

# How to earn points to move your class team



Your tinana (body) and hinengaro (mind) are your most marihi (precious) taonga (gift). The small choices you make every day can have a pānga nui (massive impact) on how you feel and help you to be full of energy and hauora (wellbeing) to tākaro (play), ako (learn) and tipu (grow).

So, to move your class team around the virtual adventure course, we challenge you to do as many small things as you can every single rā (day) to earn lots of ngā tohutohu (points) and look after your amazing tinana and hinegaro!

Below are some quick tips to earn ngā tohutohu (points):

## 1 Move as often as you can / Kia kaha te korikori i ngā wā e taea ana

Korikori (moving) regularly helps your hinegaro (mind) and tinana (body) feel really good. If you feel a bit ngēngē (tired) or can't concentrate in class, ask for a short break to oma (run) around outside or do some skipping or dancing on the spot, it can help you to feel calm and more focused. Aim to move as much as you can every day and doing so outside is even better for you!

Whether you have a pedometer to remind you to move or you are aiming for at least 60 minutes of "Hahu me te Pahu" (huff and puff) activity each day kei te mahi i ngā mea e rua rānei! (or both!), you will earn points to move your class team.

## 2 Drink lots of water / Kia nui te inu wai

You are made up of about 70% wai (water) and this is used up all the time by breathing, talking, moving, eating and more. So it's really important to replace it regularly throughout the day otherwise you can feel tired and have low energy. Aim for at least rima (five) big glasses of wai (water) a day and earn points as you do!

## 3 Eat lots of fruit and veges / Kia nui te kai i ngā huarākau me ngā huawhenua

Do you know that everything you eat is used to grow and repair the cells that make up your precious tinana (body) and hinegaro (mind), so the more ngā taiora (nutrients) there are in the food you eat, the stronger and healthier you will be. Whurutu (fruit) and huawhenua (veges) contain lots of the good things you need so try to eat at least rua (two) whurutu (fruit) and toru (three) huawhenua (veges) a day to earn points and give your amazing tinana (body) what it needs to be well.

## 4 Minimise leisure screen time / Me poto te wā mātakitaki whakaata

There are fun things to do on devices (like the Zespri Young and Healthy Virtual Adventure! / pērā i te Zespri Young and Healthy Virtual Adventure!) but too much can affect your ngoi (energy), how well you moe (sleep), your piropiro (mood) and hauora (wellbeing). The less time you spend on a device the more points you earn, so head ki waho (outside) to play a kēmu (game) with friends or whanau or read a pukaupka (book).

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## 5 Take moments to be mindful / Me whai wā ki te whai whakaaro

Being whai whakaaro (mindful) means giving our full attention to something. It can very quickly help us to calm our hinegaro (mind) and tinana (body), for example, if you are ngēngē (tired) or hōhā (out of sorts) you could noho (sit) quietly and listen to your breathing or take a walk outside and notice the flowers or the trees moving. It can calm you as well as improve your ngoi (energy). Taking moments to be whai whakaaro (mindful) will earn your team points to move around the course too!

## 6 Minimise "treat" food / Me whakaiti i ngā kai "matareka"

The ngā taiora (nutrients) in the kai (food) we eat create and repair every cell that keeps us mauriora (healthy) and well. Some kai has lots of good things in it that helps to do this, and some kai doesn't. "Treats" like chocolate and sweets, chippies, pretzels, cookies and cakes, ice-cream and takeaways are examples of foods that don't have many helpful ngā taiora (nutrients) in them e.g every day! Aim to eat these foods only toru (three) times a week – grow, make and bake as much of your own kai as you can too. The less matareka ngā kai "matareka" (treat food) you eat, the better you will feel and the more points you will earn to move your class team!

## 7 Sleep really well / Kia pai te moe

Just like wai (water), without enough good quality moe (sleep) your tinana (body) and hinegaro (mind) won't grow and work as well as it could. Feeling tired can make you /hōhā (cranky), unable to concentrate and have fun with your friends and whanau. When you are young and growing, 9-10 hours of moe (sleep) is a good target. You'll feel full of ngoi (energy) and earn more ngā tohutohu (points) for your class team too!

## 8 Kick the sugar / Parea te huka ki rāhaki

Huka (sugar) can make kai taste delicious. Did you know that too much is not great for your tinana and hinegaro and is hidden in many of the foods we buy so you may not even know you are eating it. It's easy to ako (learn) how to read the amount of huka (sugar) in the kai you are eating. Aim to eat only the equivalent of ono (six) teaspoons 24 karamu (24g), preferably less each day and earn ngā tohutohu (points) for your Tīma (team) too!

**For more tips go to [www.youngandhealthy.org.nz/resources](http://www.youngandhealthy.org.nz/resources)**

# Need some help?

E: [supportcrew@teamchallenge.co.nz](mailto:supportcrew@teamchallenge.co.nz)

