

HEALTHY LIVING

EDITION #8

JULY 2016

Are you thinking about a Green Script? Green Prescription Marlborough has successfully met all of the targets for the last 12 months and has the highest client satisfaction rate in the country. For more information about how to join, or to request a Green Prescription, ask your Doctor or Nurse for a referral or visit our website.

Inside this Edition:

- Green Prescription Craft Expo
- Cauliflower Crust Pizza
- Grx Weekly Workouts
- Fun Facts on Fitness
- Pacific Programmes
- Snippets of Activity



SMOKEFREE

May 31st we celebrated world smokefree day and promoting smokefree cafes in Marlborough.

#smokefreeallday

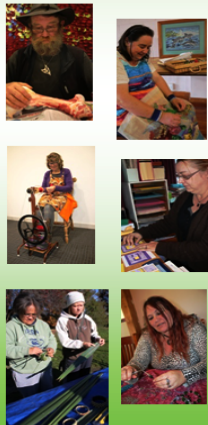
Green Prescription Craft Expo

Venue: Recreation Hall, Wairau Hospital
Date: Sunday 10th July 2016
Time: 10am – 2pm

Programme:

10am	Morning tea (Provided)
10.30am	Workshop Tracey Tapestry
11am	Workshop Craig Bone Carving
11.30am	workshop Barbara Card Making
12noon	Shared Lunch
12.30pm	Workshop Suzanne Spinning
1pm	Workshop Kaylene Jewellery Making
1.30pm	Workshop Avril & Sherry Flax Weaving

Workshops are 10 minute sessions.



Contact Deb for more information



OBESITY

Watch this space for new programmes to help families “fight the fat”.

There have been some changes to our staff since the last newsletter. We said farewell to Darlene Purdie who accepted a role with Synergy and welcomed back Victoria Greenwood-Loose to the Falls Prevention role.

We would like to thank all of our clients and referrers who continue to support our programmes to grow and who challenge our Coordinators to look outside of the box and develop something new and inviting.

If you are interested in joining our team, keep an eye out for job vacancies by visiting our website or follow us on facebook to see what we are up to.

Ph: 03 5206200 Freephone: 0800 499 430
0800 ACTIVE (0800 228 483)

For more information visit: www.marlbroughpho.org.nz or
www.facebook.com/marlbroughprimaryhealthorganisation



Marlborough Primary Health

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Grx Weekly Workouts

Taylor River Walking Group	Mondays	5pm
Meet at amphitheater.		
Sit and Be Fit	Tuesdays	10.15am
Meet at Recreational Hall at Wairau Hospital, Gate 4. Entry off Taylor Pass Rd.		
Walking / Biking Group	Wednesdays	9.30am
Meet at Henry Street bridge carpark. Dogs are welcome.		
Modified Circuit	Thursdays	10.20am
Meet at Recreational Hall at Wairau Hospital, Gate 4.		
Weekly Weigh-in Clinics	Thursdays	11.20 - 11.30am
Meet at Recreational Hall at Wairau Hospital, Gate 4.		
Walking / Tai Chi	Fridays	9.30 - 10.30am
Meet at Pollard Park. Tai Chi is from 9.30 - 9.50am.		
Community Garden Project	Fridays	3.00 - 5.00pm
Located next to NMIT on Budget Street.		
Aqua Jogging 1:1		
Ask Deb.		
Sit Knit & Be Fit	Last Friday of the month.	1-3pm
We recommend comfortable clothes and shoes and a drink bottle.		



WHAT IS VEGE-CATION?

Vege-cation is an innovative idea to engage with our Pacific community. Vege-cation is about meeting the Pacific people who live in Marlborough, and providing them with the education on how to grow nutritious kiwi vegetables in their backyards and learning to cook different recipes with the food in their backyard.

Fun facts on Fitness

For women aged 30years+, not exercising is a greater risk of heart health than being overweight or smoking...

