How to get your FIT 5

A guide to achieving fitness and your personal best with physical activity, nutrition, and hydration.

New Zealand Edition
Thank you to our sponsors:
What is FIT 5?

Athletes want to perform their best at every competition. You can do this by being fit. FIT 5 is a plan for physical activity, nutrition, and hydration. It can improve your health and fitness to make you the best athlete you can be.

Goals of FIT 5

**EXERCISE**
- 5 days a week

**EAT**
- 5 total fruits and vegetables per day

**DRINK**
- 5 500-600ml water bottles per day
Exercise

You can become a better athlete by enjoying physical activity outside of your sports practice. There are many ways to be physically active. Certain exercises can help you improve the skills needed for your sport.

Your goal with FIT 5 is to do at least 5 days of exercise!

Types of Exercise:

- **ENDURANCE**
- **STRENGTH**
- **FLEXIBILITY**
- **BALANCE**
Endurance is the ability of your body to keep moving for long periods of time. Endurance can help you run farther distances without stopping and practice longer with fewer breaks.

Try your favorite endurance exercise for 30 minutes, 5 days each week.
Endurance at Home

Endurance exercise can be done anywhere. Do each exercise for 30 seconds, resting for 1 minute in between each exercise. Complete 3 times.

Jumping Jacks

1. Jump up and spread your legs apart as you swing your arms over your head.
2. Jump again and bring your arms back to your sides and your legs together.

For more advanced exercise, see the Endurance Fitness Cards!
Quick Punches

1. Put both your hands in fists by your chest. Keep your elbows down by your side. Stand with your feet a little wider than your shoulders. Bend your knees slightly.
2. Turn toward your left side. Punch your right arm in that direction.
3. Return to the center with both hands in fists by your chest and elbows down by your side.
4. Now, turn toward your right side. Punch your left arm in that direction.

For more advanced exercise, see the Endurance Fitness Cards!
March and Swing Your Arms

1. March in place. Lift your knees up as high as you can. Go at a steady pace.
2. As you bring your knee up, swing the opposite arm in front of you.
3. Switch your arms when you switch your legs.

For more advanced exercise, see the Endurance Fitness Cards!
Strength

Strength is the ability of your body to do work. Strength gives you the ability to jump higher, throw farther, and sprint faster.

Try to complete a workout for the entire body, 2-3 days each week.
Strength at Home

Strength exercises can be done anywhere. Do 10 of each exercise and then move on to the next exercise. Rest for 1 minute. Complete 3 times.

**Straight Leg Raises**

1. Stand tall. Use a chair or wall for balance.
2. Forward: Slowly lift your leg up in front of you as high as you can. Keep your leg straight. Then lower back to starting position. Do not relax your leg. Do not swing your leg.
3. Side: Slowly lift your leg out to the side with your toe pointed forward. Keep your leg straight. Then lower back to starting position. Do not relax your leg. Do not swing your leg.
4. After you have completed all leg lifts on one side, switch to the other side.

For more advanced exercise, see the Strength Fitness Cards!
Push-Ups on the Wall

1. Stand facing the wall. Place your hands flat on wall at shoulder level. Keep your arms straight. Your feet should be behind your body so that you are leaning on the wall. Stand on the balls of your feet.
2. Bend your arms to bring your chest to the wall. Keep your legs in place. Make your body a straight line.
3. Push your arms straight to return to the starting position. Make sure your body stays in a straight line the whole time.

For more advanced exercise, see the Strength Fitness Cards!
Curl Ups

1. Lie on your back on the floor. Bend your hips and knees so your feet are flat on the floor. Reach your arms toward your knees.
2. Lift your head, and then slowly lift your upper back until your hands reach your knees. Try to get your shoulder blades completely off the ground.
3. Pause and then slowly lower all the way back down, including your head.

For more advanced exercise, see the Strength Fitness Cards!
Flexibility

Flexibility is the ability of your body to move easily in all directions. Being flexible makes it easier to do sports skills and helps prevent injuries to your muscles and joints!

Try to complete a stretch for all body parts, 2-3 days each week!

Note: Dynamic stretching should be done as part of your warm up. Static stretching should be done as part of a cool down.
Flexibility at Home

**Stretches can be done anywhere.** Do the following exercises for a quick full body static stretch after practice or on your days off. Hold each stretch at least **30 seconds.**

**Calf Stretch**
1. Stand facing a wall. Put your hands against the wall at shoulder height.
2. Put one foot in front of the other.
3. Bend your elbows and lean in toward the wall. You will feel a stretch in your calves.
4. Keep your knee straight and your hips forward. Make sure your heel stays on the ground.
5. Switch your feet and repeat the stretch.

