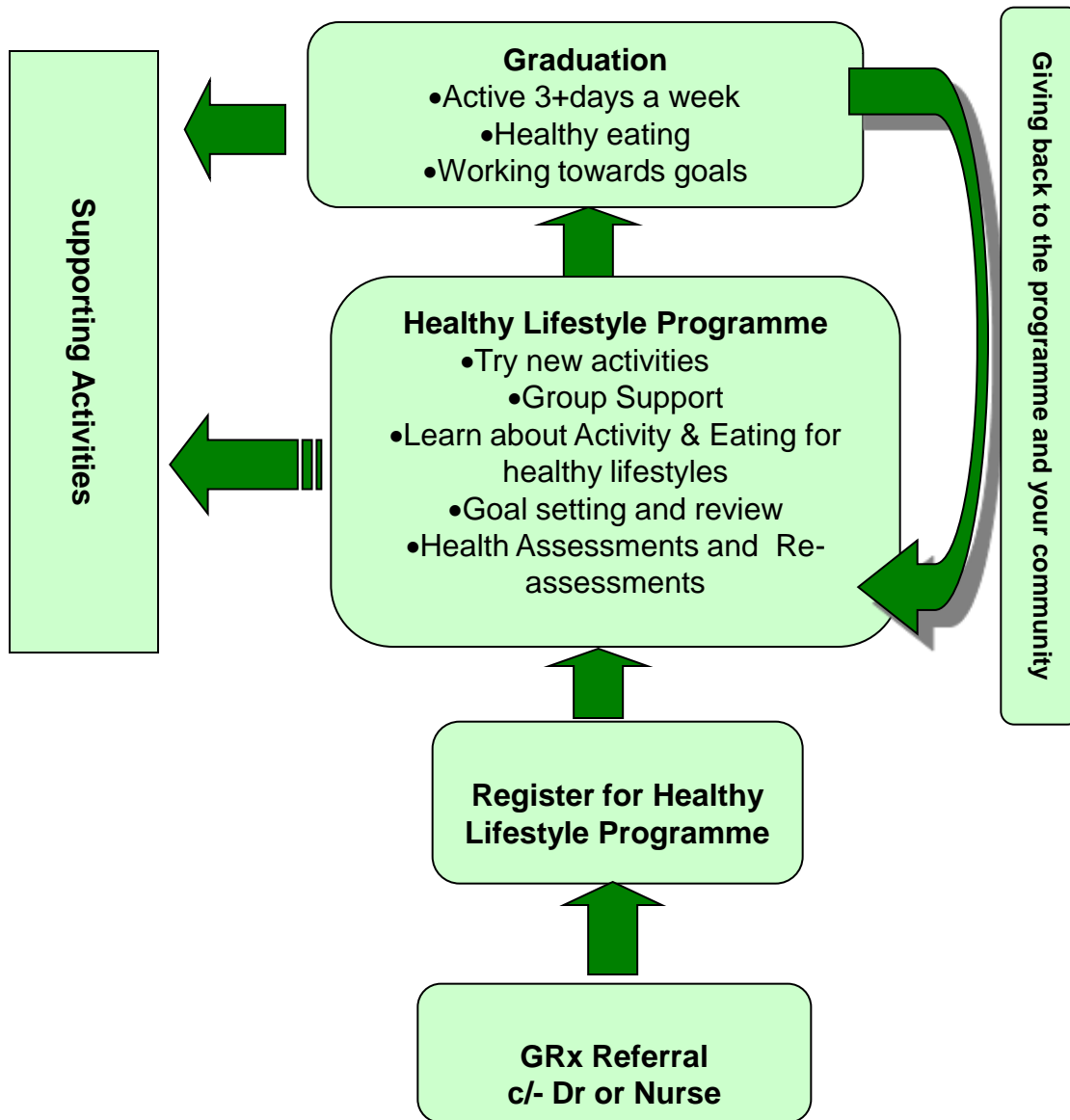


Sport Wellington, Green Prescription

10 week Community Healthy
Lifestyle Programme



Improve health outcomes by supporting sustainable lifestyle changes

Educate

Support

Build Confidence

Explore importance

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"If we don't change the direction we're going,
we're likely to end up where we are headed." –Chinese proverb

