

# TEACH AN OLD DOG NEW TRICKS

*Encouraging  
people to be  
more active is  
beneficial, easy,  
and free.*



Sign up at [www.activeforlife.co.nz](http://www.activeforlife.co.nz) and let us support you to kick start your health journey, or speak to your healthcare professional for a referral to **Active for Life / Green Prescription** and learn how being active can improve your wellbeing.

**(09) 415 4657 or 0800 ACTIVE (22 84 83)**







# SIMON SAYS GET UP

*Being active can be as simple as Simon Says. It doesn't have to just be done at the gym.*

Sign up at [www.activeforlife.co.nz](http://www.activeforlife.co.nz) and let us support you to kick start your health journey, or speak to your healthcare professional for a referral to **Active for Life / Green Prescription** and learn how being active can improve your wellbeing.

**(09) 415 4657 or 0800 ACTIVE (22 84 83)**





# BECOME A HOOVER GROOVER

*Or a Mop Hopper, or a  
Dust Dancer. Any form  
of housework counts as  
being active to us.*



Sign up at [www.activeforlife.co.nz](http://www.activeforlife.co.nz) and let us support you to kick start your health journey, or speak to your healthcare professional for a referral to **Active for Life / Green Prescription** and learn how being active can improve your wellbeing.

**(09) 415 4657 or 0800 ACTIVE (22 84 83)**







# BABY STEPS STILL MOVE YOU FORWARD

*Staying active is beneficial for you and your family. Take a stroll with friends and whanau to help you all feel better.*

Sign up at [www.activeforlife.co.nz](http://www.activeforlife.co.nz) and let us support you to kick start your health journey, or speak to your healthcare professional for a referral to **Active for Life / Green Prescription** and learn how being active can improve your wellbeing.

**(09) 415 4657 or 0800 ACTIVE (22 84 83)**

