



Kia Ora and Welcome to Lifestyle for Life

Lifestyle for Life is delivered by Sport Wanganui as part of their Green Prescription services and is designed for those who want or need to improve their health and wellbeing through physical activity and healthy eating.

Lifestyle for Life is a free eight week programme where clients are introduced to new ideas and a fresh way of looking at things. Each session consists of 30 minutes of information and education and 30 minutes of physical activity. The programme is held in a relaxed environment and covers the basic ideas of nutrition, healthy eating and physical activity. The educational workshops are presented by health and fitness professionals including dietitians, nutritionists, a diabetes nurse and fitness instructors. These people offer a wealth of knowledge and support for the participants during the programme.

The topics covered in the eight weeks range from the benefits of physical activity, diabetes, takeaways and eating out, goal setting, label reading, understanding fats, sugars, salts, to adapting recipes. Often there are obstacles or barriers to exercise and healthy eating. This is when support is given for the times the obstacles or 'roadblocks' appear, and the group works out a strategy to deal with them together.

The physical activities organised by the co-ordinators are designed to have fun and at the same time challenge the participants. Aqua aerobics, low impact aerobics, outdoor walks, basic bootcamp, gym circuit classes are encouraged as part of the weekly activity commitment.

One of the more favourite sessions is our motivational speaker where someone who has previously been on the Lifestyle for Life programme and has had great

success with their health changes comes to talk about their personal achievements. This can be a huge incentive for those currently on the programme and the group interaction is great especially when question time starts. Participants find it incredibly motivational to hear from the people who have experienced all the highs and lows, barriers and successes of changing a lifestyle that has been a habit for years.

Tasks are given each week to encourage the client to focus on taking baby steps towards a healthier fitter body. They are encouraged to re-read their goals regularly and if necessary, they are helped to get right back on track as quickly as possible. The key to success is their determination to make changes in their life towards better health in a supportive group setting.

Comments from clients who have participated in the programme: *"Plenty of information and motivation. I enjoyed the eight weeks immensely"* Janet. *"I have learnt a lot about diabetes and nutrition"* Melanie. *"Exercise sessions were good, speakers excellent, I am now committed to regular exercise"* Joham. *"You have shown me there is a better way to live by eating properly and exercising regularly"* Melanie. 📍

Our Lifestyle for Life motto:

'This is your day. Make it the start of a fresh change.'

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