Regular exercise reduces a women's risk of developing breast cancer by 20-30%, bowel cancer by 30-40% and Alzheimer's disease by 45%

Exercise is also protective against type 2 diabetes, high blood pressure, osteoporosis and even depression

"physical activity is a gift that you can give to yourself"

Instead of being a punishing drag, or something to dread or fear, physical activity is in fact a gift that you can give to yourself, to your body and to your health. Sure it can be tough and hard work, especially on those dark and cold wintery mornings, but moving is one way of rewarding your body and it will pay you back in dividends of good health and happiness.



Look out for our new programme **Taste & See**

Getting Active with Active Families



Active Families has been working on a garden project, learning about growing vegetables, maintaining a garden and growing seeds. Recently they visited Monkey Bay and collected driftwood along the beach and made mobiles.

Photo taken at the Marlborough Community Gardens.



Cauliflower Crust Pizza

Base:

400g cauliflower (approx. 2½ cups)
1 tsp dried oregano or mixed herbs
1/4 tsp salt
1 small egg

½ cup grated parmesan cheese
pinch black pepper
1 tsp crushed garlic

- Preheat oven to 200C and line an oven tray with baking paper.
 - Break cauliflower into florets and place in a food processor. Blitz until to a fine, crumbly texture that looks like rice. (If you don't have a food processor grate or finely chop the cauliflower).
 - Place cauliflower in a large bowl and microwave for approx. 6 minutes or place on oven tray and bake for 15 minutes until just tender.
 - Remove and transfer cauliflower into a clean tea towel. When cool enough to handle wrap in a tea towel to squeeze out as much water from cauliflower as possible.
 - Mix cauliflower, egg, parmesan cheese, garlic, herbs, salt and pepper.
 - Place on prepared baking tray and flatten into a round or square pizza base about 0.5cm thick.
 - Bake for 30-40 minutes until crust is firm and golden brown.
 - Increase oven temperature to 220C.
 - Remove base and spread with pizza sauce, topping ingredients and cheese.
 - Return pizza to oven for a further 5 minutes until cheese is melted.
- Serve with a big salad on the side.



Margareta Pizza topping:

Pizza sauce, cherry tomatoes, 1/3 cup cheese grated (mozzarella), ½ cup spinach &/or basil leaves

Hawaiian Pizza topping:

Ham and pineapple, 1/3 cup cheese grated

Bubble and Squeak topping:

Roast vegetables (leftovers from night before) broccoli, mushroom, spinach, tomato, lean meat, capsicum, red onion, tomato, spinach leaves, 1/3 cup cheese grated

Serves 2

Prep time 15 minutes

Cook time 1 hour

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Dietitians NZ

Ngā Tohunga Mātai Kai



SNIPPETS OF ACTIVITY

Pumpkin Patch



Mayfield School were given pumpkins grown by some of our grx clients as part of the Community Garden project, grown at the community gardens down Ballinger Drive.

Back: Deb, Kaylene, Helen, Susanne
Front row: Luisa, Luke Maia, Ryan



UPCOMING EVENTS

WINTER EXPLORER 2016

1st July to 31st August.

Register on the Sport Tasman website.

SUNDAY 10TH JULY

Grx Craft Expo 10am–2pm

Ask Deb.

WEDNESDAY 20TH JULY

Havelock walk and picnic.

walk, pentague, outdoor gym

Falls



Stable & Steady is revived and alive. These are 4 week courses which take place every month.

If you are at risk of falling? If you answered Yes, ask for a referral to this programme.

SUNDAY 21st AUGUST

34th Woodbourne Half Marathon

5km, 10km or 21km

SUNDAY 29th AUGUST

Tussock Run 5km, 10km, 15km

Tai Chi



If you are interested in some light and soothing exercise on a Friday morning, come and join the group from 9.30am at Pollard Park.

SATURDAY 1ST OCTOBER

Marina2Marina 9km or 13km

SUNDAY 27TH NOVEMBER

Marlborough Women's Triathlon

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