

# Green Prescription Wellness Update

Inspiring small achievable changes to create a better quality of life

Autumn edition  
Volume 1, Issue 2

## Tēnā Koutou Katoa,

Welcome to Autumn, a season some of us have been waiting to arrive, after all the hot summer days and nights we have been experiencing. The Green Prescription team have been busy planning new programmes to deliver to the community and finding ways to give our members the self managing tools to continue on their journey of health.

This wellness update includes information on a new programme Green Prescription is facilitating called Aqua Mobility. It has been identified there are a large amount of people in our community with mobility complications due to many health conditions or injuries. Aqua Mobility is how we can give back those experiencing mobility issues and educate how to live pain free and have a improved quality of life. Nicola Rae, one of Green Prescriptions Healthy Lifestyle Facilitators, has a passion for arthritis and helping individuals regain mobility. Nicola is the programme superstar who will be telling you more about Aqua Mobility in this issue.

The Green Prescription team would like to thank Miki D's gym in Nelson for continuing to support our members with a affordable membership rate with great benefits. \$7 per week, 4 weeks minimum contract, 24/7 access, free group classes and a free introductory session with a personal trainer. There's no better deal in Nelson and we want to thank Miki for showing up for the community. We appreciate you!

Lastly, we hope our members and community are making the most of the beautiful long days as early April we will start to feel the days becoming shorter in preparation for winter. Green Prescription is here to help you with motivation through the colder months, so please contact us if you are needing some support.

Ngā mihi nui,  
The Green Prescription team



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## Introductions

### Meet the newest Healthy Lifestyle Facilitator



Ollie Martin

### Health Coach and Healthy Lifestyle Facilitator



Debbie Sumner

#### If I could only eat one meal for the rest of my life, it would be..

Oven roasted ham that falls apart, roasted veggies and a garlic and cheese mash potato with gravy over top.

#### If I could visit any country in the world it would be..

If I could visit any country in the world, it would be back to England to see my family and to see where I grew up when I was younger.

#### Why did you choose a career in community health:

I decided to work in community health because it's a chance to give back to the community I grew up in and to give people the tools to lead a long healthy life.

#### Favourite animal..

Favourite animal is a dog: golden retriever as they are big and fluffy.

Kia Ora, my name is Debbie Sumner.

For the last three years I have been working at Nelson Bays Primary Health as a Healthy Lifestyle Facilitator for the Green Prescription team.

I have really enjoyed working amongst the community and supporting people with their lifestyle goals. Recently I had the opportunity to further my skills to work out of general practices as a Health Coach. So at the end of December, I started working out of the Stoke Medical Centre two days per week. I have really enjoyed this role, not only I get to see people face to face in general practice, however I can still get out in the community and go to them!

I am still part of the Green Prescription team, so I consider myself to be a lucky girl to be able to do both roles.

Another passion of mine is practicing and teaching yoga. This is not only beneficial to my physical well-being but also for my mental wellness. I love to share the benefits to others and I teach regular classes in the community.

## 5 self-care hacks as we approach autumn

Autumn is a season of change, letting go of the busy Summer vibes and starting to slow things down a bit as the days become shorter.

### Why do we need to look after our self-care?

Stress is a natural part of our lives as it can motivate us, help us to get things done. However, when things get a bit too much, we can easily start to feel overwhelmed. It's important to notice when stressors are starting to build up and it is so important to look after ourselves. Below are just some ways to nourish your well-being especially as the seasons start to change.

**1. Take notice:** Notice the changing colors and falling leaves. Nature is so beautiful this time of year. Often, we become too busy with our daily lives to notice. Walking is a great way to get in your physical activity. Grab a friend a head down to closest park and notice the changes in seasons together.

**2. Unplug:** Take some time to unplug from social media. It can be time-consuming and before you know it you just start to endlessly scroll through your news feed. Social media can have its time and place; however, it can be super addictive! What can you do instead of grabbing your device?

**3. Be grateful:** By focusing on what is good in our lives and being thankful for what we have. It is a recognition of value independent of monetary worth. Spontaneously generated from within, it is an affirmation of goodness and warmth. How does practicing gratitude help us? Being grateful can help us to be more present, worry less about little things, relish and appreciate good experiences, cultivate a better connection to ourselves, living our life from what we value and what's important to us. Finally, being more grateful can help us build better, more meaningful relationships.

