

# GREEN PRESCRIPTION

## Kickstarting your healthy lifestyle!

*Mauri tū, mauri ora*  
*An active soul is a healthy soul*



NAME

DATE

MOBILE

MY GRX SUPPORT PERSON

# Welcome! Haere mai!

It's great to have you on-board the Green Prescription programme! This booklet is designed to help you reflect and act on your physical activity, nutrition and wellbeing goals. There are activities, ideas and information on a range of healthy lifestyle topics - all designed to get you a little closer to where you want to be.

We are looking forward to working with you and supporting your journey towards a healthier you. Throughout the journey, remember small changes can make a big difference and success is the sum of small efforts repeated day in and day out. Believe in yourself and enjoy the results you achieve!

## How can Sport Wellington help?

### What is a **Green Prescription?**

Green Prescription (GRx) is an initiative to improve the health and wellbeing of adults through free physical activity and nutrition support. Through education, reduction of barriers, and development of personal skills, GRx aims to enhance physical, mental and social well-being. We'll provide the support, advice and resources needed to help reduce barriers and get you started on a journey to a healthier lifestyle.

Sport Wellington delivers Green Prescription to the greater Wellington region, including Wairarapa and Kapiti.

### Healthy Lifestyle Programmes

Healthy Lifestyle Programmes are run by Sport Wellington throughout the year. The courses offer participants an opportunity to improve their wellbeing by trying a variety of fun and new activities each week, whilst also learning about healthy food and being part of a group in

a supportive and motivating environment. Talk your GRx Support Person if you're interested in attending a programme.

### Community Programmes and Events

Getting involved in a community-led exercise programme or participating in an event is a great way to get more active, and meet new people. Your community is full of gifts and assets for you to explore and get involved with! Local community centres, maraes, churches, libraries, or clubs offer regular, low-cost activity sessions (such as 'sit and be fit', yoga, Tai Chi, dancing, etc.), as well as other social support services. Visiting your local Council website is another good resource to learn about walking tracks, recreation centres and swimming pools.

If you don't know where to start or to find out more, please chat to your GRx Support Person.

## Contents

<b>Section 1: Making a plan</b>	<b>4</b>
Motivation	4
Goal setting	6
Your action plan	8-13
Support team	14
<b>Section 2: Healthy inspiration</b>	<b>16</b>
Physical activity ideas	16-17
Portion control	18-19
Mindful eating	20-21
Menu planning	22-23
Healthy eating on a budget	24-25
Managing stress	26
Useful websites and resources	27

## SECTION 1

# Making a plan

### Motivation to make changes

Improving your health and wellness requires change. Change is easier when you know why it's worth doing it and where you're going.

## What is important to you?

Motivation is individual. A good way to understand what will motivate you to make positive changes to your lifestyle is to ask yourself **“what is important to me?”** and **“what is stopping me from doing the things that are important to me?”**. The answers to these questions might encourage you to think about how important it is for you to make some changes.

### IMPORTANCE

On a scale of 0 to 10, with 10 being very important, how important is it for you to change?

0 1 2 3 4 5 6 7 8 9 10  
NOT AT ALL SOMEWHAT VERY

## Why is healthy lifestyle change important to me?

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## Visualise: what does healthy lifestyle change look like to me? How will I feel if I make a change?



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## What might happen if I don't make changes?



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## How confident are you?

### CONFIDENCE

On a scale of 0 to 10, with 10 being very confident, how confident are you that you can make changes?

0 1 2 3 4 5 6 7 8 9 10  
NOT AT ALL SOMEWHAT VERY

## What is holding me back from making change?



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## Setting your goal

**Tē tōia, tē haumatia**

**Nothing can be achieved without a plan, and way of doing things.**

### Why set goals?

Setting goals and breaking those goals down into very small actionable steps can help give you a road map for where you want to get to. They help you organise your priorities, and where you might need to organise your time and resources. They also give you the opportunity to track your achievements and progress, improving your confidence, to build on each success.

