

# Partnerships for Healthier Lives: Programmes



## Celia's Story

### BIG BOYS & BIG GIRLS CLUB

Mother of two, Celia started her journey on her birthday – first stepping into Genetics Gym OTC at 118kg, her heaviest since having her second child.

She committed to three days a week for 12 weeks, which is one round in OTC Big Boys and Big Girls classes.

She finished her classes feeling proud to have reached the milestone of hitting double digits.

“ I am now in the 80s and still carrying on with my journey. My mission now is to maintain weight, tone up, keep it off and live a healthy lifestyle. ”

– Celia

## BIG BOYS & BIG GIRLS CLUB

Hundreds of morbidly obese people referred from ProCare South Auckland practices to programmes at Genetics Gym Manukau.



More than 450 referrals were made to Big Boys and Big Girls Club between May 2016 and May 2017.

450  
REFERRALS

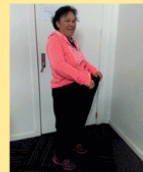
ProCare subsidises membership over the 48-week programme.

## GREEN PRESCRIPTIONS (GRX)

Partnership with Harbour Sport and Sport Auckland for physical activity 'prescriptions'.

Margaret Boyce was referred to Manurewa Green Prescription programme with pre-diabetes. Being active five days per week, Margaret lost 23kg in the course of nine months – moving from pre-diabetes classification to normal HbA1c.

Margaret remains active, fit and well.



23  
KG  
LOST IN  
9 MONTHS



## JUMPSTART

Partnership with ProCare and the YMCA.

In March 2017, 77-year-old Tirta Coombe was told by her GP she had pre-diabetes.

She signed up to the Jumpstart 10 week diabetes education and lifestyle programme at her local YMCA.

Just four weeks into the 10-week programme, she had already lost three kilograms and six inches around her waist.



3  
KG  
LOST IN  
4 WEEKS

- 100% of participants reported improved fitness
- 87% of participants reported weight loss
- 60% reported lowered blood pressure