

Inspiring our communities to live healthy and active lives



Green Prescription

Green Prescription (GRx) is a referral based health and wellness programme for adults 18 years and over. It is best suited for adults who would like support and motivation to get active and improve their lifestyle. It is delivered through group sessions in various communities in Auckland and Counties-Manukau.

What can you expect ?

- Initial one-on-one consultation with a Healthy Lifestyle Advisor
- Weekly group sessions involving physical activity and lifestyle education
- Group workshops by a Registered Dietitian
- Group workshops by various health agencies
- Phone support
- Graduation at the end of 12 weeks
- A healthier and more active lifestyle!

Rongoā Kākāriki
GREEN
PRESCRIPTION

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81% of participants feel more confident about doing physical activity

76% of participants have made changes to their diet since receiving a Green Prescription.

90% of participants were satisfied with the overall service and support provided.

90% of graduates would recommend the service to others

Sport Auckland GRx Patient and Graduate Survey 2015

Criteria

- 18 years and over
- Ready to make changes to their lifestyle.
- Have a stable medical condition that could benefit from regular physical activity.
- Are at risk of developing a medical condition due to a sedentary lifestyle

To get started or to find out more, ask your GP for a referral or contact Sport Auckland at;

www.sportauckland.co.nz (09) 623 7900 | EDI: sportakl