active Practice Can Provide:

- Incentive to get active
- Team building within a practice
- Increased awareness of Green Prescription and physical activity opportunities in your area

#### Feedback from Active Practice in 2008:

**“It is great to do as it gives you the motivation to get up and get active”**

**“Good to see the enthusiasm shown by staff who were not normally active”**

**“Excellent way to involve workplaces and increase awareness of role modeling”**

For more information please contact Yvette at the details provided at left.

# CONTACT DETAILS

The Green Prescription team at Sport Southland endeavour to keep our records up to date, so we can contact you for:

- Sign off prescriptions via FAX
- Receive newsletters via EMAIL
- Receive patient notes etc. via POST
- Having the correct and current staff names



If you think we need to update your medical centre's details please correct us by contacting Yvette at [yvette.mckenzie@sportsouthland.co.nz](mailto:yvette.mckenzie@sportsouthland.co.nz) or by phone at (03) 211 2150.

## You need these...



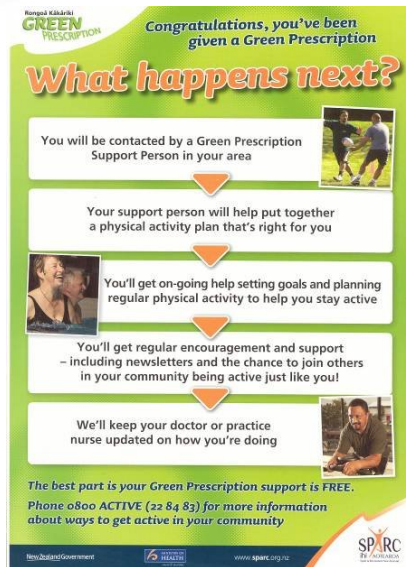
The new Green Prescription promotional pamphlets

(Recently printed by Ministry of Health)

To inform patients of what Green Prescription can offer and promote physical activity.

This flyer is to give to patients who are receiving a Green Prescription.

It informs patients of what is involved in a Green Prescription and what will happen once they have been referred.



To obtain more of these resources please contact Sport Southland at the details provided.

## Physical Activity Promotion at Otautau Medical Centre



Practice Nurse Nicola Mitchell describes how the Otautau Medical Centre has been promoting physical activity and healthy active lifestyles within their practice:

"In the waiting room we have created a large display board, every couple of months we change our display topic.

With the Southland weather being so nice and the increase in both diabetes and obesity we decided to push exercise and movement across the life span, to promote health and wellbeing.

Thanks to Sport Southland as they provided us with some great resources, including DVDs that we have hired out to 4 families already.

We are promoting Green Prescription, and are already starting to see some awesome results with our patients".

Well done to Otautau Medical Centre for this fantastic initiative. If you would like to run a similar promotion in your practice please contact Yvette at Sport Southland at the details provided.

Rongoā Kākāriki  
**GREEN**  
PRESCRIPTION

