

be active

KIA KORI I NGĀ RĀ KATOĀ

do least

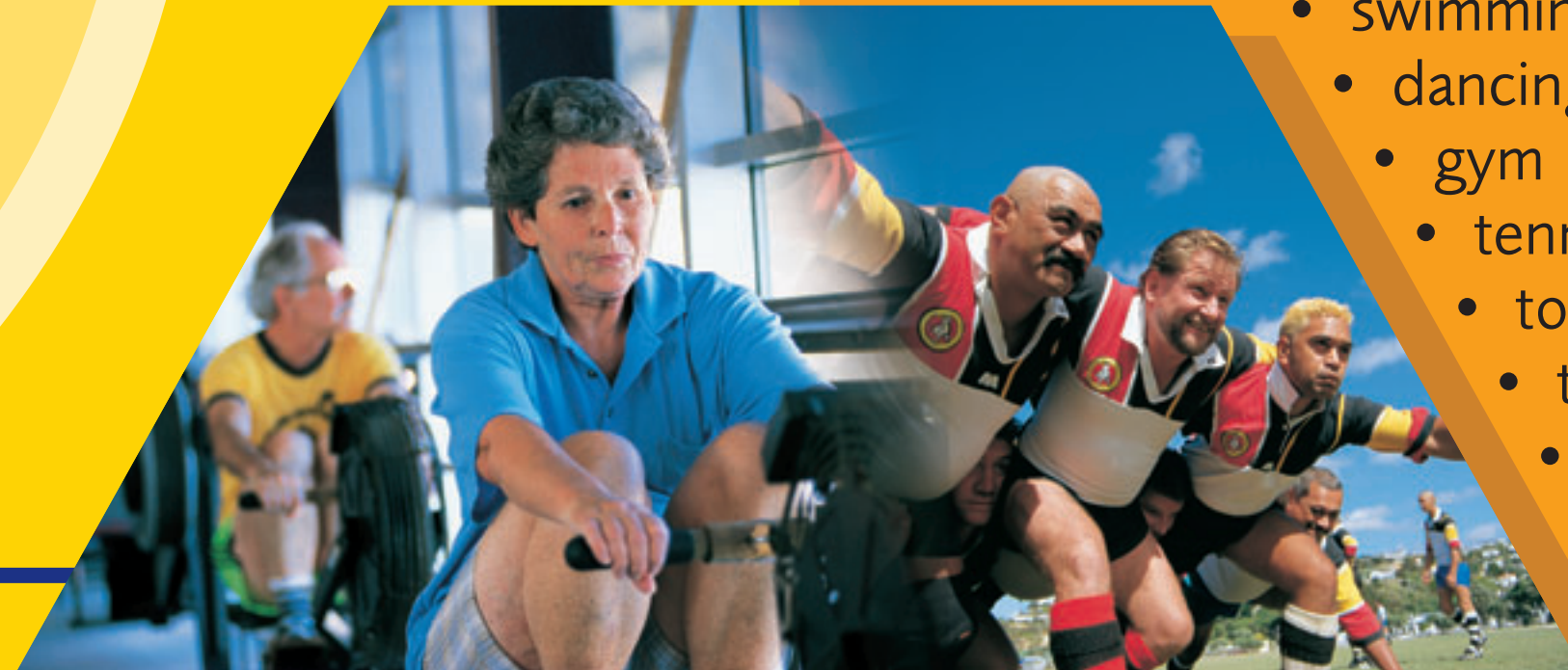
do some

do lots

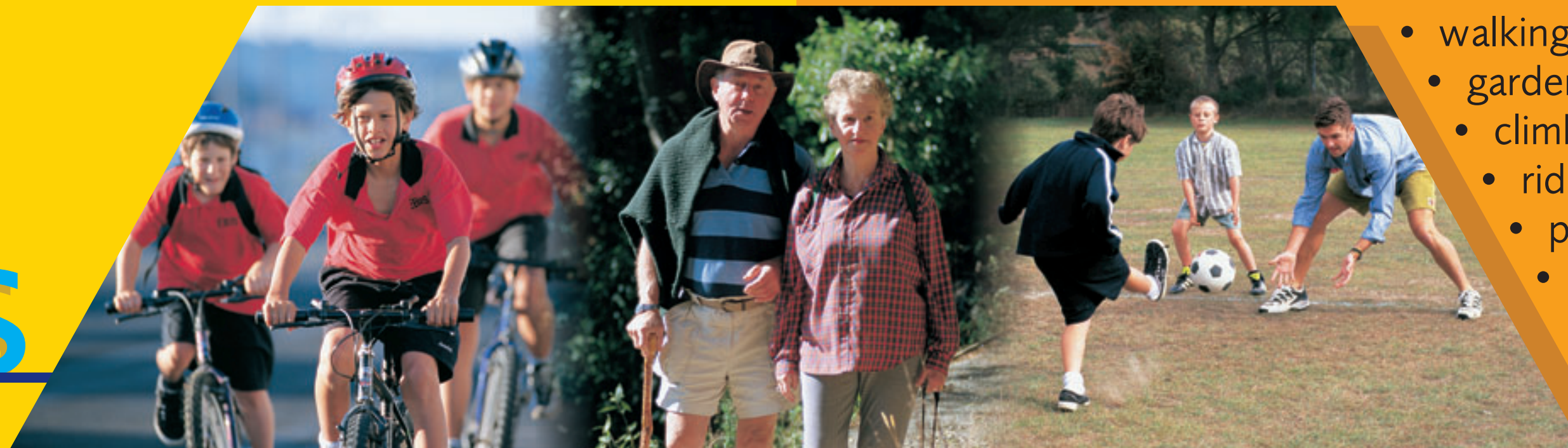
eVery day!



- watching television
- sitting around
- driving the car
- using the lift



- swimming
- dancing
- gym
- tennis
- touch rugby
- tramping
- netball
- recreational sport
- planned activities



- walking
- gardening
- climbing stairs
- riding a bike
- playing with the kids
- everyday activities



Take time to relax, but don't be a couch potato

He wā anō mō te whakatā engari kua e mangere

