

# A Free Health & Wellbeing Support Service



## Green Prescription

Green Prescription (GRx) is delivered across Auckland for adults aged 18 years and over. If you would like support to be more active, improve eating habits and adopt a healthier lifestyle, you may ask a health professional for a referral or self-refer.

### We offer:

- Personalised support - Consultations with a Healthy Lifestyle Advisor
- Community programmes – exercise classes, healthy eating and wellbeing sessions
- Live online options – exercise classes, nutrition and wellbeing webinars
- Weekend and evening options
- Motivational mobile messaging
- Flexible support through each stage of your wellbeing journey



“Having this support has been so helpful for me, both to lose weight and help with the anxiety and depression”

“I am very happy that my GP recommended Green Prescription. It has kept me active and energised!”

“It has increased my knowledge of healthy eating habits”

“I really enjoy the online classes and I will continue to participate in them”

“I love the diversity in the group, we are all different cultures, shapes and sizes”

## Can I self refer? Yes.

- 18 years and over
- Ready to make changes to your lifestyle
- May be at risk of or have a stable medical condition due to a sedentary lifestyle
- May be feeling stressed or have a mental health condition

To get started or to find out more, ask a health professional for a referral, scan the QR code to self-refer online or call us on 0800 228 483.



**[www.sportauckland.co.nz](http://www.sportauckland.co.nz)** (09) 623 7900 | (021) 413 462