

MOVE WELL TO FEEL WELL

SOUTH AUCKLAND

LET'S WORK TOGETHER TO BUILD ENVIRONMENTS
THAT ENCOURAGE ACTIVE LIFESTYLES FOR YOU,
YOUR COMMUNITIES, AND YOUR WHĀNAU!

WE ARE ON A
MISSION TO
GET PEOPLE TO
'MOVE WELL TO
FEEL WELL'.

AS UNHEALTHY
OPTIONS GROW,
WE NEED MORE
EASY, CHEAP, AND
LASTING WAYS TO
BE ACTIVE.

TO HELP, WE'VE MADE
A TOOLKIT WITH
IDEAS AND GUIDES TO
GET YOU AND YOUR
COMMUNITY MOVING
WELL TO FEEL WELL.



HERE ARE SOME IDEAS TO HELP GET YOU MOVING:

AT HOME

WHANAU WALK
AND TALK

TIKTOK MOVEMENT
CHALLENGE: JOIN
TIKTOK TRENDS
WITH YOUR FAMILY
TO GET MOVING.
ASK YOUR KIDS FOR
IDEAS, THEN POST
YOUR VIDEOS TO
INSPIRE OTHERS!

CHURCH OR MARAE

POST SERVICE
MOVEMENT CIRCLE

MOVEMENT LED
KARAKIA

INTERGENERATIONAL
GAMES: PLAY
TRADITIONAL GAMES
LIKE MAU RĀKAU WITH
YOUR CHURCH OR
MARAE GROUP TO GET
EVERYONE MOVING.



SCHOOL OR ECE

MOVEMENT BREAKS:
TAKE SHORT WALKS OR
STRETCHES OUTSIDE
BETWEEN CLASSES TO
RE-ENERGIZE
YOURSELVES AND THE
CLASSROOM. NO NEED
FOR A BIG GAME, JUST A
QUICK STROLL!

OR OUTDOOR
LEARNING
WALKS OR EVEN
A CLASSROOM
DISCO!

WORKPLACE

5-MINUTE STAND
AND STRETCH
SESSIONS

TEAM STEP
CHALLENGE

WALKING HUI: IF A MEETING
DOESN'T REQUIRE SITTING, TAKE
IT OUTSIDE WITH COLLEAGUES.
GET FRESH AIR AND MOVE YOUR
BODY - IT'S AN EASY WAY TO BE
ACTIVE AND BEAT THE WORKDAY
SLUMP!

COMMUNITY EVENTS

POP-UP PLAY STATIONS

LOCAL MOVEMENT
HEROES' STORYTELLING

MOVE-TO-MUSIC ZONES



ACTIVATION GUIDE - ACTIVATE YOUR SPACE:

A SHORT GUIDE FOR COMMUNITY CHAMPIONS

START SMALL

PICK ONE EASY
ACTIVITY.

INVITE OTHERS TO
JOIN, NO PRESSURE!

MAKE IT FUN & INCLUSIVE

WELCOME ALL AGES
AND ABILITIES.

ADD MUSIC,
LAUGHTER, AND
FOOD.

USE WHAT YOU HAVE

USE OPEN SPACES,
HALLS, YARDS,
GARAGES.

REPURPOSE
HOUSEHOLD ITEMS
FOR GAMES
(BUCKETS, STRING,
CHALK).

INVITE PARTICIPATION

ASK OTHERS FOR
IDEAS OR TO LEAD.

SHARE PHOTOS AND
STORIES.

REFLECT TOGETHER

DISCUSS WHAT
WORKED WELL AND
WHAT ENCOURAGED
PARTICIPATION.

CELEBRATE EVERY
SMALL SUCCESS.



SHARE YOUR STORY

TO INSPIRE OTHERS, SHARE YOUR
JOURNEY AND STORIES FROM
THOSE WHO JOINED YOU.

HERE'S HOW:

TAKE PHOTOS OR SHORT VIDEOS.

SHARE A QUOTE FROM A PARTICIPANT.

POST ON SOCIAL MEDIA USING
#MOVEWELLTOFEELWELL AND
#SOUTHAUCKLANDMOVES.

EMAIL YOUR STORY TO {YOUR ORG
CONTACT} TO BE FEATURED.

