



The Little Green Prescription Book

Green Prescription is a support service to help you improve your physical activity and food choices. This booklet will help you get started!

Rongoā Kākāriki
GREEN
PRESCRIPTION

Phone 0800 ACTIVE (0800 22 84 83)

Welcome to Green Prescription Support Service

Soon, one of our Green Prescription support staff will phone you and guide you through the next step, but in the meantime please read this booklet. It is designed to help you start thinking about a healthier lifestyle.

- Once you have read the booklet, fill in the bits that you can.
- Decide what it is you really want to achieve, e.g. it might be to lose weight, or it might be to feel better. Keep it simple and realistic, but most of all think about "Is this the right time to be making some changes to my life?"
- You may think that you don't have time for physical activity, you're too tired, too old, too unfit or embarrassed about your size. Believe it or not, these thoughts are not uncommon. That's why we are here to help.
- If you have memories of an old saying "no pain no gain" then have no fear, nowadays it's more a case of "move it or lose it" and every little bit helps.

This booklet will take you through why physical activity is important. It also encourages you to look at your food choices to see if changes here would help.

So, welcome aboard! Together over the next 12 weeks with lots of planning and determination we can make a difference.

The more effort you make – the better the results will be!

Make the change

Choose to Be Well by becoming more active

Why would I do this?

Is there anything below that you would like to achieve?
Tick as many boxes
as you need.

More energy

Strength & fitness

A healthy weight

Lower blood pressure

Less pain

A lower risk of heart disease, type 2 diabetes or stroke

Improved confidence

A healthier shape & appearance

Less stress & anxiety



If you ticked one or more boxes you may benefit from Green Prescription support to help you get motivated and moving to achieve your health goals.

Phone your Doctor or Nurse and ask for a Green Prescription today

For more information, phone (03) 539 1662 or email

Leigh.Dalzell@nelsonbayspho.org.nz

What is holding you back?

You have to sweat for exercise to be good for you.	✗	Sweating is the body's way of keeping cool and is not related to good or bad exercise.
30 minutes of exercise every day is all you need.	✓	Evidence tells us that 30 minutes of activity every day will give you health benefits. And it can be done in small amounts.
Physical activity and exercise are different.	✗	Exercise can be perceived as 'painful' whereas physical activity is movement. Both are the same, it is just a different way of saying it.
I can't exercise because it hurts my back, leg or hip.	✗	Most injuries need some movement to make them better. The right type and amount of movement is the key.
Physical activity can improve cholesterol, blood pressure and diabetes control.	✓	Regular physical activity will help to improve cholesterol, blood pressure and/or blood sugar levels.
Mowing the lawn and housework are good forms of physical activity.	✓	They might be a chore, but they are still good forms of movement. Any movement is good.
I'm too tired to exercise.	✗	The right amount of activity will actually give you energy. You may feel tired before you start, but that won't last long.
I used to be active, I played rugby, I worked on a farm etc ... I've done my fair share.	✗	Unfortunately you can't accumulate activity benefits over a lifetime. Be active every day - in any way you can.
Physical activity helps you sleep better.	✓	If you don't believe it - try it for yourself.
Health is a choice - and only you can make the choice happen.	✓	You are in the driver's seat. Your choices impact on your health. Any change has to come from you. The more effort you put in, the more benefits you gain.

If you have other thoughts, write them down on a separate bit of paper. Then discuss with your Green Prescription support person when they phone.

How active are you now?

What do you do now?	For how long? (minutes)	How often? (x per week)

To improve your health, could you do more? _____

What would stop you doing more? _____

Now think about what you would like to do or have always wanted to try?

How much activity should you be doing?

Guidelines say at least 30 minutes on most days of the week; however more is better if you are trying to lose weight. And you don't have to do it all in one go! You can 'snack' on activity by starting with 10 minutes at a time then gradually building up.

How important is it to you?

The following statements will help you start thinking about why it is important to make some healthy changes. Maybe it's someone else's idea. However, for change to happen, you have to really want to change, and no one else can do it for you.

Look at the statements below – then circle the number that relates to how you feel about the statement.

It is important to my health to be more active.

Strongly disagree

Strongly agree

0 1 2 3 4 5 6 7 8 9 10

It is important to my health to make food-related changes.

Strongly disagree

Strongly agree

0 1 2 3 4 5 6 7 8 9 10

We'll discuss your answers when your Green Prescription support person rings you. There is no right or wrong answer, but answering these questions will help you understand your motivation to reach your goal.



Goal Setting – what does it mean?

A goal is a simplistic way of saying “This is what I really want to achieve”. Studies show that goals which are realistic are more effective in changing behaviour.

