

Healthy Living

Autumn Edition

March 2017
Edition #11

Three months of the year have flown by quickly but that has not stopped us from being outside. The weather is becoming a little cooler, but this has not stopped us from being outside, so in this edition, we highlight some of the activities we have enjoying with you outside.

To keep up to date with what's on, follow us on facebook.

In this edition:

- Track my Progress booklet
- Coopers 12 minutes of exercise
- TukTuk with Ashwood Park
- Spotlight on Falls Prevention
- Chia Seed recipes
- Geocaching—Active Families
- Community Garden update

This booklet is for you.

It is to encourage you to work on improving your aerobic fitness and to provide you with a way to measure and record your progress.

Measure your progress on your own or at our new group session '12 min walk/run' Tuesdays at 9.30am, Henry St bridge.



Track My Progress

Rongoā Kākāriki
GREEN
PRESCRIPTION

COOPERS 12 Minutes of Exercise



This is for all fitness levels. Start with a warm up and stretches. Run or walk for 12 minutes. Record your distance covered from the number of laps. Read the fitness VO2 max rating scale. This is a great activity, that is free and in a great location along the Taylor river.

No Excuses Not to Do It.



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

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TUKTUK with Ashwood Park

In an effort to improve our relationship with the community, the team have all attended a short training session with Angela at Ashwood Park Retirement Village.

The team take turns each week, they take residents on a short ride around Springlands.



SPOTLIGHT on Falls Prevention

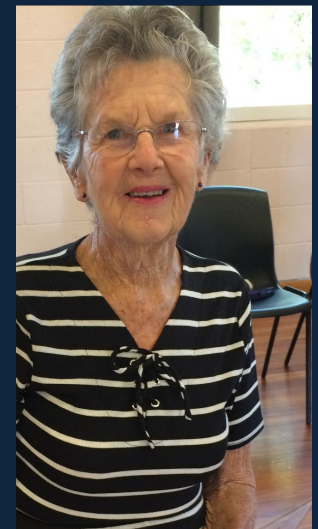
Meet Coralie... She loves to be independent, she does her own cooking and gardening and most of the cleaning.

In May of this year, Coralie will celebrate her 95th birthday. There is no stopping her passion for living. She has a real zest for life.

Coralie joined the Stable & Steady Falls Prevention programme in April 2016. She attended the 4 week Stable & Steady programme with Victoria - Falls Prevention Coordinator, to help improve her strength and balance and to lower the risk of having a fall, after she saw a flyer in the waiting room at her Dr's surgery. She joined because she didn't trust herself in the wind and felt her balance was not great.

Since taking part in the programme her confidence level has increased. *"I now know what I should and shouldn't be doing, I still have a go at most things though"...*(she laughs). *There were many great benefits to the falls prevention course, there were lots of tips that were helpful, it was like a refresher course for me and I enjoyed the exercise and the company of others."*

At the end of the programme, Coralie was referred to Green Prescription where she is a regular participant in the weekly Sit and Be Fit group.



Coralie

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CHIA SEED Breakfast Pudding



INGREDIENTS: Serves 1

- 3 tbsp chia seeds
- 1/4 tsp ground cinnamon
- 3/4 cup milk
(unsweetened coconut, almond or cows milk)
- 1 tsp vanilla
- 1 1/2 tsp honey (optional)
- 1/2 cup fresh fruit or frozen berries

Place chia seeds in a bowl and stir through ground cinnamon. Add milk, vanilla and honey stirring until combined. Top with fruit (thawed if frozen). Sit for 30 minutes or overnight.

We have some serves of chia seed for you to try this recipe. If you would like one let us know. In return, we would love to see a photo of your breakfast pudding.

GEO-CACHING

It was great to spend time 1:1 with this family and have a go at geocaching with Karen. If you didn't know, geocaching is a real-world, outdoor treasure hunting game using GPS devices.



COMMUNITY GARDEN update

We enjoy our Community Garden project. We started this with a few resources donated by some generous organisations to make some planter boxes for homes that have small gardens or people that find it difficult kneeling to the ground.

A total of 14 planter beds have been made and are ready to be distributed to families that need it.



As well as a planter box, you get a small supply of seeds grown at the Marlborough community garden and a couple of tips to help you at home.

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UPCOMING EVENTS

9th April
Rainbow Ramble

13th April
Easter High Tea

13th May
Saint Clair Vineyard Half Marathon

27th August
Seddon School Tussock Run

16th September
Queen Charlotte Relay



Active Morning Teas

The last Wednesday of the month, at 10am.
Meet at Pollard Park.



Fruits of Labour



The annual Rainbow Ramble is
nearly here...
Have you registered?



Rainbow Ramble
Marlborough Primary Health

Sunday 9th April 2017 @ 10am
Monro St Carpark, Taylor River

3km fun run with colour stations where you will be
splashed with colour as you ramble past.

Adults - \$10 5-17 years - \$5 Under 5's - Free Family Pass - \$25

Register now:

Online - www.regonline.com.au/rainbowramble
Facebook - [marlboroughprimaryhealthorganisation](https://www.facebook.com/marlboroughprimaryhealthorganisation)
Visit us - Health Hub, 22 Queen Street, Blenheim

Online registrations close Friday 7th April. Early online registrations for family
pass is \$20. Family Pass is 2 Adults, 2 Children.



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