### Setting healthy lifestyle goals

1. First, you create your 'big picture' of how you want your health and wellness to look by setting your long-term goal.
2. Then, break your goal down into smaller targets, or achievable action steps and each step (no matter how big or small) should take you in the direction towards your long-term goal or vision. This becomes your action plan.

Focusing on less can help you achieve more. Focusing on one goal at a time means you can focus all your energy on achieving that goal.

3. Once you have your plan, start working on it making sure you stop and reflect on your progress regularly.

### Goal setting tips:

- The right goals help you set realistic expectations
- The right goals help you feel in charge and able to focus on behaviours you can control
- The right goals help you take action, right away
- The right goals help you to feel inspired about making change
- The right goals help you to focus on making changes that are important and meaningful to you.



## My long-term goal

Use this space to visualise your 'big picture' of how you want your health and wellness to look in the future.



A large, empty, light green rectangular area with horizontal white lines, intended for writing a long-term goal.

Over the page is your action plan, and the steps you will take to get you closer to your long term goal.

# My action plan

Start Date: \_\_\_\_\_

Review Date: \_\_\_\_\_

*(when will I reflect on how I am going?)*

	GOAL(S)	WHY HAVE I SET THIS GOAL?	IDEAS	SPECIFIC BEHAVIOURS/ACTIONS	BARRIERS	OVERCOMING BARRIERS
	What do I want to achieve/ start/change?	How will this help me in the short/long term?	What ideas do I have to achieve my goals?	What will I do? When will I do it? Where will I do it? How often will I do it?	What is likely to stop me from doing this?	What can I do to overcome these barriers?
<b>Physical activity</b> 						
<b>Nutrition</b> 						
<b>Other</b> 						

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Physical activity



Nutrition



Other



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Physical activity



Nutrition



Other



## What do I need to help me achieve my goals?

For example, resources, equipment, a membership etc.

## My support team

A support team can help you make healthy lifestyle changes. Use this space to identify who can help you on your journey and how they might be able to support you. It might be a friend, whānau or your GRx Support Person. Talk to them, tell them your goal and your plans to help keep you accountable.

How can my GRx Support Person support me to achieve my goal?

The friends/family that can help or support me with my goal/s are:

Who:	How:

The local/ community services that can help or support me with my goal/s are:

Who:	How:

# Sticking to your plan!



## Reframe your view of motivation

Don't wait for motivation to strike. Start by taking action and see if this leads to a change in your mind-set.

Change how you view yourself. Our beliefs about who we are often dictates our behaviour and actions.

Taking the initial first step is often the hardest part of behaviour change. Once you have started then taking further actions becomes easier.



## Reward yourself

Find ways to make the activity you have chosen to do fun and rewarding.

Recognise the investment you are making in your health and wellness and celebrate all your successes!

Try a non-food reward e.g. a trip to the movies, a new item of clothing, a massage or simply some time to yourself to do something that brings you joy.



## Find a community

Being connected in with a community can make it much easier to stick to your goals.

Discuss finding a suitable community with your GRx Support Person.



## Become successful

Start by achieving small goals so you can be successful straight away.

Success is motivating and builds confidence in our ability to achieve our goals.

Each time you take action you can build your confidence, motivation and willpower to achieve even more.



## Be prepared

Allocate some time each week to work towards your goals. Set up regular days/ times if possible.

Set up reminders around your home, on your phone, via a free text reminder service or having someone prompt you to take action.

Ensure you have everything you need ahead of time so it is easier to take action.