Problem	Solution
I don't know where to start.	<p>A Green Prescription support person will be allocated to help you. They will talk to you about what it is you want to achieve (your goal) and how active you are now.</p> <p>Together you'll agree on small weekly steps to help you reach your goal. You'll find a goal sheet further on in this booklet.</p>
I need to change so many things.	<p>Small steps, one at a time, all lead up to big rewards. But slowly ... step by step. small steps = big rewards.</p>
How much exercise is safe?	<p>Start slowly and gradually build up to 30 minutes. Your Green Prescription support person will help you find an activity that you will enjoy and which is safe and achievable.</p>
I've tried before but never been successful.	<p>That's why we use goal sheets. Small steps, one at a time, and each step is celebrated as a success.</p>

Right, am I ready? What next?

Starting to be more active is about gradually building up the amount you do and doing something that you enjoy which fits into your everyday life. The good news is there are a number of ways to do this.

✓	Walking
✓	Swimming
✓	Cycling
✓	Gardening
✓	Playing a sport
✓	Going to the gym
✓	Dancing
✓	Community Programmes
✓	Stretching exercises

Do you think any of these work for you?

"I'm definitely not as tired as before"

Emma Bradley joined her local "Get Back Into Netball" scheme, which "has had a big impact on my life", she says. "As well as having fun and meeting new people, I have lost weight and got more active, encouraging me to get involved in other sports."

Emma Bradley

"Exercise helps me clear my mind"

Ben Cavey overcame depression through counselling and running. He says, "Exercise relieves me when I'm stressed or feeling anxious. It's such an escape."

Ben Cavey

'STEP-BY-STEP' Plan of Action

MY GOAL IS:

To get to your goal, plan ahead and aim for small weekly changes. Write down your thoughts for the first week. By writing them down you can track your progress and ask for help if needed. Remember start slowly with small amounts.

Small Steps = Big Rewards.

	Physical Activity Example: Walk for 30 minutes on 3 days this week.							Food Changes Example: Drink 1 extra glass of water per day						
Week 1														
Tick the days you were successful	M	T	W	T	F	S	S	M	T	W	T	F	S	S

Further on in this journal you will find additional weekly goal sheets. But if goal setting confuses you, never fear – help is only a phone call away.

Phone the Green Prescription Team at Nelson Bays Primary Health on (03) 539 1170 or 0800 Active (22 84 83) or Text 021 293 8351.

How should I feel when I'm exercising?

The Talk Test

The talk test is a method of measuring intensity (how hard you are exercising).

At a light intensity level, you can sing while doing the activity.

At a moderate intensity level you can talk but will be breathing a bit faster. This is what we call "comfortable huff & puff".

If you are too out of breath to talk, the activity can be considered vigorous.

Our Advice:

Aim for light or moderate intensity levels and follow the talk test for your exercise safety.



Would a Pedometer be helpful?

Pedometers count steps and can be used to improve motivation.

Through a built-in sensor, pedometers can measure your movements, count your steps, and inform you how active you are.

When you record your daily steps, you can see your progress and that will guide you to the areas that need improvement.

