

Healthy Living

WINTER EDITION

June 2018
Edition #14

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It's a tough time of year to keep active especially when the days are darker and the nights are colder. If you're looking for excuses you can use the weather, but if you're looking for change, consider the 7 tips to change your focus and keep you active.

7 tips to help change your focus:

Staying motivated to exercise as Autumn turns into Winter can be difficult for some, so if rugging up and heading outdoors loses it's appeal, *change your focus*.

1. Try something new like Tai Chi, Yoga or Pilates
2. Plan a workout with your buddy, this helps with stick-ability
3. Work out at home using resistance bands, home exercise equipment, workout videos, apps or youtube routines
4. Dig out the swimwear and join in an aqua exercise class
5. Consider an indoor sport like indoor netball or cricket
6. Try a gym class
7. Take up dancing or Zumba

If you're wanting information on classes that are available, ask Deb



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

For more information visit: www.marlbroughpho.org.nz or
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Types of Hunger

Did you know there are different types of hunger? Let's become more aware of why you are eating using the following three categories of hunger:

Stomach hunger is the physical need for food. It may have been 5-6 hours since you have eaten, your stomach could be growling or feeling empty. Stomach hunger also includes eating for a medical reason e.g. to prevent a low blood sugar if you are on insulin.

Mouth hunger is when you are looking for something to eat with a certain taste, texture or smell "where are those salty, crunchy crackers?" "No, I really want cold and creamy...where's the ice cream"

Heart hunger is when you eat in response to an emotion or how you are feeling mentally, NOT physically. It can also refer to a learned behaviour around food such as having dessert after a meal, food rewards or eating to the time on the clock.



RAINBOW RAMBLE 2018

Another successful year running our annual event, to get more families physically active together.



Our student nurses mucking in, at the community gardens as part of a living well initiative through green prescription

This was a tough afternoon of harvesting the pumpkins and getting them ready for transport to local Blenheim schools as part of the "soup for schools" programme in partnership with green prescription.



What is the Community Nutrition Service?

The Community Nutrition Service is a free service, **by referral**, to support individuals and families to improve their nutrition and promote wellbeing. This service offers advice and information on eating for wellbeing, dietary choices and lifestyle habits.

To find about the Community Nutrition Service visit our website.

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TRY Series

Green Prescription

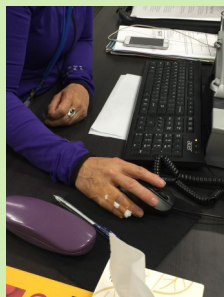


WALKING NETBALL

If you haven't heard about this, you're missing out. Walking netball is on for 10 weeks starting 1st May. You don't need to know how to play, or have any previous experience, you just come to the netball courts and you will be placed into a team and shown how to play.

Walking netball is on Tuesdays, from 10am-11am at the Lansdowne Courts.

Week one, resulted in the first injury. Deb is now sidelined for a few weeks while her finger heals.



Active Morning Tea

We are always trying to find new activities for you to try this is why we have created the TRY series, it's all about HAVING A TRY.

First time activity, TRY Indoor Bowls, this was very popular. Thank you to Kevin and Des from the Redwoodtown Bowling Club, helping us to bring the outdoors indoors.

A regular activity, TRY Bocce, has become very competitive now that we've had to make a purpose built score card to keep track.

And as always, we finish off with morning tea.



You are only one workout away from a good mood

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Getting Active

with Active Families



Questions for Emma

Hi Emma

Do you have other options if we can't make it to a group?

Absolutely. We understand that groups aren't for everyone and some families are so busy they can't make the time, so I can work with your family to find out how you can get the support you are wanting.

Hey Emma

What kinds of things do you do with the kids?

We try to encourage a variety of activities from walking, biking, geo caching, paddle boarding, gymnastics and garden projects. The object is to introduce activities for the group and their families to try. We change things all the time so the group doesn't get bored.

Hi Emma

I'm a mother of 3. Do you do activities in the school holidays?

Yes we do. This term we did an Active Autumn Holiday programme with the Marlborough Youth Trust. It was so much fun. We're now looking at what we can do the next school holidays.

If you have any questions for Emma send her an email:
activefamilies@marlboroughpho.org.nz

WHAT'S ON

Waterforce Tramp the ned

20 May 2018

8.30am-2pm

Taylor Pass Road

Register online or on day

**Hospice Ladies Foursomes
Golf Tournament**

25 May 2018

Blenheim Golf Club, Parker St

FREE Admission

Get Your Skates On

8 June 2018

London Quay, Picton

\$2 for fundraiser

Matariki Picton Festival

15 June—22 July 2018

5 weeks of celebrations

Picton

Southern Jam 2018 Concert

11 August 2018

7.30pm—10.30pm

ASB Theatre

\$40

Woodbourne Half Marathon

19 August 2018

10am—1pm

5 & 10km run or walk

Register \$5-\$25

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