



Helping your Family to get Active

What is GRx Active Families?

An active family is a healthy family.

Green Prescription (GRx) Active Families is a programme that helps you and your children to get active and learn about healthy eating.

Coordinators help your family to set goals and get involved in programmes with fun, physical activities that children and parents can enjoy together.

Meet other families and receive healthy eating advice.

GRx Active Families is all about having FUN with your family and the best part is that the service is FREE.

How can GRx Active Families help you?

Regular exercise helps children maintain a healthy weight and build strong muscles and bones. It protects their heart and can benefit mental health. Active children are healthier, stronger, more confident, do better in school and sleep better.

The GRx Active Families programme provides:

- One-to-one family sessions with a coordinator
- Weekly physical activity sessions
- Dietitian and Nutritionist support
- Cooking sessions and healthy recipe ideas

What families are saying about the programme:

“The ideas on fitness and food are so simple to add into our busy life. But before the programme, we had no idea how.”

“We’re now more aware of what food will be beneficial for whanau and that we don’t have to pay to keep ourselves active.”

Who would benefit from GRx Active Families?

Referral to the GRx Active Families programme is available to any child who:

- Is school aged and would benefit from being more active
- Could benefit from changes to eating habits
- Has a high BMI or a stable medical condition
- Has the support of whanau/family

Getting involved is easy!

Your child and family can be referred to the GRx Active Families programme by your doctor, practice nurse, paediatrician, dietitian, school nurse or community health nurse.

You can also self-refer online:

www.sportauckland.co.nz

For all Active Families enquiries:

(09) 623 7900

Green Prescription
**ACTIVE
FAMILIES**
Rongoā Kākāriki, whānau kori, whānau ora

