

For immediate release

Determined to Fight Back

Following many months, perhaps even years, of feeling faint and tiring easily, Janet was heartened to hear from her doctor that there was a reason for these symptoms that went beyond being 77 years old. Results showed that Janet's heart was stopping randomly, mainly during the night. Thankfully, so far, it has managed to kick-start again however the specialist warned her that she needed to make some changes.

Following this, Janet was scheduled for pace maker surgery in Auckland, before returning to Whangarei for recovery. This recovery was not without complication and two weeks in, Janet contracted a gastric infection that rendered her unable to eat and she lost three kilograms of her already slender frame. Janet then became very weak and could not lift or rotate her shoulder due to the stomach infection. This caused Janet's shoulder to atrophy. Janet describes this time as "A very low point in my physical health, and I needed help".

Janet looked to the Green Prescription programme in September 2011. She was determined to fight her way back and form a wellness plan - the Green Prescription programme saw that she would receive the encouragement she needed to restore her physical and mental health.

Janet has been doing well and going to the gym regularly which she says has helped her to regain her appetite. She has also taken an interest in eating good healthy food to fuel her body. She says she feels energised after each gym session, and is definitely more flexible and mobile. She spends half an hour at the gym, three times a week and has regained one kilogram.

Janet is grateful for the Green Prescription programme at Sport Northland for the regular phone calls and support throughout her rehabilitation. She says "With the support of my team behind me, my wellness has started to return. If I hadn't taken up the offer of the Green Prescription, and put it into action, I am sure I would have very limited use of that arm today. Thanks to Sport Northland, my doctor and the gym, I am moving again and moving on with my life – and loving every bit of it".

If you or anyone you know would benefit from a Green Prescription and would like to know more, please contact the Green Prescription Team at Sport Northland on 0800 ACTIVE (0800 22 8483).



Creating a More Active Northland

Ends

About Sport Northland

Sport Northland is Northland's Regional Sports Trust – a charitable trust with a core purpose of 'creating a more active Northland' and a vision that 'All Northlanders are healthier through regular, lifelong participation in sport and physical recreation'. The trust focuses on physical recreation and support for grass roots sports organisations through a new approach working with targeted sports in targeted communities throughout Northland.

Sport Northland also has a number of flagship programmes, events, facilities and activities under its umbrella - these include the multiple national award winning 10,000 Steps Northland programme, the national award winning region-wide Run/Walk Series, the national award winning Top Energy WaterSafe programme and other successes such as Green Prescription, Active Workplaces, He Oranga Poutama, Taitamariki Tuu Ora, early childhood and school based programmes and work across the region's three districts through six Sport Advisors.

Sport Northland also owns and operates both the ASB Leisure Centre and the ASB Northland Sports House, and owns (but contracts out the management of) the Whangarei Aquatic Centre.

For further information please contact:

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