**4. Nutrition for autumn:** Eat fiber filled vegetables. Some ideas include hearty soups. Adding any greens, beans, lentils, whole grains along with some protein such as chicken or tofu. Vegetables that are in season this time of the year include pumpkin, broccoli, cabbages, carrots, cauliflower, leeks, kumara, spinach, silver beet and mushrooms to name a few.

**5. Value the importance of sleep:** From the Health Navigator website - Just over half of Kiwis say they never wake up feeling refreshed, while 25% report having ongoing sleep problems. Most adults need 7–8 hours of sleep each night and not having enough sleep can affect how you perform during the day and your personal safety. Poor sleep often can lead to us feeling unmotivated, feeling more fatigued and often we may crave foods with more salt, sugar and fat.



# STOP SMOKING SERVICE

NELSON MARLBOROUGH  
Te Ohu Aukati Kaipaipa i Te Tau Ihu



## How we support individuals, whānau and communities to become smokefree:

One-on-one support with your own quit coach • Home visits, workplace support and community clinics • Nicotine replacement therapy

Information about other quit-smoking products and services • A complementary approach to Quitline's 24/7 support

### Stop Smoking Service



This free programme is available to anyone in the Nelson Marlborough region who smokes. We know that quitting is hard – this service is designed to give you the best chance of quitting and staying smokefree.

### Te Hā – Kaupapa Māori Programme



Te Piki Oranga's free stop-smoking service is available to anyone in the Te Taihū region. Te Hā means 'the breath' and relates to the tikanga of the hongi where te hā (the breath of life) is exchanged between two.

### Pēpi First – for Hapū Whānau



Being smokefree is the best thing for you and your pēpi. Pēpi First is designed especially for hapū māmā and whānau, with vouchers to reward your progress towards being smokefree.

### Vape to Quit & Vapefree Support



Vaping is not for non-smokers, but it has the potential to help smokers quit. As part of the Stop Smoking Service, we can support you with vaping to quit, as well as quitting vaping.

## How to contact the service

Smokers can refer themselves to the services, or ask their GP, midwife or other health practitioner to look into it for them.

The contact details are:

[smokefree@nmdhb.govt.nz](mailto:smokefree@nmdhb.govt.nz)

0800 NO SMOKE (0800 667 665)

[www.nmdhb.govt.nz/stop-smoking-services](http://www.nmdhb.govt.nz/stop-smoking-services)



# IN THE SPOTLIGHT

With Vanessa Evans



**Introducing the lovely Vanessa Evans from the Green Prescription programmes: Aqua Mobility and KickStart Pool Programme.**

**Tell us why you joined the Green Prescription Service:**

It was recommended to me by my physiotherapist. I hadn't heard about the service before but he put me onto it and thought it would be a good way to go. The very next day, I received a call from Nicola one of the Healthy Lifestyle Facilitators and then I started the 8 week Aqua Mobility programme the day after that.

**Tell us about your journey throughout the 8 week Aqua Mobility programme:**

Well, I started off in a walking frame. I had done an injury to my hip at the gym trying to be fit and healthy, trying to do all the right things. I use to be physically fit so I pushed myself too hard in the gym and hurt myself. Aqua Mobility helped me regain enough mobility that I no longer need my walking frame. That for me, spending 8 weeks in a pool program is amazing. Even the physio said he wouldn't have been able to help me this much in that amount of time.



My doctor was absolutely blown away as well. For my own wellbeing I feel a lot better. Freedom of movement, being able to climb in and out of my own bed or getting up and down from my sofa. Things like that people take for granted.

**Were there any light bulb moments in the programme and if so, tell us about them:**

I think the first real lightbulb moment was that I got through the sessions without putting any further stress on my injuries. I really felt a difference and that I had a workout. It was a full body workout and with me having a hip injury, severe fibromyalgia in my lower legs and feet and them being able to be included in exercise is an amazing thing.

**What's one aspect around nutrition that you would share with others:**

Don't deprive yourself of the things you love. Just don't over eat them, moderation is key.