# SECTION 2

## Healthy inspiration

### Physical activity ideas

Our bodies were designed to move. Whether it's your goal to spend less time sitting, to get into the pool or spend more time outdoors with your family any movement is better than nothing at all! Here are some activity ideas:

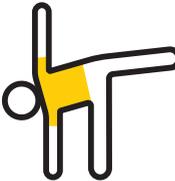
**He pai ake te iti i te kore - A little is better than none**

	ACTIVITY	EXAMPLES
	<b>Incidental activity</b> This is any activity built up in small amounts over the day - this just as important as a planned activity session!	<ul style="list-style-type: none"> <li>→ Taking the stairs</li> <li>→ Getting off the bus one stop earlier</li> <li>→ Stretching to break up long periods of sitting</li> <li>→ Doing chores/tasks around the home</li> </ul>
	<b>Walking/exploring</b> Increase your pace or add a hill for an extra challenge.	<ul style="list-style-type: none"> <li>→ Active transport (walking to/from work or the shops)</li> <li>→ Walking with friends/family or the dog</li> <li>→ Tramping</li> <li>→ Bush walking</li> <li>→ Geocaching</li> </ul>
	<b>Cycling</b> Cycling is low-impact	<ul style="list-style-type: none"> <li>→ To and from work</li> <li>→ Explore cycle trails in your region</li> <li>→ On a stationary bike at home or gym</li> </ul>
	<b>Water-based exercise</b> Water based activity is low-impact	<ul style="list-style-type: none"> <li>→ Aqua jogging/walking</li> <li>→ Swimming lengths</li> <li>→ Aqua classes</li> <li>→ Learn to swim classes</li> <li>→ Hydrotherapy</li> </ul>

	ACTIVITY	EXAMPLES
	<b>Gym-based exercise</b> Most fitness centres will let you experience a trial before you sign up to make sure it is the right environment for you.	<ul style="list-style-type: none"> <li>→ Cardio (e.g. cycling, treadmill, rowing machine)</li> <li>→ Exercise classes (e.g. core, yoga, circuit class, etc.)</li> <li>→ Weight training (<i>ask for help if it is your first time</i>)</li> </ul>

	<b>Exercising at home</b> Talk to your GRx Support Person about what you might do at home.	<ul style="list-style-type: none"> <li>→ This could be exercises using your body weight, resistance bands, stretches, light cardio (e.g. dancing or skipping), gardening or chair-based activities.</li> <li>→ Jump on your computer, tablet or phone and try workouts on YouTube, and fitness apps - ask us for recommendations.</li> </ul>
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**Don't forget working around the house, including cleaning, building, manual labour and gardening can raise your heart rate and challenge your body.**

	<b>Attending a community-based exercise class</b> Your local community centre, recreation centre or library may have a range of activities - jump online to seek out suitable activities in your area.	<ul style="list-style-type: none"> <li>→ Pilates</li> <li>→ Tai Chi</li> <li>→ Yoga</li> <li>→ Martial arts (karate, jiu-jitsu, judo)</li> <li>→ Bootcamp</li> <li>→ High Intensity Interval Training (HIIT)</li> <li>→ Strength and balance classes</li> <li>→ Dance classes (e.g. Zumba, aerobics, hip hop).</li> </ul>
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	<b>Sport/games/play</b> Moving and playing together in teams is a great way to connect, socialise and have fun!	<ul style="list-style-type: none"> <li>→ Tennis, touch, netball, frisbee or golf, etc.</li> <li>→ Grab a ball and kick it around with your family outside</li> <li>→ Use your imagination and invent your own games. Play games that you used to do in the past.</li> </ul>
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### Activity tips:

- Aim for enjoyment - find an activity that brings you pleasure and/or a feeling of satisfaction.
- Consistency is key. A small amount of movement each day, is better than nothing at all.
- Adhering to an extreme exercise regime is unnecessary.
- It is better to exercise just as much as you can enjoy doing each day.

