

## GOOD PRACTICE

# Active Families



**City**  
Wellington

**Country**  
New Zealand

**Population**  
895.600

**Mission**  
Promote, develop and support sport and recreation in the Wellington region

**Organization**  
Sport Wellington

**Target Group**  
Families



### Objectives

“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.

### Description

A referral to the GRx Active Families Programme is available to any child who:

- Is school aged
- Would benefit from being more active
- Has poor eating habits
- Is overweight
- Has the support of whanau/family
- May have a stable medical condition

## What will the family receive?



Opportunity for the entire family to attend Active Families Activity Sessions. These sessions are held weekly at community venues during school terms throughout Wellington, Porirua, Wairarapa and Lower and Upper Hutt. During these sessions families have fun participating in a wide range of sports, games and activities, and also learn about healthy cooking.



Regular home visits to assist with goal setting and encouraging the family to be more active and adopt a healthier lifestyle.

Ongoing information and team entries into up and coming physical activity events and family fun days throughout the Wellington and Wairarapa region.



Families are referred onto the programme for six months, with the possibility of a six month extension. At the end of their time on the program the aim is that the family graduates and now has the capability to continue with their lifestyle changes, enhancing their health and wellbeing.



## **For more detail, please contact:**

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