Whaia te manawa ora
Strive for a healthy heart...

Kia Kamakama

He Oranga Poutama is SPARCs programme for developing healthy and active lifestyles for Maori by enhancing their enthusiasm for sport, active leisure and improving wellbeing. He Oranga Poutama has established a national network of kaiwhakahaere throughout the country. The primary role of kawhakahaere is to assist and facilitate physical activity initiatives out in the regions. Phone 0800 ACTIVE (228 483) and ask for your local He Oranga Poutama Kaiwhakahaere.

Contact Te Hotu Manawa Maori for free resources to help you on your way to living an active life.

TE HOTU MANAWA MAORI
Kai Totika me Whakaparan: Simon Tawhia
Level 2
9 Attaxt Street, Ellerslie
PO Box 17 160
Greendene
Auckland
Phone (09) 571 9018
Fax (09) 571 9019
www.tehotumanawa.org.nz

Contact the National Heart Foundation for resources and information on Cardiac Rehabilitation and cardiac clubs.

CARDIAC CARE
National Heart Foundation
PO Box 17 160
Greendene
Auckland
Ph: (09) 571 9191
Fax: (09) 571 9190
www.heartfoundation.org.nz

GREEN PRESCRIPTION
Green Prescription supports the Push Play message, which is about getting our people into a more active life. For a lot of us our health is a challenge to become more physically active. A Green Prescription is one way you can increase your physical activity by providing you with personal support and ideas on how to become active. For more information visit our GP on your next visit, contact a local Maori Health Provider or Practice Nurse, or phone 0800 ACTIVE (228 483).
For Maori/Whanau at risk or living with heart disease, safety comes first:

- Starting slowly is safe for most of us. Trying to begin at too high an intensity puts sudden unwanted strain on your tinana, your heart won’t be able to keep up and complications may arise.
- Warm up before and cool down after your physical activity is very important, spend 5 minutes exercising at a slower rate before and after your session.
- Increase the length of your activity session before making the activity harder. Start with 10 mins continuous, then move up to 12 minutes, then try 15 or 20. Once you can perform 30 mins comfortably you can add more vigorous activity.
- If you have a viral infection (eg sore throat) or a temperature then rest is best, the body is already trying to cope with the infection and doesn’t need extra strain.
- Drink plenty of water during and after exercise.
- During summer when it is hot try to exercise early in the morning or later in the afternoon when it is cooler.
- Take care when it is very cold or windy. Cold weather may trigger an angina attack, wrap up warm before you start or try to exercise indoors.
- Stretching as part of your cool down helps to avoid pain and stiffness in joints and muscles.

**Time to Get Moving… What activity? How Much? How Hard?**

Many people have questions around what type of physical activity is best to do and what intensity to go at. Take a look at how these people used physical activity to get started.

- **Rapare**
  - Walk 20 mins then straight into housework.
  - To keep your activity at a safe intensity level try using the ‘talk test’…if you cannot talk during your activity you may be pushing it too much, slow down until you can talk but are just a little breathless.

- **Ramere**
  - Harakeke class
  - Enjoy light physical activity as relaxation or ‘time out’

- **Rahoroi**
  - Aerobics class, I just wanted to see what all the fuss was about and ended up liking it!
  - If battling with boredom try a new activity

- **Ratapu**
  - A special day for me and my mokos we play Mahi a Rehia like ‘hei tama tu tama’
  - Get active through culture!

- **Rahina**
  - 6.30am
  - I get up and walk around the block or to the park if the weather is nice. It starts with 15 mins stretching at the start.
  - Work up to 30 mins, start off with 10-15, once you are able to do this increase the length until you can manage 30 mins in one go

- **Rahina**
  - 6.00pm
  - My wife and I walk together 30 mins we start slow building up to a brisk walk, then slow it down on the way home.

- **Ratu**
  - 6.00pm
  - My wife and I walk together 30 mins we start slow building up to a brisk walk, then slow it down on the way home.

- **Raapa**
  - 5pm
  - I am kaumatua for my sons kapahaka group and help out with their practices, it is usually light physical activity but sometimes I’m there for up to 2 hrs!
  - You can enjoy longer bouts of light physical activity

- **Rapare**
  - I park my car further from work every now and then to fit in a few more minutes of exercise. You need to walk from work back home during the day!
  - Build physical activity into your daily routine

- **Ramere**
  - Walk with kids morning and afternoon, always there and weak
  - Enjoy walking with this group of Whanau leading to ‘arduous exercise in the future.

- **Rahoroi**
  - If weather permits I’m in the garden, otherwise we are out grocery shopping

- **Ratapu**
  - Golf, I used to struggle round the course but now I’m up the front!”

I was always active right up to my 30’s playing netball, not anymore though I’m 55 now I have angina and there is a history of it in my whanau. I look after my moko at home they’re 6 & 8, I needed to get active for them. So I started by walking them to and from their bus stop to school and have just added more on as time went by!

- **Rahina**
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- **Ratu**
  - Walk 20 mins and stretch

- **Raapa**
  - Walk 10 mins

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