**What are your plans going forward from completing the Aqua Mobility programme and then the KickStart programme:**

Well, I'm hoping there will be a more advanced aqua programme I can join and I want to keep that going. Whether its aqua jogging or aqua aerobics I know that water is the way to go. Its my happy place, the only place I can be without putting further strain on my body and with my condition it really is my only exercise option. After I first started Green Prescription I lost 8kg. For a long time, I was consistently gaining weight due to my limited mobility. Even being lighter for my joints was a wonderful thing.

**You were originally on the Aqua Mobility Programme, do you feel KickStart is a good progression from Aqua mobility?**

Yeah, it is. It brings that next level of intensity which I was ready for and I think at the end of this programme I will be ready to progress further. I've also been using my Green Prescription card outside of the programme to exercise so, that would have helped with progression.

**Ka pai for all your hard mahi Vanessa. Te pai katoa.**

- The Green Prescription Team

## Green Prescription Programme Spotlight

Feedback received from our KickStart participants over the last year:

*"Since coming to KickStart, I have lost 4kg, my blood pressure has reduced, and my mood has improved since attending"*

*"I am very grateful for this programme. It's an exciting time for me who wants to make better choices and change my ways. Thanks to the Green Prescription team"*

*"Thank you to the whole Green Prescription team for inviting me along to KickStart, it's great to learn about health and new exercises. It wasn't until my poor self care, stress and over working impacted my health so much that I had to resign, that I started to make changes. That was 2 years ago. Thank you as this is really important work that you are all doing"*

## Aqua Mobility

Rongoā Kākāriki  
**GREEN**  
PRESCRIPTION

Aqua Mobility is a new aqua programme offered by Green Prescription. Aqua Mobility is an 8 week programme to assist individuals to increase their mobility. Research shows reduced mobility increases an individual fall risk. Those aged over 65 years, and those younger with chronic conditions, have a higher risk of falls. Aqua Mobility is low impact, small group class environment where the Green Prescription Facilitators are in the pool working with participants. The class has been assisting participants to increase their mobility with a range of conditions, osteoarthritis, fibromyalgia, polio, fractured ankle, knee replacements.

The class is held in the lovely warm hydrotherapy pool, which helps with pain. There is also an opportunity after the session for participants to relax in the spa and have a chat with other participants. Aqua Mobility is assisting participants to gain confidence and stay active.

Feel free to contact a Healthy Lifestyle Facilitator from the Green Prescription team. For enquires and registration, please get in touch with us.

Email: [grx@nbph.org.nz](mailto:grx@nbph.org.nz)

Phone: 035437811



## Top 10 Reasons to Stay Active:

(NZ Ministry of Health)

1. You'll be in better overall health
2. You'll have more energy
3. You'll have better posture and balance
4. You'll have stronger muscles and bones
5. Improves mental health and food choices
6. It raises your self-esteem
7. It helps you manage your weight
8. It improves your fitness/heart health
9. Improves your sleep
10. You'll feel more relaxed, and less stressed!

## How Much Activity is Recommended?

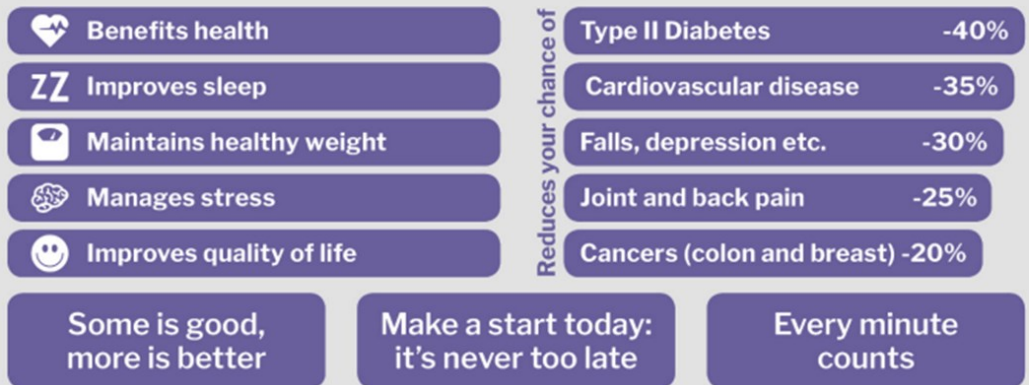
- Adults

Do 30 minutes of moderate physical activity on 5 days or more per week.

