

# WHITIKI MAUREA HE HOTAKA ORANGA WHAKAPAKIRI TINANA

## 1. INTRODUCTION

In 2005 WDHB metabolic screening indicated that tangata whaiora receiving treatment from Whitiki Maurea show higher incidence of metabolic syndrome. Tangata Whaiora were encouraged to become active with exercise being part of their everyday activities through the design of an exercise programme.

## 2. METHODS

Consultation team consisting of staff, consume advisor and tangata whaiora representative

- Tikanga Based (Powhiri, Karakia, Whanaungatanga)
- 10 Week Programme
- Attendance
- Participation
- Baseline Measurements and regular monitoring of weight, peak flow, waist measurement
- Regular evaluation forms completed by Tangata Whaiora
- Exercise: walking, line dancing, basket ball, netball, ball skills, volley ball
- Educational sessions: aukati kai paipa, healthy eating, green prescription

## 3. OBJECTIVES

- To encourage tangata whaiora to include exercise as part of their daily activities
- To support tangata whaiora to make healthy life choices in order to decrease the incidence of heart disease.

## 5. CONCLUSION

Motivation is a key factor in any life changing activity. Results show that tangata whaiora are motivated to attend the programme and make lifestyle changes.

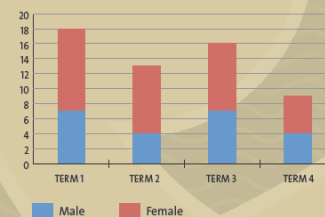
Whanaungatanga (relationship building) is a process that Whitiki Maurea will continue to utilise to enable and support tangata whaiora to achieve the goals they set throughout the programme.

## 4. RESULTS

Participation numbers have increased from 3 earlier in the year to 25 recently.

Attendance and enjoyment are 2 measures that were used to indicate the success and continuation of the programme.

ATTENDANCE



PARTICIPATION

