

MOVE THE PASIFIKA WAY!

People think that exercise is just running on the treadmill or hitting the gym, but it is anything that gets your body moving!

Movement will strengthen your muscles, improve your mood and help you feel energised.

Aim to move your body every day.

Below are some ways that our people are feeling the benefits of movement.



"I love dancing with my community"



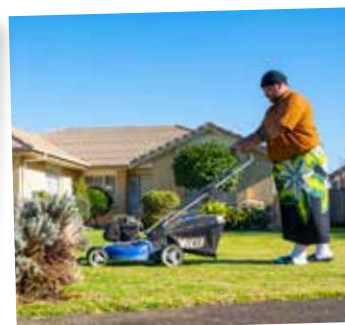
"Cleaning the house gives me a workout"



"I started walking and using public transport to get some steps in"



"I love to call my friends while walking"



"Gardening helps relax me, it doesn't feel like work"

Discuss the free Green Prescription and other exercise programmes in your area with your doctor.