

MOVE IT!

Children deserve the opportunity to be healthy and successful.
Healthy eating and regular physical activity improves
co-ordination, mood and help students learn better.



Greg Newton
Physical Activity
Health Promoter

Taha Tinana – Physical Wellbeing & Health

- Be active with friends. We are more likely to keep active if it's fun and have people to enjoy it with.
- Take the opportunity to walk to school, to visit friends, to shops, or other places in your neighbourhood.
- Try to limit screentime - TV, computers, tablets and phones, especially during the day and on weekends.
- Encourage and support younger brothers and sisters to be active. Try a new sport or go back to one you have played before.
- Take a class to learn a new skill such as yoga, kickboxing, dancing or diving.
- Put on some music and dance.



USEFUL LINKS

- **Ministry of Health** - www.health.govt.nz/your-health/healthy-living/food-activity-and-sleep/physical-activity
- **Te Kete Ipurangi** - www.health.tki.org.nz/Teaching-in-HPE/Health-and-PE-in-the-NZC/Health-and-PE-in-the-NZC-1999/Underlying-concepts/Well-being-hauora
- **My Family Kiwi** – this website has practical ideas that you could use and also share with whānau in ECE and school newsletters or FB pages - www.healthykids.org.nz/
- **WAVE South Canterbury** - www.wavesouthcanterbury.co.nz/health-priority-areas/physical-activity/
- **WAVE Resource Centre** - www.wavesouthcanterbury.co.nz
- **Professional Development Opportunity** - www.wavesouthcanterbury.co.nz/news/professional-development/Physical-development-workshop