**Child’s Pose**
1. Kneel on the ground.
2. Bend at your hips. Put your arms next to your head with your hands on the ground in front of you.
3. Sit your bottom down over your heels. You should feel a stretch in your shoulders and lower back.

**Knee to Chest**
1. Lie on back with your legs straight.
2. Bring right knee toward your chest.
3. Wrap your arms underneath your knee and pull your leg closer to your body until you feel a stretch in the back of your right thigh.
4. Repeat the stretch on your left leg.

For more advanced exercise, see the Flexibility Fitness Cards!
Balance is the ability of your body to stay upright or stay in control of your movements. Balance helps you to stay in control when you are playing sports and helps you to avoid falls.

Try to complete a full body balance workout, 2-3 days each week!
Balance at Home

Balance can be done anywhere. Do the following exercises for a balance workout. Complete 3 sets.

Single Leg Stance

Stand on one leg with your arms out to the side. Work up to holding this position for 30 seconds.
Balance at Home

Leg Swings

Stand on one leg, swinging the other leg front to back. You can lightly hold onto something for help if necessary. Do **10 swings** on each side.
Balance at Home

Walking On a Line

Find or make a straight line on the floor. Walk on the line for **20 steps**. You can put your arms out to the side for additional balance help.
Exercise is Fun!

It is easy to get in the right amount of exercise if you make it fun. Here are some tips to help you stay motivated to reach your Fit 5 goal.

Exercise with a friend or group!
- Go on a walk, run, or bike ride with a friend or family member.
- Join a group exercise class.
- Do strength training with a teammate.

Take the lead at practice!
- Ask your coach if you can lead some flexibility or strength exercises.
- Teach a friend a new sport.

Try something new!
- Try a new group exercise class.
- Walk or run a different route than you normally do.
- Learn a new strength or flexibility exercise.

Track your improvements!
- Write a goal on a piece of paper. Post the goal on your wall.
- Keep a log of your exercises so you can see your progress.
Reach Your Fit 5 Exercise Goal

**It’s easy to do 5 days of exercise in one week.** Follow this sample exercise plan and see how easy it is to reach your goal.

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<th>Activity</th>
<th>Time Spent</th>
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<td>- walked and ran during practice</td>
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<td>Saturday</td>
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<td>Sunday</td>
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<tr>
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<td>- did balance exercises after our walk</td>
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Eating right is important to your health and your sports performance. Eating right can be easy because there are many delicious healthy choices.

Your goal with FIT 5 is to eat at least 5 total fruits and vegetables every day!
You know fruits and vegetables are important for your health, but sometimes it can be difficult to know what other foods you should be eating. **Here is a list of all the food groups and some great choices in each group:**

**Grains**
- Brown or Wild, or Unpolished Rice
- Oatmeal
- Whole grain Bread
- Whole Grain Pasta
- Whole Grain Crackers
- Tortilla
- Flatbread and Roti

**Dairy**
- Low-fat or Skim Milk
- Low-fat Cheese
- Low-fat, unsweetened yogurt
- Cottage Cheese

**Fruits**
- Fresh: Apples, Bananas, Berries, Grapes, Kiwi, Oranges
- Frozen Fruits
- Canned fruits (pick options with no added sugar)
- Dried fruits: Raisins, Bananas, Apricots
- Seasonal Fruits

**Meats and Beans**
- Lean Meats
- Eggs
- Fish (frozen, fresh or canned)
- Tofu
- Nuts
- Nut Butters (no added salt/sugar)
- Beans, Legumes and Pulses

**Vegetables**
- Fresh: Asparagus, Broccoli, Carrots, Cauliflower, Green Beans, Peppers, Squash
- Lettuces and Dark Leafy Greens
- Frozen Vegetables
- Salads
- Canned Vegetables

**TIP:** Make half of your plate fruits or vegetable and fill the other half with a combination of whole grains, dairy or protein.
Building a Healthy Plate

Now you know what types of foods to eat. Here is how to build a healthy plate for a meal or for a snack.

- Make half of your plate fruits or vegetables.
- Fill the other half with foods like whole grains, dairy, and protein.
- Watch the amounts of food you put on your plate. See the Perfect Portion page.
- Save junk food like desserts, chips and sodas for special occasions.
- Add more fruits and vegetables to your meals.
- Keep snacks healthy and small.
Perfect Portions - the hand guide

Food portions

Using your own hand can be an easy way to check the size of your portions. When serving up for someone else, use the size of their hand.

Components of a meal

Vegetables (non-starchy)
Your two hands cupped together is a good guide for the amount of non-starchy vegetables like carrots, broccoli or cauliflower, you should include at your meal. Include more, if you can.

Tip – choose vegetables from all the colours of the rainbow. Each colour provides a different range of nutrients.

