

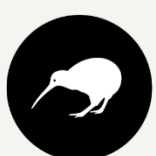
**BE ACTIVE  
ME KORI  
TONU**



**Tama tū tama ora,  
tama noho tama mate**

*An active person will remain healthy,  
but a lazy person won't*

For more information about MHAW, check out Pūtahi Hauora,  
the Defence Health Website, [www.health.nzdf.mil.nz/your-health/mind/mhaw](http://www.health.nzdf.mil.nz/your-health/mind/mhaw)



TE OPE KĀTUA O AOTEAROA  
**DEFENCE FORCE**

**MHAW** 20  
23  
Mental Health  
Awareness Week

# BE ACTIVE ME KORI TONU

Being physically active every day is great for our bodies and minds.



## ★ Challenge of the day:

**Park farther Away:** Park your car farther away from your destination, so you have to walk a bit more to get there.

**Set reminders:** Set hourly reminders on your phone or computer to stand up, stretch, or take a short walk.

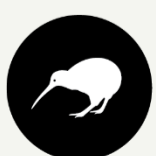
**Lunchtime walk:** Use your lunch break to go for a brisk hīkoi/walk around your camp, base or local area. It's a great way to get some fresh air and exercise.

**Make tracks for the gym:** Utilise the local gym at your camp or base or try some of the workouts on available on [www.health.nzdf.mil.nz](http://www.health.nzdf.mil.nz).

**Take the stairs:** Opt for stairs instead of elevators or escalators whenever possible. This is an easy way to add some extra steps to your day.

## How will you be active today?

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