



Diabetes
New Zealand

Pam Tetley-McKernon: a satisfied Green Prescription customer

At size 22, over 50 years old, and newly diagnosed with Type 2 diabetes, I was depressed about having to give up so many of the foods I love, and exercise was the last thing I felt like doing. So I wasn't at all keen on a Green Prescription.

I had tried walking in the mornings but my balance problems made me look intoxicated, so I stopped. Then Kay Lindley, Green Prescription Area Manager for Waitakere, sent me to SitFit classes. These were great, but stopped for the Christmas holidays and didn't resume until February.

Kay had also suggested I try water-walking and gave me a discount card. I thought this was a great idea, and my husband, who had had a quadruple heart bypass three years ago, decided to come too.

At first I barely managed four laps, but now we are going three times a week for an hour each visit.

I have resumed the SitFit classes and have found the energy to paint my fence as part of my '30 minutes a day' activity. I have lost over 10kg and am down to a size 18 bathing suit. I've still got another 10kgs to lose, but I can see and feel the difference already.

My blood glucose is down to an acceptable level, my muscles are stronger, and I can now fit into four pairs of trousers that I haven't been able to wear for years. Having a whole new wardrobe



Pam and her husband setting out for a water-walk with encouragement from Kay Lindley

from my old clothes has been a real boost for me.

I'm going to keep water-walking to maintain my fitness levels and I never want to stop! I thoroughly recommend a Green Prescription to anyone who is diagnosed with diabetes. It takes everything out of the too hard basket.

Pam Tetley-McKernon, Waitakere

For more information on the Green Prescription programme, call 0800 ACTIVE (0800 228 483)

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