

**“It’s a wonderful place to be – where I am now”
Chris Davis made a decision to change her lifestyle last year and hasn’t
looked back since.**

Chris Davis completed the 7km Round the Bays walk in Wellington last weekend and is now looking at a 10km walk in April.

Not bad for a woman who could hardly walk to her letterbox in October last year. A long walk of freedom you might say for someone who thought three weeks was a long time between doctor’s visits.

Chris hasn’t seen her doctor since November and she hasn’t been in hospital for six months – no mean feat considering she was usually admitted for a week every month.

She has whittled her medications for diabetes and asthma down from 20 tablets a day to 13, and counting. Her 40mg of prednisone a day has been reduced to 8mg.

And one of the most exciting medication changes for Chris is that she has gone from taking 10 units of insulin a day – to none. Gone are the morning jabs and she is feeling great.

“It’s definitely the lifestyle changes that have helped,” Chris said.

“The Green Prescription is definitely the best way to get started and I’d encourage anybody to give it a go,” she said of her decision last year to start exercising.

“The variety of activities really makes the course special because there are so many different forms of exercise that are covered. And the exercises are easy to do at home.”

The 54-year-old got a Green Prescription from her doctor in September last year and received an invitation to join a 10-week group exercise programme.

“For years I had been nervous about joining social groups and found it really hard to stick with something.”

But she thought the programme was something she could do.

“I knew that it was just for 10 weeks – another thing that enticed me along – and I was determined to finish it.”

The first day was tough for Chris and almost put her off, but she persevered.

“The second session was wonderful and it just grew from there. The variety of the programme was a huge thing towards the success for me.”

Life has changed considerably for Chris in the last six months.

“It’s changed in every way. It’s like a new world.”

“I am doing aqua aerobics three times a week, walking the dog often, and I have continued with the Green Prescription programme.”

As Chris hears herself recount all her achievements she says, “Who would have thought?”

“I’m actually looking forward to things now. Before, I didn’t have things to look forward too.”

She said her kids are over the moon and her grandkids are loving the changes. She has reconnected with old friends and is looking at returning to work.

She is “getting out there and doing it” and encourages everybody to do the same.

“Anything that is offered I’d see it as a challenge now and accept it, whereas I used to walk away from it.”

“It’s a wonderful place to be – where I am now.”



A delighted Chris Davis with Charlotte Cuthbertson (Green Prescription Programme Support, Sport Wellington Region)

Article written by Charlotte Cuthbertson for Sport Wellington Region to appear in Walking New Zealand Magazine, The Epoch Times, The International Diabetes Congress in Wellington (April) and The National Practice Nurses Conference in Tauranga (May).