

Make time to be more active

Make being active a part of your day. The best way to get active and stay motivated is to find something you enjoy!

Why not try:

- **Walking** – it's convenient and cheap. Walk on your own or in a group
- **Swimming or aqua fitness** – there's lots you can do in the water
- **Dancing** – try something new and enjoyable
- **Gardening** – fresh air and fresh vegetables
- **Family fun** – join your kids for games in the park or backyard

Ask your doctor if you are unsure about how active to be or if you experience any unexplained pain, dizziness or shortage of breath during activity.



**ASK YOUR DOCTOR OR
PRACTICE NURSE ABOUT A
GREEN PRESCRIPTION**

**For more information about
activities in your area phone:**

0800 ACTIVE (22 84 83)

Supported by the Ministry of Health



www.moh.govt.nz/greenprescription

Rongoā Kākāriki
GREEN
PRESCRIPTION

Need help to get ACTIVE?



What is a Green Prescription?

Sometimes the best medicine is a dose of physical activity

A Green Prescription is written advice from your doctor or practice nurse to be ACTIVE. It's a support service that helps you to improve your health and feel better at the same time.

If you need help to get more active, speak to your doctor or practice nurse. Your doctor may refer you because you are overweight, or have a medical condition which is stable, such as type 2 diabetes, high blood pressure or depression, and you would benefit from being more active.



How a Green Prescription can help:

Being physically active has many benefits. Not only does it make you feel good, it can also help you to:

- Feel more confident, happy and relaxed
- Have more energy
- Improve cholesterol levels
- Improve blood sugar levels
- Maintain a healthy weight
- Reduce stress, feelings of anxiety and depression
- Lower blood pressure
- Improve sleeping habits
- Keep your bones strong
- Cope better with asthma and breathing problems
- Increase flexibility, mobility and reduce the pain of arthritis
- Reduce the risk of some types of cancer
- Reduce the risk of falling

How can I get a Green Prescription?

Ask your doctor or practice nurse about a Green Prescription or phone 0800 ACTIVE (22 84 83).

Once you receive your Green Prescription, a trained support person will get in touch and help you get started with a physical activity programme that's right for you.

You'll get help with planning regular physical activity to help you stay active. There's also the chance to meet and join other people in your community who are choosing to be more active just like you.

0800 ACTIVE (22 84 83)
Move more for better health