Grain foods and starchy vegetables or legumes
A portion of grain foods and starchy vegetables is the size of your closed fist. This group includes foods like potato, taro, corn, rice, green banana or a bread roll. A portion of legumes is also the size of your closed fist. Legumes include chickpeas, lentils and beans.

Tip – if you want more than one grain food or starchy vegetable in your meal, reduce the size of each one so the total portion is the size of your fist.

Fish
The whole of your hand is a good portion guide for a piece of fish.

Tip – your whole hand is about the size of one fish fillet, which is enough for a meal.

Poultry or meat
The palm of your hand is a guide for a portion of red meat, chicken or pork.

Tip – the thickness of the meat should be about the same thickness as the palm of your hand.

Snacks

Vegetables (non-starchy), fruit or nuts
A single portion of vegetables, fruit or nuts is what fits into the palm of your hand.

Tip – this is a good size for your snacks.

Heart Foundation

The Heart Foundation offers practical advice, tips and recipes to help you eat for a healthy heart.

https://www.heartfoundation.org.nz/

https://www.heartfoundation.org.nz/wellbeing/healthy-eating/portion-sizes
More ideas

eat most
vegetables & fruit

eat some
grain foods & starchy vegetables
legumes, fish, seafood, eggs, poultry & meat
milk, yoghurt & cheese
healthy oils, nuts & seeds

CUT BACK ON junk foods, takeaways & foods or drinks high in sugar, salt or saturated & trans fats

Heart Foundation
Healthy Meals

Add more fruits and vegetables to your meals. You can make any meal more nutritious with these simple suggestions.

**Breakfast**
- Have a piece of fruit with your meal
- Vegetables like spinach, tomatoes, onions and peppers make great toppings on omelettes.
- Dried or cut fruit make great toppings on cereal and oatmeal as well.

**Lunch**
- Top sandwiches with plenty of vegetables like lettuce, tomatoes, cucumbers, peppers, and sprouts.
- Try apples, carrots, or celery for a crunchy side.
- Add leftover or canned vegetables like peas and carrots to soups.
- Make a salad with your choice of meat, cheese, lots of vegetables, and an oil-based dressing.

**Dinner**
- Add vegetables like broccoli, squash, or peppers to pastas.
- Make a stir-fry with brown rice, your favorite lean meat or seafood, and vegetables.
- Add a side of steamed vegetables or a salad to any meal.
- Have some fruit as a healthy dessert.
Snacking is a great way to make sure you are full of energy. It is important to keep your snacks healthy. Here are a few ideas for tasty snacks that are packed with fruits and vegetables.

- Apple slices dipped in peanut butter
- Low-fat unsweetened yogurt with berries
- Low-fat cottage cheese with tomatoes
- Carrots or peppers dipped in hummus
- Celery topped with peanut butter and raisins
Reach Your Fit 5 Nutrition Goal

It’s easy to eat 5 fruits and vegetables in one day. Follow this sample meal plan and see how easy it is to reach your goal.

**Breakfast**
- Whole grain cereal
- Low-fat or skim milk
- 1 *Banana* (fruit)
- Water

**Lunch**
- 2 Beef *Vegetable* Soup
- Whole grain crackers
- 3 *Green peppers, carrots, and cherry tomatoes* (vegetables) dipped in fat free dressing
- Water

**Snack**
- 4 *Handful of grapes* (fruit)
- Almonds

**Practice or Exercise**

**Dinner**
- Salmon
- Whole grain dinner roll
- Sweet Potato
- 5 *Carrot, broccoli, cauliflower mix* (vegetables)
- Water

**Snack**
- 1 Oatmeal Cookie
- Low-fat or skim milk

With healthy meals and snacks, it’s easy to get your FIT 5! Try your own meal and snack combinations from this guide and you can reach your goal every day.
Hydration

Water is another important fuel for sports and for life. Drinking the right amount of water is important for your health and can also help your athletic performance.

Your goal with FIT 5 is to drink 5 bottles of water every day!

Your bottle should be 500-600ml

**TIP:** Drink out of a sports water bottle to track your Fit 5. Sports bottles are refillable and can hold 500-600ml of water.

**TIP:** Make plain water your first choice over any other drinks (New Zealand recommendation)
**TIP:** Carry your own drink bottle and refill it at a tap, cafe or drinking fountain.

https://www.nutritionandactivity.govt.nz/nutrition/100-water-resources
Signs of Dehydration

Water helps to keep your body working properly. You lose water when you go to the bathroom, sweat, exercise or even breathe. If you lose too much water without drinking more, your body won’t work as well. This is called dehydration.

Did you know that dehydration of 1-2% of your body weight can decrease your sports performance?

