



Challenging the
status quo of
traditional active
options



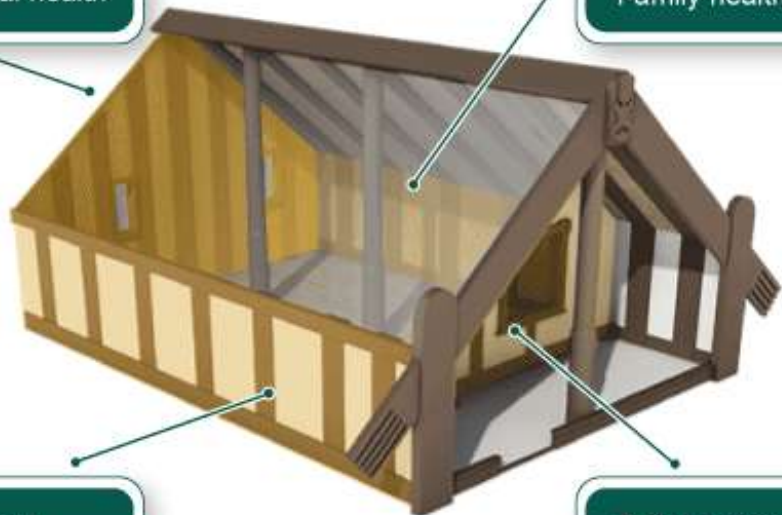






Te taha hinengaro
Psychological health

Te taha whānau
Family health



Te taha tinana
Physical health

Te taha wairua
Spiritual health





Wahine Tryathlon





Tane Tryathlon





Ka rawe Papa!











RESOURCES







**REMOVING
BARRIERS**

**SAFETY
FIRST**

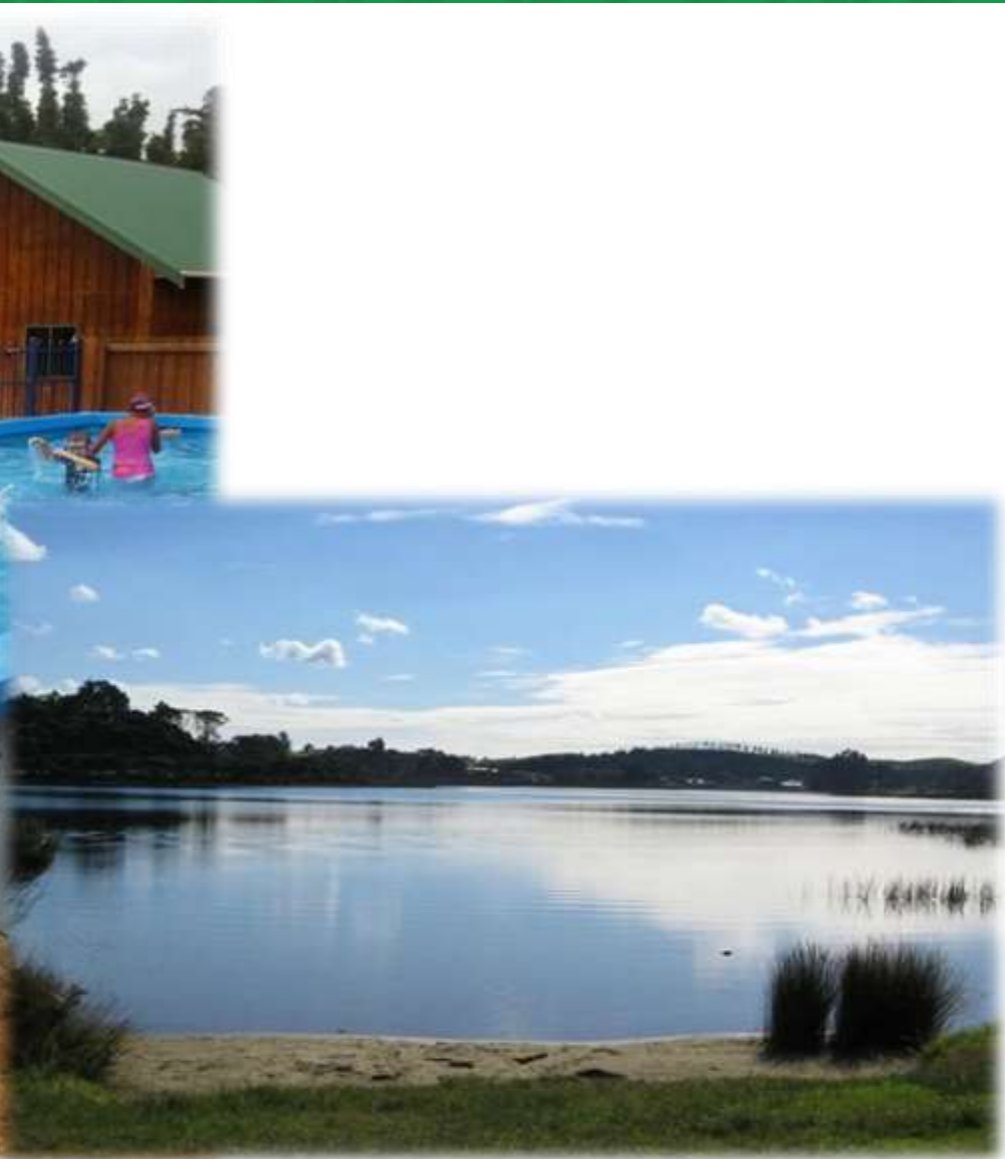


NgaiTakoto

he iti pike...



Te Kohangā Reo ō Rangaunu





Department of Conservation
Te Papa Atawhai

 **TE HIKU
HAUORA**

FAR NORTH



Rural Education
Activities Programme































 **TE HIKU
HAUORA**
Health Promotion 

324
RANGITAHU

 **TE HIKU
HAUORA**
Health Promotion 

 **TE HIKU
HAUORA**
Health Promotion 

056
TONI
Whanau Tryathlon

100M SWIM 1K RUN
100M SWIM 4KM CYCLE 1KM WALK/RUN
350M SWIM 20KM CYCLE 8KM RUN/WALK



129
TIWHA
Whanau Tryathlon

100M SWIM 1K RUN
100M SWIM 4KM CYCLE 1KM WALK/RUN
350M SWIM 20KM CYCLE 8KM RUN/WALK











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