F A B

Session	15-Oct	22-Oct	29-Oct	5-Nov	12-Nov	19-Nov	26-Nov	3-Dec	10-Dec	17-Dec
Discussion 6.30pm start	Introduction, Targets & Goal setting	Nutrition: Basic nutrition	Physical Activity and Health	Nutrition: Food labelling	Mid way point. How to stay motivated	Supermarket Tour	The importance of stretching	Nutrition: cooking healthy meals	Where to from here	Activity tp be confirmed
Venue	YMCA	YMCA	YMCA	YMCA	H2O Xtreme	Woolworths	YMCA	YMCA	YMCA	YMCA
Physical Activity 7.30 pm start	Home Circuit	Health and Fitness Testing	Using the gym	Tai Chi with Anthony	Hydro Aerobics	Pedometer and walking	Stretching with Lesley	Zumba	Health and Fitness Testing	Prize Gving
Venue	YMCA	YMCA	YMCA	YMCA	H2O Xtreme	Maidstone Park	YMCA	YMCA	YMCA	YMCA

Sample timetable



Food



Goal: develop the skills to make changes to current diet

Rong
GI



Activity



Goal: Being active can be FUN, what options are available and movement is important.

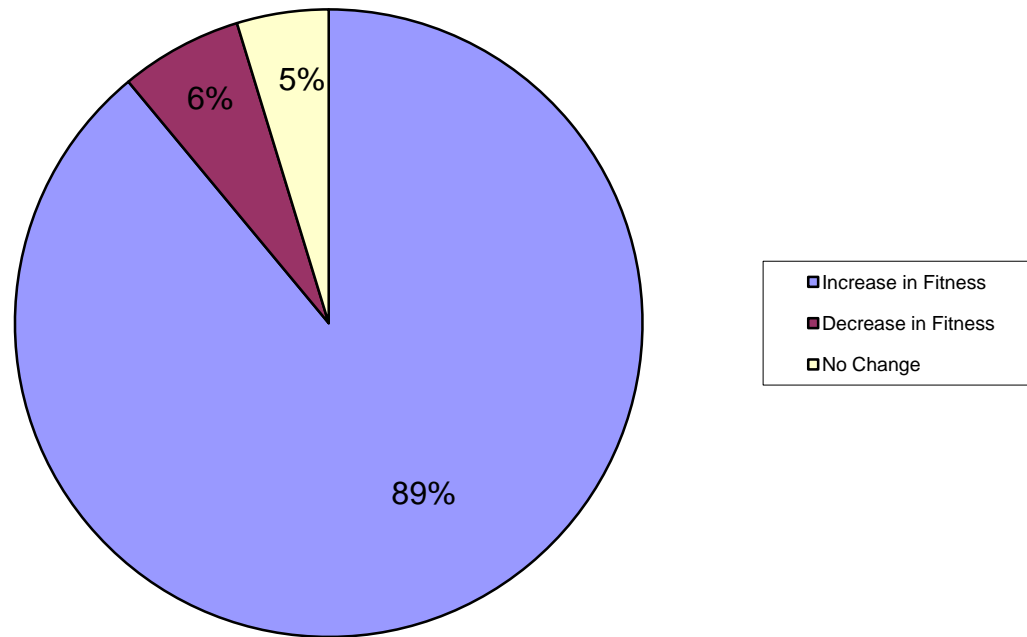


Behaviour

Goal: take small steps to long term health benefits

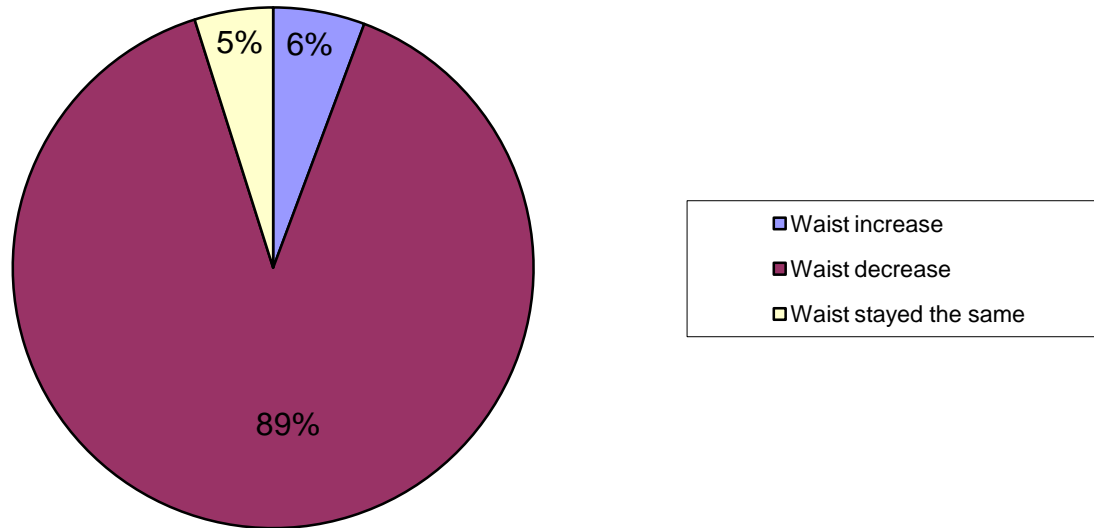
Success

Changes in Fitness Levels during all the Upper Hutt and Lower Hutt Green Prescription Healthy Lifestyle Programme's 2009 - 2010 Financial Year



Success

Difference of Waist Measurement of all the Upper Hutt and Lower Hutt
Green Prescription Healthy Lifestyle Programmes for 2009 - 2010
financial year



Success

“My family are very supportive and we have all changed in areas of our eating and exercise. We encourage each other heaps and like using the word physical instead of exercise – it works”

“Lost 2kg, feel healthier, meal portions have decreased, exercise has increased, doctor and nurse very pleased with results overall”

