

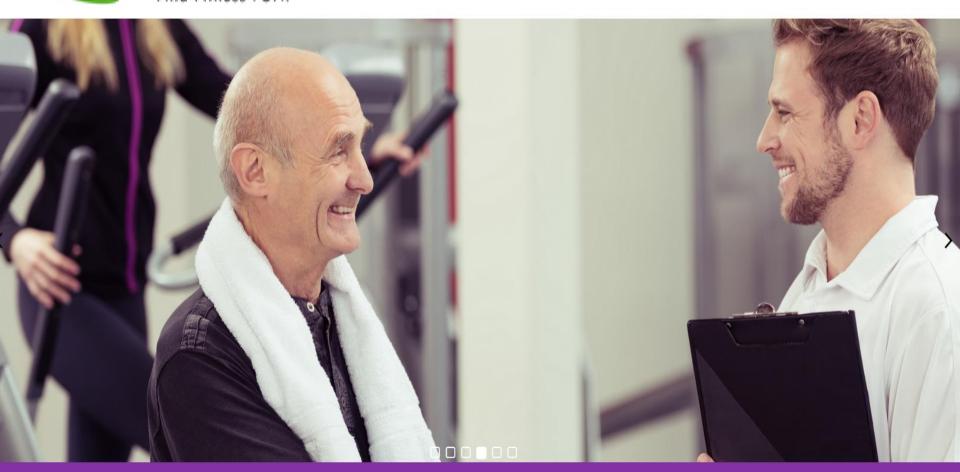
Barriers to exercise initiation and compliance

- Lack of self-confidence
- Lack of motivation
- Lack of support
- Lack of knowledge
- Lack of energy
- Lack of 'success' in the past





CONTACT US



QUICK SEARCH BUDDY:

LOCATION

GOALS

QUICK SEARCH PROFESSIONAL:

LOCATION

PROFESSION

SEARCH BUDDIES

SEARCH PROFESSIONAL

Inter-professional collaboration

- The role of the practice nurse and GP in providing exercise and nutrition advice and support.
 - Limited capacity to support individual patients.
 - Green Prescription.
 - Referral to suitable health and fitness professionals / programmes.
- How to find a suitable health / fitness practitioner.



ABOUT FIND A BUDDY

FIND A PROFESSIONAL

CLUBS EVENTS OUR PARTNERS CONTACT US



FIND A PROFESSIONAL

Location	Services		Speciality		
Hawke's Bay ▼	Group activities / classes	•	Weight loss ▼		
Fitness buddy friendly services	Profession		Any Weight loss Maori / Pacific Island health	Club Sport	
Any ▼	Personal Trainer	•	Over 50s	Any	•
User Name			Children / teens Maternity / pre- and post-natal Ladies only Chronic disease Heart disease Cancer		Search Professional
			Diabetes Osteoarthritis Rheumatoid arthritis Osteoporosis Chronic pain High performance athletes Injury rehabilitation	Search Profes	

Practice nurse survey

- The practices utilised Green Prescription.
- Practice nurses were interested in more professional development in the area of exercise and nutrition.
- Most would be keen to have closer links with fitness and health professionals.
- Most liked the idea of an online register for fitness and health professionals.
- Interested in seminars / meetings with local fitness professionals.
 THE EXPERIENCE YOU NEED

& THE SUPPORT TO SUC





Thank you

Heart Foundation