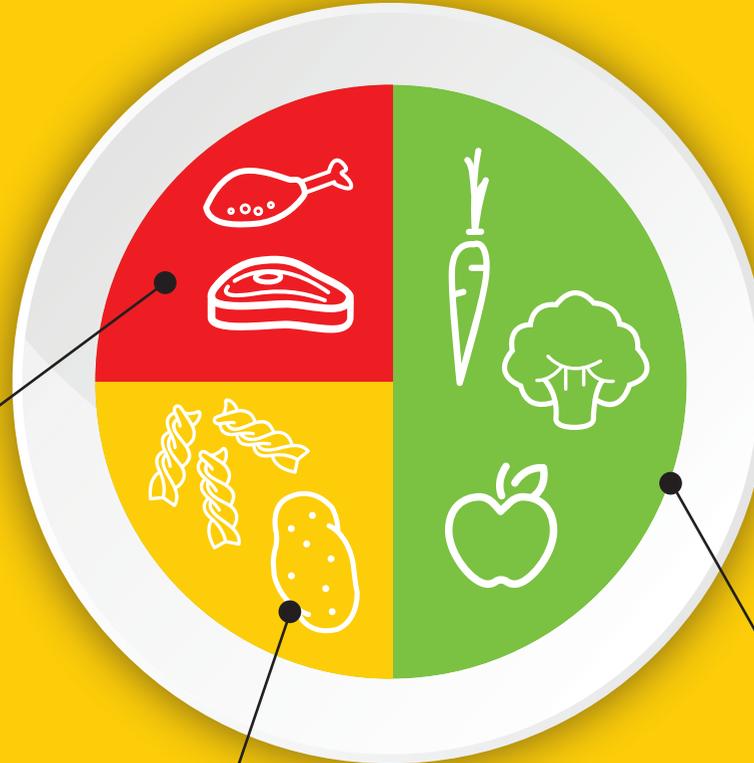
# Portion control

Focusing on *how much* you are eating is a good place to start with your food goals - you might like to just focus on one food group initially e.g. increasing your vegetables at dinner time.



## Protein

Your serving of meat or other protein source should be the size of your palm - the same thickness, too!



## Fats & oils

If cooking with fats or oils, the size of the tip of your thumb is all you need to use.



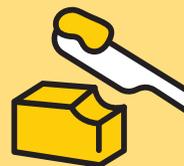
## Vegetables & fruit

Vegetable portions at meal times should be two handfuls, or half your plate.



## Carbohydrates

Carbohydrate portions at meal times should be the size of your clenched fist, or a quarter of your plate.



## Spreads

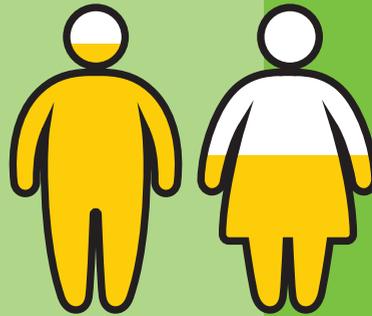
Your fingertip is one teaspoon, that's as much spread as your toast needs.

# Mindful Eating & Non-Hungry Eating

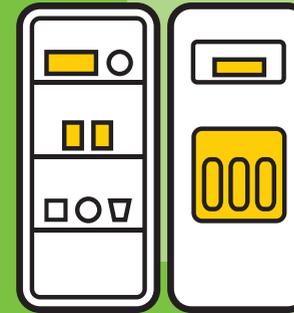
## Are you out of touch with when you're hungry and when you're full?

Many people are out of touch with their body's hunger and satiety (fullness) signs. Everywhere we go - every petrol station, street corner, and office - we're tempted. There's fizzy drinks, burgers at the drive-through, and cookies at our co-worker's desk. We no longer ask ourselves, "Am I hungry?" or "Am I full?".

That's why it's so important to re-learn our hunger and satiety signals. We say "re-learn" because we were born with these cues. Most babies and toddlers just naturally eat only when they're hungry, and stop when they're full (not when they're stuffed).



## Non-Hungry Eating (Mindless Eating) - why do we do this?



- Eating when bored, stressed, anxious, happy (and not truly physically hungry)
- Munching in front of the TV
- Eating while you're doing something else or distracted
- Eating food just because it is there
- Falling back into old habits or routines
- Following rules not body cues
- Because it's a special occasion
- Because other people are there
- Because you're tired
- Because the clock says so
- Because it's free (or cheap)
- Clean plate syndrome

## Hunger-Fullness Scale



## The Hunger-Fullness Scale

The Hunger-Fullness Scale is used to help you understand your hunger so that you can reconnect to your internal cues. For many people it is very difficult to figure out hunger-fullness cues at first. It may be helpful to use a food diary, where you list a number before the meal or snack and a number for after you eat.