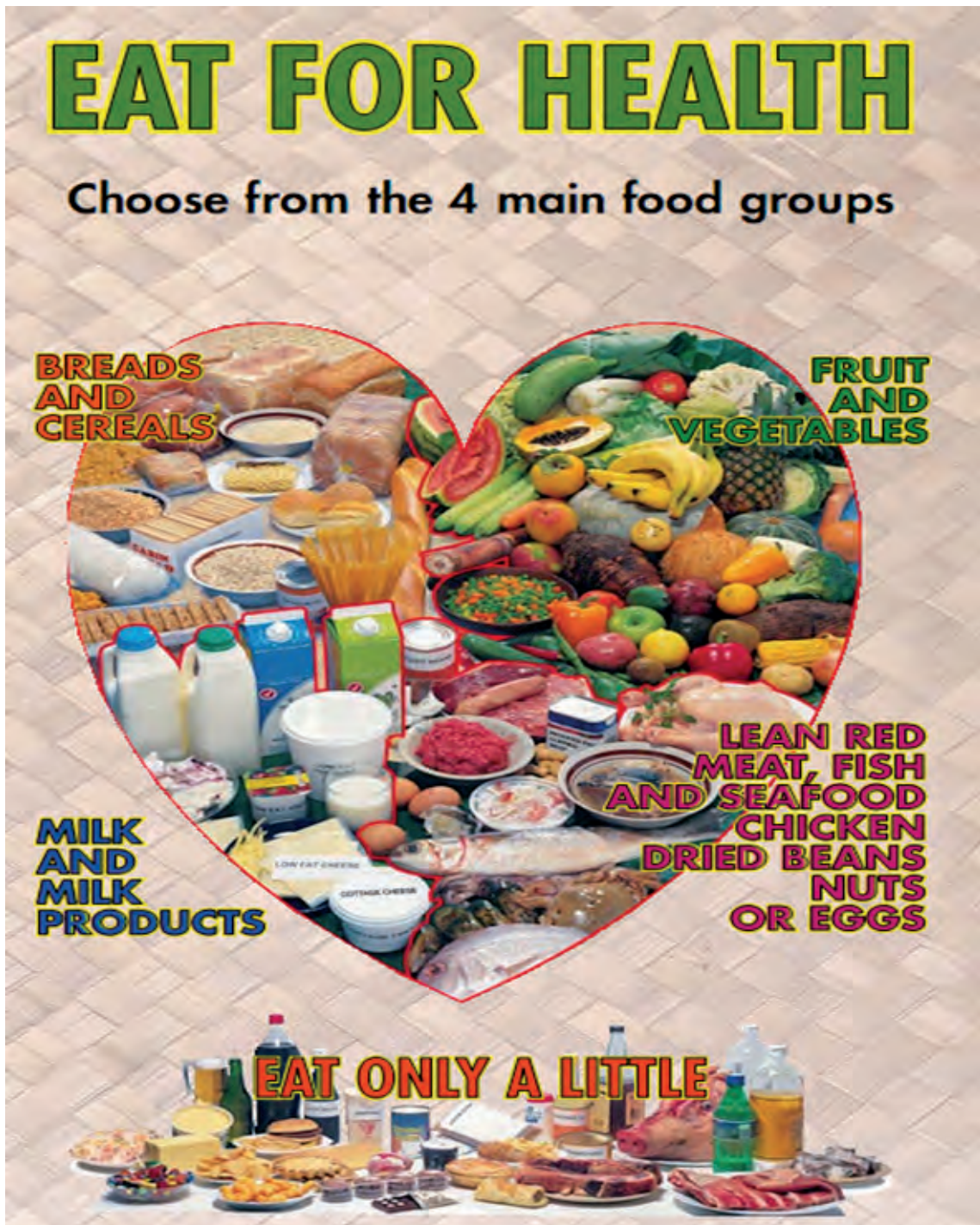
A pedometer can be a great motivator to keep you on track. Studies have shown that people who use pedometers are more eager to set and reach their goals.

If this interests you, ask for the FREE Patient Pedometer Programme when your Green Prescription support person rings you.



Healthy Food Choices

Exercise and food go together. The food that you eat does have an impact on how you feel and can lead to poor health if you are not making the right choices. Now it's time to think about what you eat and drink.



Helping you to make healthier food choices

Please circle one or more of the points below, that you think you could improve:

1. Have a healthy breakfast
2. Have a healthy lunch
3. Eat more vegetables
4. Eat more fruit
5. Eat more healthy snacks and fewer unhealthy snacks
6. Eat less fatty food
7. Be more organised with shopping and meal planning
8. Drink more water
9. Eat more whole-grains
10. Other.

If you have circled more than one, choose one that you consider to be your top priority.

My top priority for achieving a food-related change is:

My Plan of Action - Goal Sheets

	Physical Activity							Food Changes						
	M	T	W	T	F	S	S	M	T	W	T	F	S	S
Week 2														
Week 3														
Week 4														
Week 5														
Week 6														
Comments														

	Physical Activity							Food Changes						
	M	T	W	T	F	S	S	M	T	W	T	F	S	S
Week 7														
Week 8														
Week 9														
Week 10														
Week 11														
Week 12														
My continuation plan is:														

Some helpful websites:

Physical Activity:

www.activesmart.co.nz
www.healthyas.org.nz
www.nelsoncityccouncil.co.nz/recreation
www.tasman.govt.nz/recreation
www.wonderwalkers.co.nz
www.way2go.org.nz

Nutrition:

www.ana.org.nz
www.healthyfoodguide.co.nz
www.heartfoundation.org.nz

Health:

www.arthritis.org.nz
www.asthmanz.co.nz
www.bewell.org.nz
www.depression.org.nz
www.diabetesnz.org.nz
www.everybody.co.nz
www.healthed.govt.nz
www.healthnavigator.org.nz
www.quit.org.nz

For motivation and encouragement phone the Green Prescription Team at Nelson Bays Primary Health on (03) 539 1170 or Text 021 293 8351 and remember a helping hand is only a phone call away.