

PERSONAL PREPARATION TO JOIN THE GROUP

- 1) Bring your bottle of water.**
- 2) Wear comfortable shoes**
- 3) Wear comfortable clothing**
- 4) Do not eat 1/2hr before the programme.**
- 5) If you suffer from weak bladder and incontinence, please use the appropriate pads e.g. (Poise)**
- 6) Talk to your exercise Facilitator if/when you need assistance. Do exercise that's within your physical limits.**



**Remember no pressure exercise
at your own pace**

WHERE TO FIND US

**For further information
please contact:**

Sarome Eveni (Team Leader)

Phone: (09) 410-0251

Mobile: 0212744213

Ella Scanlan (Registered Nurse)

Phone: (09) 410-0251

Mobile: 0212477205

Or

Community Education Support Worker

Ofa Palavi - Tongan

Fay Tongalea - Niuean

Litia Nonu -Samoaan

OFFICE HOURS

**8:30am– 5pm
Monday– Friday**

**1 Nile Road, Milford
North Shore**

Phone : (09) 410 0251



PASIFIKA INTEGRATED HEALTH CARE LTD (PIHC)

PHYSICAL ACTIVITY & NUTRITION PROGRAMME

FAKALOFA LAHI

WELCOME

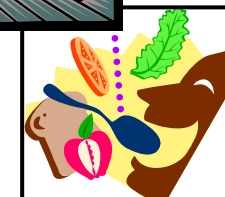
KIA ORA

KIA ORANA



BULA

MALO E LELEI



TALOFA

TALOHA NI

WHAT IS THE ACTIVITY & NUTRITION PROGRAMME?

- ◆ *It's a programme that focuses Pacific People.*
- ◆ *To get fit and stay Healthy through Physical Activities and Good Nutrition*
- ◆ *To adopt life long good healthy habits.*

How Does the Programme Work

- ◆ *Trainer/Facilitator will register you with the programme.*
- ◆ *You then participate in a group exercise session on a weekly base.*
- ◆ *Regular checks of your weight is performed by the exercise facilitator or Registered Nurse to monitor your progress.*
- ◆ *Exercise tasks vary according to your need.*
- ◆ *Check with your Doctor to ensure your level of exercise suits your health.*

Content of Programme

1) Physical Exercise

- ◆ *A warm up activity, breathing exercise. Overview of the activities. (Do according to capability)*
- ◆ *Low impact aerobic exercise (begin with)*
- ◆ *Increase as capacity to cope*
- ◆ *Movements to music of your choice warm down activity*
- ◆ *Variety of tasks to do encourage to move from level to level.*
- ◆ *Monthly weigh in and BMI test.*

2) Nutrition Plan for Healthy Eating

- ◆ *You will be shown how to put your eating plan together.*
- ◆ *Review your plan weekly.*
- ◆ *Write up all the food to eat less of or avoid or reduce.*
- ◆ *Encouraged to drink more water and less process drinks (i.e. fizzy).*
- ◆ *Encouraged not to have heavy meals or snacks after 8pm*
- ◆ *Encourage eat more fruit & vegetables.*
- ◆ *Fast food meal as a treat.*

CONGRATULATIONS in taking your first step to a more healthy ,fitter lifestyle