If you go too long between meals you run a risk of experiencing food cravings and binge behaviours. A good rule of thumb is to try to stay between 3 and 7 on the scale - **you should eat around a 3-4 and finish around a 6-7**. It works like a pendulum: if you get too low on the scale, you will probably eat until you are pretty high on the scale. Remember, when it comes to eating, listen to your body and not your head. Ask yourself, 'am I hungry?'

You should eat around a

**3-4**

and finish around a

**6-7**



## Tip

If 'non-hunger eating' is something you are working on, we recommend using this scale and keeping a diary of how you feel before and after you eat so you can reconnect with your internal cues.

## Menu Planning

Menu planning is a great tool and can be easy once you get into the habit. All you need is a pen, some paper and a bit of healthy inspiration. Pick a day like Sunday to plan your menu and prepare your shopping list accordingly.

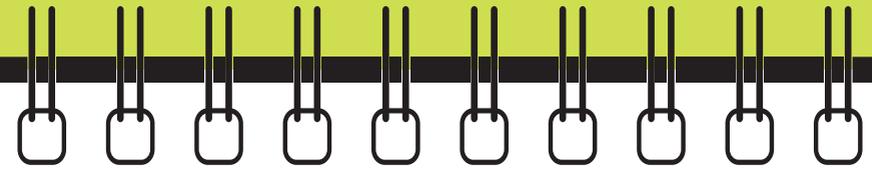
- 1. Plan to be healthy** - Having a set menu allows you to plan healthy meals in advance to avoid the 5pm panic.
- 2. Budgeting** - Having a plan and a shopping list is great for a healthy budget. Doing one shop per week also helps you to avoid reaching for unnecessary items.
- 3. Motivation** - When you plan to be healthy, you are more likely to stick to it.

**The investment of 10min of your time is worth it! Your plan doesn't have to be fancy, just scribble your ideas and your shopping list down like the example. Start with dinner, then think about leftovers you can use for lunch the next day. Think about meals you can prepare in bulk and freeze for later use.**



## Cooking for one? Easy Meal Ideas

- Cook brown rice in the microwave. Flake smoked or tinned salmon over the top. Serve with salad mix or frozen vege.
- Toast wholegrain bread. Thinly spread with pesto. Top with poached or fried egg. In a small bowl prepare a salad e.g., chopped tomato, cucumber, capsicum and red onion. Drizzle with olive oil.
- Cook dried pasta in salted water. Drain a small can of tuna or salmon; flake the fish. Microwave mixed frozen vegetables. Mix the pasta, fish and vegetables together. Drizzle with olive oil. Crumble feta cheese on top.
- From the supermarket: half a rotisserie chicken, fresh mixed salad, wholegrain bread. Remove skin from chicken and portion, assemble on a plate and enjoy. Save the other half of the chicken for lunch the next day.
- Heat the grill to 200°C. Take one tortilla from the freezer. Spread with tomato paste. Add chopped onion, capsicum, mushrooms and diced ham (or whatever is available). Top with grated cheese. Cook under the grill for about 10 minutes.
- Throw together an omelette and add loads of vege e.g. spinach, mushrooms, tomato, capsicums with grated cheese.
- Baked beans and eggs on wholegrain toast, add a side of mushrooms and spinach.



