



# Move Your Body Regularly

## Kia rite tonu te nekehanga o tō tinana

### Why is this so important?

Our bodies were designed to move regularly every day, but we have become less active and it has a negative effect on how we feel every day.

Moving / Korikori regularly helps your mind / hinegaro and body / tinana feel the best and helps us be strong and fit to do every day things.



### How much activity to aim for

Try to move regularly every day, in different ways. If you can walk, ride or scooter to school or around your neighbourhood it's a great way to add more movement into your day.

See if you can do at least 60 minutes of "Hahu me te Pahu" / huff and puff activity each day. This includes things like;

- doing PE or fitness at school,
- dancing - turn on some music at home
- running around the playground, field or local park,
- riding your bike or scooter,
- skipping - you don't even need a skipping rope for this, just pretend,
- climbing a tree,
- playing a game of backyard cricket or kicking a ball around.

The main thing is to do something have fun and get outside if you can!



### Take 5, every 45!



Even a little bit of movement, play or activity can help us to feel energised. An easy way to add extra movement into your day is to set a timer and take a 5 minute break every 45 minutes.

Turn on some music and dance, or take a quick run / oma around outside or do some skipping or jumping on the spot. You will feel calm, more focused and ready to learn!.

### Get your whanau moving with you!

Why don't you encourage your whanau to get moving with you. Every one of us can benefit from being active each day and it can be lots of fun doing it together!

- Go for a 10 min walk after dinner
- Play at the park or in the back garden
- Make up a fun game of tag

Being active isn't just about being able to go for a run, do a workout at the gym or play in a sports team. It is about being able to do everyday things like carrying the groceries, lifting heavy things at home, chase your children and so much more. Here are some easy ways to add extra activity into your day;

- take the stairs instead of the lift
- walk to the shops rather than drive
- get off the bus a stop early or park the car further away and walk the rest of the way
- use chores around the garden or house to work up a sweat.