

## Services available in the Bay of Plenty

Service	Description
<b>FREE help for a healthier lifestyle through GREEN PRESCRIPTION</b>	Green Prescription is a FREE service that provides advice and support to help you increase physical activity levels and provides advice on nutrition. This programme is for people that have difficulty getting around and would need support to increase their general fitness. Contact your GP or practice nurse for a referral. <a href="https://www.sportbop.co.nz/get-active/healthy-lifestyle-programmes/green-prescription-programme/">https://www.sportbop.co.nz/get-active/healthy-lifestyle-programmes/green-prescription-programme/</a>
<b>Low-cost meal delivery service in the Bay of Plenty</b>	You may be eligible for low-cost meal delivery through Tauranga Hospital Meals on Wheels. See your GP for a referral, ring 07 579 8196 or email <a href="mailto:bopm@compass-group.co.nz">bopm@compass-group.co.nz</a>
<b>Stay connected and get active in the Bay of Plenty</b>	Get involved with your local community through <a href="https://getinvolved.sportbop.co.nz/get-involved/">https://getinvolved.sportbop.co.nz/get-involved/</a> . From Walking to Tai Chi, Bowls, Petanque, Fishing, Golf Exercise groups for over 50s, and many more. For the whole BOP; Tauranga, Katikati, Papamoa, Te Puke, Whakatane, Opotiki, Ohope, Kawerau, Taneatua.
<b>Stay connected through exercise</b>	Watch this YouTube video to see some local Keep on Your Feet exercises classes for older people <a href="https://youtu.be/GIbgRf5LDEM">https://youtu.be/GIbgRf5LDEM</a> . Visit <a href="https://www.sportbop.co.nz/get-active/activities-for-seniors/keep-on-your-feet/keep-on-your-feet-classes/">https://www.sportbop.co.nz/get-active/activities-for-seniors/keep-on-your-feet/keep-on-your-feet-classes/</a> for more information.
<b>Walking with others in the Bay of Plenty</b>	Walking is a great way to exercise. Increasing the amount you walk in your daily routine can greatly benefit your health, body and energy levels. Walking in a group is a great way to socialise, motivate each other and explore your area. Visit <a href="https://www.sportbop.co.nz/get-active/city-on-its-feet/">https://www.sportbop.co.nz/get-active/city-on-its-feet/</a> to find information about local walking groups in the Bay of Plenty.