### Lunch

### Dinner

S	Soup (make in bulk)	Roast chicken + veges
M	Roast vege salad	Chilli mince with rice/vege
T	Left over chilli mince on toast	Fish & salad
W	Salad and tinned tuna	Omelette & salad
T	Salad with boiled eggs	Veggie & lentil curry
F	Leftover curry	Homemade fish & chips + peas
S	Soup	SHOP AGAIN

## SHOPPING LIST

### Fruit and Vege

### Dairy, chilled and frozen

salad mix, potatoes, carrots, frozen mixed vege, frozen peas

kumara, broccoli, tomatoes, Milk, cheese

spinach, mushrooms

### Pantry

### Meat and Poultry

tinned tuna, tinned chickpeas,

lean mince 500g, fish,

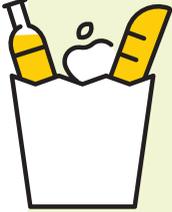
brown rice, eggs, stock, curry

whole chicken

powder, wholegrain bread,

tinned tomatoes, lite coconut cream

## Shopping



- Plan your weekly menu and write a shopping list accordingly. Only buy what is on your list!
- Start with the basics, once you have these you can add extras.
- Shop weekly, more than this leads to unnecessary purchases.
- Buy foods that can be used for lunches and snacks, this is cheaper than buying lunch on the go.
- If possible avoid shopping with kids and never shop when hungry - this can lead to impulse buying.

## Fruit and vegetables



- Buy fruit and vegetables from the market, your local Fruit and Vegetable Co-operative or local green grocer as they are generally cheaper than supermarkets. Always buy seasonally, for best flavour and prices.
- Frozen and canned options are often cheaper than fresh and are equally nutritious - choose canned varieties that are packed in juice (not syrup) and have low levels of added salt.
- If buying in bulk many fruit and vegetables can be frozen, stewed and bottled or made into jam or chutney.

## Grains and cereals



- Uncooked rice is significantly cheaper than the precooked varieties. Brown rice is filling along with basmati—they have a low GI, so make you feel full and provide longer lasting energy.
- Choose wholegrain breakfast cereals, like Weet-Bix; they are filling and more nutritious than other cereals which are higher in sugar.
- Pasta is an economical food, which many children enjoy. Adding a tomato based pasta sauce and vegetables will turn pasta into a healthy meal - full of nutrients and fibre.

## Meat and meat substitutes



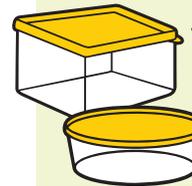
- A great way to bulk out a meal is to reduce the amount of meat and add legumes such as lentils, chickpeas or beans. These are great in meals such as soups, stews or spaghetti bolognaise. Try replacing the meat altogether with legumes and go vegetarian once or twice a week.
- Buy meat on special where possible, but watch out for fatty cuts. Once the fat has been cut off you lose the savings.
- Canned fish is cheaper than fresh fish. Add to vegetables and pasta for an easy meal.

## Fluids



- Avoid buying soft drinks or fruit juice. Water is healthier and free. If you struggle to drink water, add a few drops of lemon or lime juice, a slice of orange or lemon or some fresh herbs, such as mint.
- When buying milk the budget brands are just as good as the more expensive brands or consider buying powdered milk. Avoid flavoured milk as they are more expensive and contain a lot of added sugar.

## Leftovers



- When preparing meals, cook extra portions of chilli, spaghetti bolognaise or other sauce recipes and freeze. These make a quick and easy meal, just add pasta and frozen vegetables. This is cheaper and healthier than buying takeaways. Small amounts of lemon juice, milk, coconut milk, tomato paste or pesto, all freeze really well in ice block containers and then into small plastic bags.
- Use leftovers so that they don't go to waste. They can be eaten for lunch the next day or added to other ingredients for another dinner.

# Tips for managing stress

Ask yourself what you can do about the source of your stress, weigh up the pros and cons. What is one positive step you can take, no matter how big or small?

