



MORE
PEOPLE
MORE
ACTIVE
MORE
OFTEN

www.sportcanterbury.org.nz



Benefits of Physical Activity and the Green Prescription service



What is Physical Activity?

Physical Activity is defined as any bodily movement produced by skeletal muscles that requires energy expenditure.

Examples of physical activity include:



How much Physical Activity?

Government Guidelines:

- 150 minutes a week of moderate intensity activity
- Snacktivity



What are the different types of Physical Activity?

1) Cardiovascular/Aerobic Activity “Huff and Puff”

- Benefits: Healthy lungs, strong heart, increased energy.
- Prevents a huge range of illnesses such as cancer, heart disease, diabetes, depression.
- Types: walking, swimming, cycling, vacuuming, dancing



What are the different types of Physical Activity?

2) Strength/Resistance Activity

- Benefits: Increase bone strength & density.
- Decrease risk or effects of osteoporosis, increase muscle strength, increase stability & balance
- Types: Gardening, putting out rubbish, hand/machine weights, Tai Chi.



What are the different types of Physical Activity?

3) Incidental Activity

- Take every opportunity to be as active as possible.
- Guidelines are 30 minutes a day but these can be accumulated - For example; 5min, 10min, 15min bouts of activity throughout the day
- Benefits: Taking the stairs instead of the lift, gardening, walking, exercises while watching TV.



Benefits of Physical Activity

- Physical
- Social
- Psychological



Interactive Task

What is Green Prescription?



“A Green prescription (GRx) is a health professional’s written advice to a patient to be physically active, as part of the patients health management”

Ministry of Health website

The logo for Green Prescription, featuring the text "Rongoā Kākāriki" in a black, sans-serif font above the word "GREEN" in a large, bold, green, sans-serif font, and the word "PRESCRIPTION" in a smaller, green, sans-serif font below it.

Rongoā Kākāriki
GREEN
PRESCRIPTION

Who can be referred

- 18+
- Inactive
- Medically Stable
- Wanting to increase their level of activity



GRx current delivery

Initial Consultation

Phone or Face to Face clinic



Activity Plan

Matched to individual needs



On going Reviews

Check progress and adjust activity plan

Green Prescription in Christchurch **has** **10 different Initial consult locations**



- **Bishopdale YMCA**
- **Piki Te Ora - Linwood**
- **St Albans Community Centre – St Albans**
- **Shoreline Fitness Centre – New Brighton**
- **Hornby Heartlands**
- **Pioneer Recreation Centre**
- **Burwood Hospital EDI clinic**
- **Lincoln Events Centre**
- **Rolleston Recreation Centre**
- **Sport Canterbury Office**

Be Active Programmes

- A taster of 8 different types of activities over 8 weeks
- Discussions regarding health and wellbeing
- Support from group and staff



Have a Go Programme

8 each term

Further opportunities to try community based activities

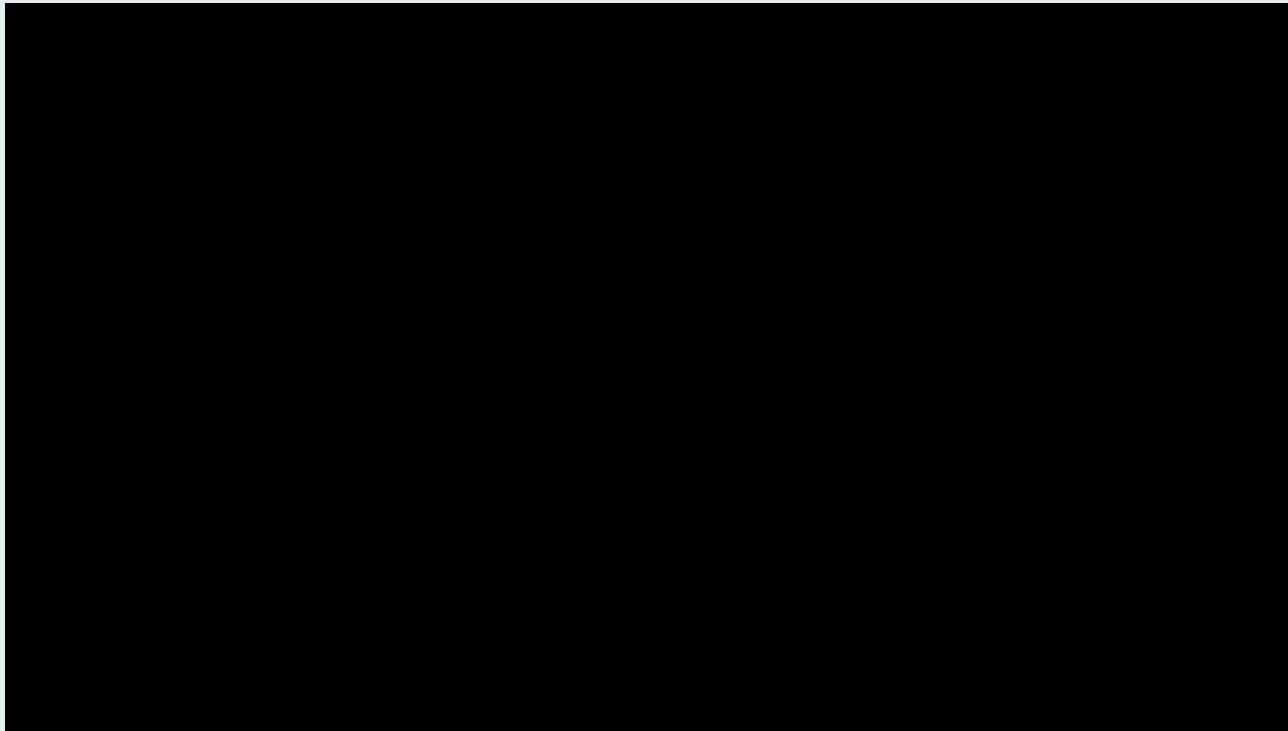


Events

- Run to Remember
- City 2 Surf



Green Prescription - Snapshot



Any questions?

Dave Jeffrey

Follow us on facebook @ [Green Prescription Christchurch](#)

Find out more about [Sport Canterbury](#)

03 373 5042

dave.jeffrey@sportcanterbury.org.nz