


## Otaguhu Green Prescription Wellness & Activity programme

Delivered at Otaguhu Library – 28 Mason Avenue, Otaguhu

TERM 1 2020

Monday 9.30am – 10.30am

February – April

Monday 10 <sup>th</sup> Feb at 9.30am	Monday 17 <sup>th</sup> Feb at 9.30am	Monday 24 <sup>th</sup> Feb at 9.30am	Monday 2 <sup>nd</sup> March at 9.30am	Monday 9 <sup>th</sup> March at 9.30am	Monday 16 <sup>th</sup> March at 9.30am	Monday 23 <sup>rd</sup> March at 9.30am	Monday 30 <sup>th</sup> March at 9.30am	Monday 6 <sup>th</sup> April at 9.30am
<p><b>Goal Setting</b></p> <p>Kick start the term by setting exercise, nutrition and overall health goals to achieve. Explain weekly health challenge</p>	<p><b>Heart to Heart</b></p> <p>Interactive session focused on healthy eating for a healthy heart</p> <p>Presenter: Nicky (Heart Foundation)</p>	<p><b>Food Label Reading</b></p> <p>Learn how to de-code food labels and find out which products are best to buy</p> <p><b>**FREE Blood Pressure screening van here today</b></p>	<p><b>Tai Chi for Arthritis</b></p> <p>Introduction to basic functional movements of Tai Chi to improve wellbeing, strength and mobility that support everyday living</p>	<p><b>Hidden Sugars</b></p> <p>Look out for those hidden sugars in what we drink and eat</p> <p>Tips to cut back on sugar</p>	<p><b>Debunking Food Trends</b></p> <p>A look into the pros &amp; cons of popular diets, busting nutrition myths &amp; supplement use</p> <p>Presenter: Reishma (Dietitian)</p> <p><b>**FREE Diabetes screening van here today</b></p>	<p><b>Living Well with Diabetes</b></p> <p>Learn about healthy lifestyles, managing complications and self-management of diabetes</p> <p>Presenter: Auckland PHO</p>	<p><b>Home based exercises</b></p> <p>Develop a home based exercise routine using just your bodyweight</p> <p>All ages and fitness levels welcome.</p> <p>Bring - Workout gear, Water, Towel</p>	<p><b>Health Quiz Review &amp; Graduation</b></p> <p>Let's see how much we retained from all the great sessions this term with a health quiz</p>  <p>Bring a plate of food to share</p>

**Join our (free) Green Prescription Walking Group every Tuesday at 9am. Meet Dennis outside the Otaguhu Library by 9am!**

**... Or join our Monday morning AquaFit class (just \$1) at Otaguhu Pool & Leisure from 8.15am - 9am**

**Healthy Lifestyle Advisor: Gloria Toiaivao. Contact (09) 623 7952. Email: gloria@sportauckland.co.nz**