



## WHANAU CHALLENGES

SHARE YOUR VIRTUAL ADVENTURE FUN WITH US TO GO INTO THE DRAW TO WIN ONE OF **FIVE \$500 PRIZE PACKS**

Send us a photo explaining which Challenge you did!

Email us at:  
supportcrew@teamchallenge.co.nz  
OR share on Instagram or Facebook  
@youngandhealthynz  
add the hashtag  
#zespriyoungandhealthy

**For every Challenge you complete and share, you will get another entry in the draw!**

Got to  
<https://www.youngandhealthy.org.nz/prize-draws>  
to check out the prizepacks

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### Challenge 1

Being active helps your body and mind to feel good, so share a photo of your whānau doing something active together; dance, play tag, skip, run, play ball. Do you have favourite activities you do or perhaps you could try out a new one?

### Challenge 2

Being mindful means to be fully present in the current moment and the benefit is that it can both calm and energise your body and mind. Share a picture of your whānau taking a moment to be mindful together e.g stop to notice all the sounds around you, or lay down comfortably and take 6 deep breaths into your belly.

### Challenge 3

Nutritious food fuels your body and mind and when we make food at home, it's usually packed with extra goodness! Eating together is extra fun and special too, so we'd love to see a photo of your whānau preparing or sharing a nutritious meal or creating something yummy for lunchboxes.