Signs of Dehydration:
- You feel thirsty
- You are tired or sluggish
- You have a headache
- Your mouth is dry
- Your urine is dark yellow or brown
Healthy Beverage Choices

There are many beverage options available, but some of them are healthier choices than others. This guide can help you make the best choices to stay hydrated and perform your best.

- **Sodas, energy drinks, and sports drinks are NOT good beverage choices.**
  
  Sodas, energy drinks, and sports drinks have extra sugar and can make you gain weight. Energy drinks and many sodas also have caffeine. Caffeine does not help you stay hydrated.

- **Small amounts of low-fat milk is a good choice.**
  
  Low-fat milk is a good choice with meals. Keep serving sizes small. No more than 3 cups of milk per day.

- **Water is the best choice for a beverage!**
  
  Drink water every day! If you like flavored drinks, try adding a few pieces of fruit into your water bottle.
Staying hydrated is easy when you know the best times to drink water! Use the guide below to help you reach your goal every day.

- **Drink at least 1 bottle full of water an hour** BEFORE practice or exercise
- **Drink at least 1 bottle full of water** DURING practice or exercise
- **Drink at least 1 bottle full of water** AFTER practice or exercise

**Total:** 5 water bottles!
Weekly Exercise, Nutrition and Hydration Tracking

Athlete Name: ____________________________

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Check box if you exercised today!

Write in the number of minutes

How many total fruits and vegetables?

How many bottles (500ml) of water did you drink?

Fill in the star if you reached your Fit 5 goal this week:

Exercise ★ Nutrition ★ Water ★
# Yearly Exercise, Nutrition and Hydration Tracking

*Use this tracking sheet to help you track your Fit 5 goals.* Fill in the **orange** star if you exercised 5 days that week. Fill in the **pink** star if you ate at least a total of 5 fruits/vegetables each day that week. Fill in the **blue** star if you drank at least 5 bottles (500mL) of water each day that week.

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Check out these great websites to learn more about exercise, nutrition, and hydration!

**Green Prescription**

**How to get a Green Prescription**
Ask your doctor or practice nurse about a Green Prescription or phone 0800 ACTIVE (22 84 83). You can also self-refer to the Green Prescription programme.

**Eat healthy and move more**
Be active every day [https://www.healthed.govt.nz/resource/be-active-every-day-physical-activity-adults](https://www.healthed.govt.nz/resource/be-active-every-day-physical-activity-adults)

**100% Water Resources**
The human body is about 70% water so we depend on it for good health. Choosing water instead of sugary drinks is an easy way to make a healthy change. Water provides essential hydration that is sugar-free and virtually cost-free from a tap near you. [https://www.nutritionandactivity.govt.nz/nutrition/100-water-resources](https://www.nutritionandactivity.govt.nz/nutrition/100-water-resources)
**Resources**

**Nutrition and Activity Hub**
This website provides resources and information to support people working in the nutrition and physical activity sectors across New Zealand. As a coach or an athlete this is a great place to go for resources.

https://www.nutritionandactivity.govt.nz/activity

**Easy meals with vegetables (videos)**
Easy Meals with Vegetables is a partnership between the Health Promotion Agency, the Heart Foundation and Vegetables.co.nz. A suite of recipe cards and videos provide simple, practical information about preparing and cooking vegetables and easy to follow recipes.
To download recipe cards visit:
vegetables.co.nz/education-and-resources/downloads/easy-meals-with-vegetables/
For recipe videos visit:
vegetables.co.nz/education-and-resources/videos-and-teaching-resources/easy-meals/

**5+ a DAY**
Eating lots of fruit and veggies is great for your health. You can find more resources here
http://www.5aday.co.nz/

**Eating and Activity Guidelines - reference**
Check out the Eating and Activity Guidelines for New Zealand Adults produced by the Ministry of Health.
Healthline
Call Healthline on 0800 611 116 for free health advice from a nurse if you have any questions about your health or are feeling sick and need advice. In the case of a health emergency, dial 111 and ask for an ambulance.
Clubs and coaches - for Healthline resources email healthline@gslpromotus.co.nz for a list of what is available.

SunSmart
Being SunSmart is about protecting skin and eyes from damaging UV radiation - especially when outdoors from September to April.
Remember to Slip, Slop, Slap and Wrap.
Clubs and coaches - you can download some of the free resources from SunSmart here
https://www.sunsmart.org.nz/resources

Heart Foundation
The Heart Foundation provides practical advice, tips and recipes to help you eat for a healthy heart.
https://www.heartfoundation.org.nz/
For free cookbooks packed with tasty and affordable meal ideas visit heartfoundation.org.nz/freecookbooks

Diabetes Foundation New Zealand
The Diabetes Foundation provides information, resources and more to help you live a healthy lifestyle with diabetes.