**GREEN PRESCRIPTION LIFESTYLE PROGRAMME PHONE SUPPORT**

Supporting people to lead a healthier lifestyle through group support, physical activity, and healthy eating,

offering support by Phone Calls, Emails, appointments, and by post

The following series of ten mailouts is sent to you, starting when you start your Phone Support, and finishing when you Graduate.

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| WEEKLYTOPICS | Healthy Lifestyle JournalGoal setting/ getting started/keeping motivated | Healthy Living with DiabetesThe basics of healthy living | Healthy eating | Reading Food Labels | Eating well on a budget – Affordable eating | Identifying and managing psychological barriers to lifestyle change. | Getting a good night’s sleep | Heart Health‘Know your numbers’ | Managing and living well with Arthritis | Course Completion*Evaluation and reflection – Where to from here?* |
| COMES WITH ACTIVITIES IDEAS | Resistance bands | Walking | Stretching & Flexibility | Spine support | Dumbbells | Swiss Ball | Aqua | Recovery | Looking after small joints | Activities management |
| **PICK YOUR TOPICS**  | Each week there will be a variety of resources – brochures, handouts, Zoom sessions, PowerPoint presentations – on each topic. Please let us know which health and activity topics you are interested in and we will post or email that information to you. Anything else? Just ask! |

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