- Keep a **positive** and realistic attitude.
- Accept that you **cannot control everything**, but you are in charge of how you respond to situations.
- Are you in balance? Are you connected to your **spiritual wellbeing**, your mental wellbeing and your physical wellbeing?
- Share your feelings, opinions and thoughts in a positive way. **Avoid being angry**, defensive or passive.
- Learn and practice **relaxation techniques**. Have you tried breathing exercises, meditation, mindfulness exercises, prayer, yoga or Tai Chi?
- Keep active and **exercise regularly**. You'll feel good and be more able to handle problems as they arise.
- Eat a **variety of nourishing foods**, focusing on vegetables, fruit, wholegrains and protein. Allow space for foods that you enjoy but remember these are often more processed and less nutritious so savour them when you do have them every so often.
- Manage your **time wisely** and plan/prepare when possible.
- Make sure you are getting enough **down time and sleep**, this is important for rest and recovery.
- Say **no**, if appropriate, to things in your life that will add to your stress.
- Seek out a **counsellor** or someone you trust to talk things through.
- Make time for the things you **enjoy**.
- Don't rely on **drugs, alcohol**, food or caffeine.
- Spend time with the people **you love**.

# Useful websites

Website	Topics Covered	Useful Resources/Information
<b>Ministry of Health</b>	Physical activity, nutrition, information about health-related conditions	<b>Exercise and nutrition guidelines</b> <a href="https://www.health.govt.nz/publication/eating-and-activity-guidelines-new-zealand-adults">https://www.health.govt.nz/publication/eating-and-activity-guidelines-new-zealand-adults</a>  <b>Summary information about diets</b> <a href="https://www.health.govt.nz/your-health/healthy-living/food-activity-and-sleep/healthy-weight/popular-diets-review">https://www.health.govt.nz/your-health/healthy-living/food-activity-and-sleep/healthy-weight/popular-diets-review</a>
<b>Health Navigator</b>	Information about health conditions and other resources	<a href="https://www.healthnavigator.org.nz/">https://www.healthnavigator.org.nz/</a>
<b>Heart Foundation of New Zealand</b>	Blood pressure, cholesterol, healthy eating, recipes	<a href="https://www.heartfoundation.org.nz/">https://www.heartfoundation.org.nz/</a>
<b>Health Promotion Agency</b>	Health education resources	<a href="https://www.hpa.org.nz/">https://www.hpa.org.nz/</a>
<b>Diabetes New Zealand</b>	Diabetes	<a href="https://www.diabetes.org.nz/">https://www.diabetes.org.nz/</a>
<b>Arthritis New Zealand</b>	Arthritis	<a href="https://www.arthritis.org.nz/">https://www.arthritis.org.nz/</a>
<b>NZ Nutrition Foundation</b>	Healthy eating	<a href="https://nutritionfoundation.org.nz/">https://nutritionfoundation.org.nz/</a>
<b>Depression New Zealand</b>	Mental health	<a href="https://depression.org.nz/">https://depression.org.nz/</a>
<b>Healthy Food Guide</b>	Healthy eating, recipes	<a href="https://www.healthyfood.co.nz/">https://www.healthyfood.co.nz/</a>
<b>Mental Health Foundation</b>	Mental health	<a href="https://www.mentalhealth.org.nz/">https://www.mentalhealth.org.nz/</a>
<b>Stroke Foundation</b>	Stroke, blood pressure	<a href="https://www.stroke.org.nz/">https://www.stroke.org.nz/</a>
<b>Quitline</b>	Smoking cessation support	<a href="https://quit.org.nz/">https://quit.org.nz/</a>
<b>Healthy Kids</b>	Healthy eating, recipes, moving as a family	<a href="https://www.healthykids.org.nz/">https://www.healthykids.org.nz/</a>
<b>5+ A Day</b>	Healthy eating, recipes	<a href="http://www.5aday.co.nz/">http://www.5aday.co.nz/</a>
<b>Regional Public Health</b>	Fruit and Vegetable Co-operatives for low cost fruit and vege	<a href="http://www.rph.org.nz/public-health-topics/nutrition/fruit-and-vege-co-ops/">http://www.rph.org.nz/public-health-topics/nutrition/fruit-and-vege-co-ops/</a>
<b>Vegetables</b>	Recipes, what's in season	<a href="https://www.vegetables.co.nz/">https://www.vegetables.co.nz/</a>

To get in touch with the  
Healthy Lifestyles team,  
contact us at Sport Wellington.

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 Sport Wellington Green Prescription

 Sport Wellington

 @SportWgtn

