

**Congratulations, you've been
given a Green Prescription**

What happens next?

**You will be contacted by a Green Prescription
Support Person in your area**



**Your support person will help put together
a physical activity plan that's right for you**

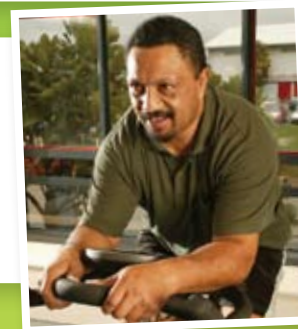


**You'll get on-going help setting goals and planning
regular physical activity to help you stay active**



**You'll get regular encouragement and support
– including newsletters and the chance to join others
in your community being active just like you!**

**We'll keep your doctor or practice
nurse updated on how you're doing**



The best part is your Green Prescription support is FREE.

**Phone 0800 ACTIVE (22 84 83) for more information
about ways to get active in your community**