Moderate intensity is slight, but noticeable, increase in breath and heart rate. You can still carry on a conversation.

# Lets talk movement...

## Physical activity for adults and older adults



## Be active

at least  
**150**  
minutes  
moderate intensity  
per week  
increased breathing  
able to talk

OR  
or a combination of both

at least  
**75**  
minutes  
vigorous intensity  
per week  
breathing fast  
difficulty talking



to keep muscles, bones and joints strong

# Build strength

on at least  
**2**  
days a  
week



## Minimise sedentary time

Break up periods of inactivity



Carry heavy bags



For older adults, to reduce the chance of frailty and falls  
**Improve balance**  
2 days a week

UK Chief Medical Officers' Physical Activity Guidelines 2019

# ROASTED STUFFED SWEET POTATOES



SERVES  
4



PREP  
5



COOK  
1 hr

## INGREDIENTS

4 medium sweet potatoes  
1 x 400g tin diced tomato  
1 x 400g tin cannellini beans,  
drained  
1 red onion, diced  
1 head broccoli, chopped  
2 tbsp grated parmesan, optional  
1 1/2 tbsp olive oil  
salt & pepper

*Dress up simple roasted sweet potatoes with a rich tomato bean stew.*

1. Preheat the oven to 200°C. Line an oven tray with baking paper.
2. Place sweet potatoes on prepared tray and prick all over with a fork. Drizzle with 1 tsp olive oil and use your hands to evenly coat the potatoes. Sprinkle with a pinch of salt.
3. Bake sweet potatoes approximately 1 hour, or until golden on the outside and very soft on the inside. Prepare tomato topping while potatoes roast.
4. Place a large saucepan over medium heat, add onion and remaining olive oil. Cook onions 3 – 4 minutes until starting to soften. Add tomatoes, beans and broccoli to pan. Reduce heat and gently simmer 10-15 minutes until thickened. Season with salt and pepper.
5. To serve, place sweet potatoes onto plates and split lengthwise. Spoon over tomato stew, and sprinkle with parmesan if using.

## TIPS

- Replace broccoli with cauliflower, kale, or zucchini. Use any tinned beans you have in the pantry in place of cannellini.
- Add a teaspoon dried Italian herbs, paprika, or cumin, to the tomato stew.





# SHAKSHUKA



SERVES  
4



PREP  
5



COOK  
25

## INGREDIENTS

2 x 400g tins diced tomato  
1 red onion, thinly sliced  
4 large kale leaves, stems removed  
1 x 400g tin cannellini beans, drained  
4 eggs  
2 cups cooked brown rice  
2 tbsp grated parmesan, optional  
1 tbsp olive oil  
salt & pepper

*This one pan dish makes for a hearty meal, any time of day.*

1. Drizzle olive oil into a large skillet over medium heat. Add onion and cook 5 – 7 mins until onion just starts to soften and take on colour.
2. Add tomatoes and beans to onion and stir to combine. Reduce heat to low and simmer 10 – 15 minutes until thickened. Thinly slice kale leaves.
3. Increase heat to medium-low and add kale to skillet with tomato mixture. Stir for a minute or two until kale is wilted. Season sauce to taste with salt and pepper.
4. Make four indentations in the tomato mixture with a spoon. Carefully crack an egg into each cavity. Cover pan and cook 6-8 minutes, or until eggs are cooked to your liking.
5. Divide rice onto four plates. Spoon tomato sauce and eggs over rice, sprinkle with Parmesan, if using.

## TIPS

- Swap wholegrain bread for the rice. Use any tinned beans you have in the pantry in place of cannellini. Kale can be replaced with baby spinach, silver beet, or other leafy greens. Use silken tofu instead of eggs for a vegan dish.
- Add a teaspoon of Italian herbs to the pan with the tomatoes, or turn up the heat with a good pinch of smoked paprika.

