

The Eagles soar to success

Ellie was a self referral to the Glenfield group. Over the six months Elle and her family were on the Active Families programme, they have made many diet and lifestyles changes. Both Andrea (Mum) and her husband, Mark, have noticed a great improvement in Ellie's general attitude to being healthy and active. Here is their story.

Written by Andrea Eagles

Ellie came to be involved in active families through a friend. I would have to say it hasn't been easy, there have been times when really I would rather have just given it all a miss, but Ellie really wanted to be involved and even when she wasn't well, she still wanted to go. Active Families has helped all of us, but has really made a huge difference to Ellie. I have seen her grow in confidence in her physical ability, become more aware of what she eats. Ellie has also started to think about what she eats in relation to how much exercise she should do. Ellie puts 100% into the activity sessions and sometimes you can see she really wants to quit, but with encouragement from family and the Active Families team she keeps going.

During our time on Active Families we have seen increases in her fitness, flexibility, confidence and enjoyment in exercising. As a family we have also taken on two circular delivery runs, which we do together twice a week, we think it's really cool that someone is willing to pay us for exercising!

Our eating habits at home have changed; we have reduced the number of take away meals we eat, trying to keep it to just one meal a week. Of course there are weeks we haven't been so good, but we get back into the swing of things again. We have increased the variety of foods we put in lunch boxes. Ellie has started to eat a wider variety of food, she now eats yoghurt, grapes and the odd banana, we have also discovered corn thins which have become a family favourite. Also to the family's horror we have changed to Edam cheese and only get tasty once in a while.

Liz gets set to help families

The AF team is very pleased to welcome Liz Golding our new Mainstream Family Support Person. Liz has been part of the Harbour Sport family for over 2 years now working in Green Prescription.

Liz is also a registered personal trainer and enjoys helping others get motivated and active. With all this experience and passion Liz brings she will truly be an asset to the Active Families team and our Mainstream Families.



Harbour Sports major partners are:

New Zealand Government



Lunch Box ideas

Coming up with good healthy lunch box ideas can be a challenge at times. Especially when the kids are pretty much sick of, or refuse to eat almost everything you put in their lunch box.

Try some of these ideas and let us know if the lunch boxes come home empty.

- Plain popcorn
- Homemade pikelets or scones are a great snack easy to make ahead of time, they're filling and don't require any extra toppings.
- Ambrosia – cut up fresh or canned fruit pieces and mix it all in with plain or low fat fruit yoghurt (also good as a dessert)
- Assortment of dried fruit and nuts
- Fruit or vegetable kebabs – good easy way of getting the kids to eat a variety of fruit and veggies. Add a cube of ham or cheese to get some dairy and protein in. Trust me these always get eaten!!
- Mixing the bread up! – try using wraps, buns or long rolls instead of the same old bread slices.
- Cheese triangles – good source of dairy
- Homemade Jellies with fruit – also helps to keep the lunch box cool
- Slices of fruit loaf

The key is making it all look colourful and exciting. When making sandwiches try using cookie cutters and cutting them up into fun interesting shapes. Get the kids involved and excited about making their lunch, that way they will be able to tell everyone they made the cool things in their lunch box.



New addition to Active Families

Lachlan McKenna was born on December 27 weighing in at a big 10 pounds.

Lachlan looks much like his older brother Finn. Mum Erin is doing fantastically well and is enjoying spending time with her two handsome boys.

CONGRATULATIONS to both Erin and Paul McKenna.

Maree Wright has taken over as Active Families Advisor while Erin is on maternity leave.



Activity session venues and times

Hibiscus Coast	East Coast bays	Glenfield	Pacific Active Families
Hibiscus Coast Youth Centre Tuesday 4pm – 5pm	Murray's Bay Primary Wednesday 4.30pm – 5.30pm	Bayview Primary Friday 4.45pm – 6pm	Hato Petera College Friday 4.45pm – 6pm

*all activity sessions are held only during school terms.

Welcome!

A new year... a new outlook, the start of a new year tends to bring on new goals. Your Patients may be looking at making positive changes to their health and wellbeing this year. **Increasing their physical activity** will allow them to put more oomph back into their lives and a spring back into their step.

The Harbour Sport Green Prescription Team is ready to provide GRx clients with advice support and motivation to help them achieve their physical activity goals and make a positive change to their health and wellbeing.

Samuel's success Story

At 42 years of age Samuel found that his health had started to deteriorate. After a visit to his GP he discovered that his cholesterol and blood pressure levels were dangerously high. Samuel knew that it was time to do something about his health but was not quite sure what....



Samuel had heard through friends about the Green Prescription Programme that was being run by Harbour Sport. They all raved about it and said that it was instrumental in getting them all started and on the right track to becoming independently active. With this in mind, Samuel went back to the doctor and got himself enrolled on the GRx Programme.

Samuel expressed a desire to "try" out a gym in his area, so was directed to North Shore Leisure Glenfield. One "try" and he was hooked! He became a fully fledged member and now attends 7 days per week doing not only water walking but also using the weights and cardio equipment, the spa and the sauna.

Congratulations Samuel, from the Green Prescription Team, what an awesome effort!

Have a go at Nordic walking in Northcote and Beach Haven

The Green Prescription community groups have started again for 2010. We are very excited to have Nordic Walking on offer for those attending the community groups. There will be a Nordic Walking 'Have a Go' session at both Northcote community group (30th March) and Beach Haven community group (1st April).

Congratulations to all the graduates for making regular physical activity part of their lifestyle!

Beach Haven graduates

November 2009; Paula Benett, Emily Hepi, Anne Mutu, Leanne Goodger, Tania Swan, Helen Lagrange, Sharon Stamper, Christine Arter and Andrew Campbell.

Northcote graduates

November 2009; Tania Harland, Berry Knurves, Dale Horn, Jungho Hong and Jo Harris.
February 2010; Rosemary Pike, Dianne Murdoch, Terista Suarez, Nigel & Brenda De Jongh, Merle Shephard, Tala Saadlla, Kim Garizio and Joseph De Smidt.

Northcote group meets every Tuesday (term time)
10am-11.30am at the Takapuna Cricket Club.

Beach Haven group meets every Thursday (term time)
10am-11.30am at the Beach Haven Rate Payers Hall.

Parakai Pools Programme

The GRx Aqua Class at Parakai Pools continues to be a huge success. They meet on Wednesdays, 9am-10.30am at Aquatic Park Parakai Springs, to get their weekly dose of Aqua Aerobics. This is followed by an education session and tea/ coffee and healthy snacks.



Participants have experienced positive changes to their health and wellbeing, comments include:

- Improved flexibility – I can bend down to tie shoe laces now
- Ability to walk further now
- No longer need a walking stick
- Increased confidence since starting exercise
- Lost 14kgs since starting
- Improved flexibility and movement in joints

Helensville Community Group

Unfortunately the Helensville GRx Community group has been cancelled due to lack of attendees.

For more information please contact:

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