

“Inspiring our communities to live healthy and active lives”

All sessions are held at Otahuhu Library – 28 Mason Avenue, Otahuhu

Tuesday 9:30-10:30am

July- September 2020

Tue 21 st July	Tue 28 th July	Tue 4 th Aug	Tue 11 th Aug	Tue 18 th Aug	Tue 25 th Aug	Tue 1 st Sept	Tue 8 th Sept	Tue 15 th Sept
<p>Goal setting session</p> <p>Today we plan for success by setting some SMART goals. Also, relax with chair yoga</p> <p><i>Please wear comfortable clothes, bring water & towel</i></p>	<p>Healthy Eating Made Simple</p> <p>Interactive session about food groups, portion sizes and meal planning.</p> <p><i>Presenter: Reishma (Registered Dietitian)</i></p>	<p>Home Based Exercises</p> <p>Learn easy, low-impact home-based workouts with no equipment</p> <p><i>Please wear comfortable clothes, bring water & towel</i></p>	<p>Mindful Eating</p> <p>Let’s listen to what our bodies are telling us, learn why we eat & develop strategies to overcome challenging situations around food.</p>	<p>Heart to Heart</p> <p>Interactive session about heart health, what can go wrong and how we can best look after our heart</p> <p><i>Presenter: Nicky (Heart Foundation)</i></p> <p>FREE Blood Pressure Reading Van here today! <i>(Stroke Foundation)</i></p>	<p>Arthritis</p> <p>Learn about arthritis including ways to manage it and improve the symptoms from gout, rheumatoid and osteoarthritis.</p> <p><i>Presenter: Paula (Arthritis NZ)</i></p>	<p>Pump up your metabolism</p> <p>Learn practical tips to conquer your cravings and how to jumpstart your metabolism with food.</p>	<p>Healthy Eating for pain & inflammation</p> <p>Learn which foods can increase aches and pains and which foods assist in reducing inflammation. Make simple changes with these healthy eating tips.</p>	<p>“Walk the Park”</p> <p>Enjoy a walking session at the Fairburn Reserve. Whanau welcome.</p>

Let’s get Active! Join the Legends beginner level exercise class – Every Monday 10.30-11.30am (\$6) - Otahuhu Recreation Centre

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