

**Fit 4 Life is a 10-week programme that offers an introduction to fitness and food. Delivered by Sport Southland as part of its Green Prescription services, and supported by ACC, participant feedback has been overwhelmingly positive as people look to lead healthier lifestyles.**

Jude Freeman, a former participant, can list the benefits of Sport Southland's Fit 4 Life programme with ease.

A supportive group environment, practical and useful information about nutrition and the chance to take part in a wide variety of physical activities all top her list.

Fit 4 Life is a 10-week programme, supported by ACC and run by Sport Southland, offering participants an introduction to fitness and food. Each week programme participants take part in a different activity and learn something new about nutrition and healthy eating.

Says Jude: "The key motivator for me to join Fit 4 Life was to learn about food, to be more aware of portion sizes and about the types of food that lead to a healthier lifestyle."

"It also provided a really good chance to take part in different activities, things like badminton or Zumba that I probably wouldn't turn up to by myself. There was something for everyone."

Sport Southland Active Lifestyles Advisor Ann Robbie said Fit 4 Life was designed specifically for those who didn't know where to start with fitness or food.



**Sport Southland Active Lifestyles Advisors  
Ann Robbie and Kate McCartney**

Over the 10 weeks, participants take part in up to nine different activities; all of which offer options for participants to continue with that activity at the completion of the programme. Each session also includes a nutrition component, with topics including label reading, serving sizes and adapting recipes.

Feedback from programme participants was overwhelmingly positive, Ann said.

"A huge number of participants opt to carry on with one or more of the activities we try during the programme, whether it be taking part in Sport Southland's weekly aqua jogging classes, or joining a table tennis or badminton club," she said.

"The whole idea of the programme is that what we are teaching people is sustainable – that they can take what they learn from the programme both in terms of nutrition and physical activity and build healthy habits into their lifestyle and daily routines. It's not about being fit or focussed for 10 weeks – it's about being fit for life."

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The programme offers evening and morning sessions, so that it caters to a wider range of people.

One of the key components that made the programme enjoyable for Jude was the supportive group environment.

"I really enjoyed the fact that there was routine every Tuesday night. Meeting new people and having a few laughs, that's what made it enjoyable. I just thought it was a really good, positive programme that offered a lot of learnings."

To learn more about Fit 4 Life see [www.sportsouthland.co.nz](http://www.sportsouthland.co.nz)

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