“I sleep better, have less sugar products and I am going to continue to increase my activity to help with fitness for us all”

“A lot has changed, it has made me more active in fitness and helped to develop and more confident in myself”

“I am able to do a lot more, am singing again, back out in the garden, all of which I haven't done for a few years”

How this programme help participants become healthier in the long term



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Partnerships

 Capital & Coast
District Health Board
ŪPOKO KI TE URU HAUORA

CompassPrimary
HealthCareNetwork
Working Together for Healthy Communities

familycare
PRIMARY HEALTH ORGANISATION

HUTT VALLEY DHB




Maraeroa Marae Health Clinic


Te Rauparaha
Arena

YFITNESS
body • mind • spirit

activation
ACTIVE RECREATION

HUTT CITY
TE AWA KAIRANGI

Absolutely
POSITIVELY
Wellington


sport
Wellington

Where to from here?

- Make programme more self sustainable
- Support participants in walking groups
- Follow up session
- Integrate volunteers more

Small steps

More Exercise
but do
not overdo it

MOVEMENT
IS VITAL

Drink
more water

Exercise
to stay alive

Small changes
4
life

Respond to
your body and
be ready for
change

One step f
and
no turning back

Eat
healthy
food

Eat in
moderation

Keep
moving

Read La

Use it
or
Lose it

Something is
better
than nothing

Regular
activity

Consistent
exercise rather
than large
quantities
sporadically

Eat more
vegetables

Keep
yourself
motivated

Being aware of
what is in your
foods

What you put in is
what you get out

Food choices
low in
salt, fat and sugar

Make it a big deal.....for some it is



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HEALTHY LIFESTYLE PROGRAMME

