

GREEN PRESCRIPTION NEWSLETTER SEPT/OCT 2010

Welcome to the fifth Green Prescription newsletter for 2010. We have had some 'disruptions' here at the Stadium Southland complex, but it's important for all practices to realise that Green Prescription is still up and running 100%. **Sport Southland is based in the SBS Sports House under the ILT Velodrome so our offices are undamaged.** We are 'back in business' and able to receive as many Green referrals as you wish to send.

We have implemented a new mail-out system for patient notes and newsletters this month. Does it meet your needs? Please contact us with feedback at:

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SOUTHLAND'S TOP GRx REFERRERS:

AUGUST

Thank you to all doctors, nurses and specialists who have referred 'Green' in August. Sport Southland continues to provide referred patients with a high-quality service to help them become more physically active.

Thank you especially to our top referrers in August:

- Isobel Blanks
Riverton Medical Centre
- Dr Roger Deacon
Queens Park Medical Centre
- Barbara Rutherford of Dr Terpstra's practice, and Dr Stephen Hoskin of Fiordland Medical Centre, tied for '3rd Place' on 3 referrals

Well done to Isobel Blanks who receives a \$20 sports voucher for referring 16 patients to Green Prescription in August.



Kai Time - Fantastic Food for Families

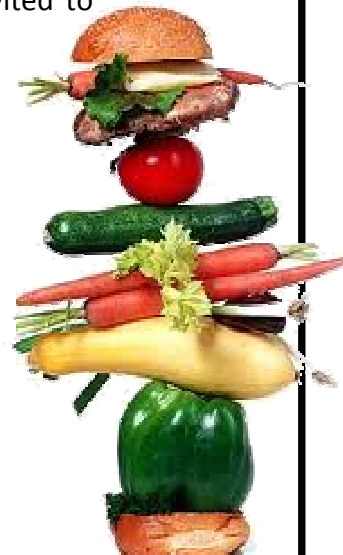
Healthy active lifestyles and healthy eating go hand-in-hand. Next month Invercargill based Green Prescription patients will be invited to "Kai Time" information evening at which they will experience:

- Recipe Taste-testing
- Snack ideas to taste
- Spot prizes and giveaways
- Family Cooking on a budget
- What's in our food? Visual Displays

When: 7pm Wednesday 27th October

Where: Sarah Ulmer Lounge, Stadium Southland

Cost: Free



Rongoā Kākāriki **GREEN** PRESCRIPTION

SHIRLEY CRANSTOUN: SUCCESS STORY

After a visit to Shirley's GP showed that she had a BMI of 49.5 and high blood pressure, the journey she affectionately calls 'Shirley's Responsible Lifestyle Choices' began. She realized that at 54 it was time to take 'stock' of her life.

Shirley had previously tried to lose weight but it continually fluctuated. One thing she did realise was that when she was active, her weight dropped and she felt really good about herself.

When her GP offered her a Green Prescription she was ready, motivated, focused and stopped making excuses – she became realistic and accepted life's circumstances.

When Ann (Patient Support Person) phoned from Sport Southland, she was ready to listen and take the sound advice knowledge and encouragement and to accept that this was going to be a two way partnership.

A lengthy discussion arose about suitable activities, eating habits, weekly plans and small achievable goals were set in place. Walking was painful on her joints and not practicable. Therefore her first achievement was to attend the Splash Palace Pool in Invercargill and the Winton Community Pool and embark on a programme of aqua jogging.

Initially Shirley was self conscious about her size 28 frame and finding swimwear to fit was also an issue. But with grit and a determination to succeed, she made the first visit to the pool. Shirley states that "Nobody judged me and the



pool staff were so helpful it really did make me feel at ease and encouraged me to have a go". Shirley enjoys the warm, safe, supervised environment of aquajogging. It definitely helps you feel energised and it really can be a social time with friends, partners and colleagues.

Losing the first 25kg has been hard work and has taken some true perseverance and determination along with accepting the help through Green Prescription to 'stick with it'. Ann has been very supportive and knowing that she will check up on Shirley has definitely helped her to stay focused.

Shirley is now very conscious and focused about what she eats – "I read the labels on packets, taking the healthier options, watching serving sizes and using baking paper or olive oil spray. I remove skin and fat from meat and have increased my intake of fruit, vegetables and water." Walking is so much easier as well, she isn't puffing as much and her energy levels are turning her life around.

Shirley has advice for those not happy with their health or lifestyle – "Stop making excuses and change it". Ann congratulates Shirley on her wonderful achievement and will continue to support her through the next stage of her weight loss onwards to her goal of buying clothes off the racks.

Well done Shirley – you are an inspiration to all.