### Tinana Ora Mō Ngā Tamariki
Physical Wellbeing for Children

<table>
<thead>
<tr>
<th>T</th>
<th>Togetherness – eat together as a whānau</th>
</tr>
</thead>
<tbody>
<tr>
<td>I</td>
<td>Inu – keep water as the main drink/reduce sugary drinks</td>
</tr>
<tr>
<td>N</td>
<td>Not too much kai – portion sizes</td>
</tr>
<tr>
<td>A</td>
<td>Activity at least 60 minutes daily</td>
</tr>
<tr>
<td>N</td>
<td>Not too much screen time, less than 2 hours daily</td>
</tr>
<tr>
<td>A</td>
<td>Always have a healthy breakfast/parakuihi</td>
</tr>
<tr>
<td>O</td>
<td>Once a week or less for takeaways</td>
</tr>
<tr>
<td>R</td>
<td>Rest – Sleep 10–12 hours</td>
</tr>
<tr>
<td>A</td>
<td>Always eat your veggies, 5+ a day</td>
</tr>
</tbody>
</table>

**Whānau Goals**

**Tick Your Goals Here**

<table>
<thead>
<tr>
<th>Name:</th>
<th>Date:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Goal:</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Goal</th>
<th>Rāhina</th>
<th>Rātū</th>
<th>Rāapa</th>
<th>Rāpare</th>
<th>Rāmerere</th>
<th>Rāhoroi</th>
<th>Rātapu</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Week 2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Week 3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Week 4</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Resources**

- www.healthnavigator.org.nz
- www.sportwaikato.org.nz
- www.heartfoundation.org.nz
- www.vegetables.co.nz
- www.5aday.co.nz
- www.sportmanawatu.org.nz
- www.sportnz.org.nz
Essential fuel for the body to start the day
Alert and ready to learn

- Choose a cereal with preferably less than 15 grams sugar per 100 grams. Weetbix or porridge are great choices.
- Chop up some fruit and top with yoghurt.
- Eat wholemeal toast or one with grainy bits that you can see. Fibre keeps you fuller for longer.
- Find a buddy to eat breakfast with.
- Stop eating/snacking after dinner so you wake up ready to eat healthy food.
- Eat together as a family more often.

Vegetables and fruit are essential every day

- Aim for at least three handfuls of colourful vegetables every day.
- Eat a piece of fruit at breakfast and also pop one in the lunchbox.
- Cut up fruit or carrot sticks for after school.
- Thread bite size pieces of fruit onto a kebab stick.
- Have a dip with raw carrots, broccoli, cauliflower pieces.
- Add baby spinach and other greens to pizzas, mince and pasta dishes or make a hearty soup.

Getting plenty of sleep helps with weight management, feeling good and learning

- Decide on a suitable bedtime to allow enough hours of sleep.
- Have a regular bedtime routine.
- Create a quiet space for sleep without distractions.
- Remove electronics from the bedroom (TV, playstation, computers, tablets and phones).
- Aim for a gap between eating and bedtime. Two hours is best.
- Plenty of physical activity during the day helps kids with sleep.

Sugary drinks are not for every day

- Take cordial, fizzy drink, sugary drink sachets and flavoured milk off the shopping list.
- Offer cold water from the fridge often.
- Let friends know that your family are cutting back on drinks that are high in sugar and also caffeine.
- Buy a new water bottle to keep water tasting fresh.
- Flavour water with lemon or berries or mint.
- Pack your own cold water when you go out.
- Powdered chocolate drinks usually contain sugar and are not recommended as an everyday drink.

For age appropriate portions

- Use child’s hand to guide portion sizes: palm = protein (meat/meat alternatives), fist = carbohydrate (potato/kumara/pasta/rice) and 2 cupped handfuls of colourful vegetables.
- Try the ¼, ¼, ½ rule when serving the dinner meal (ie ¼ plate potato or rice or pasta (carbohydrate), ¼ plate meat or meat alternatives (protein), ½ plate colourful vegetables).
- If including bread in the dinner meal, reduce the other carbohydrate choice.
- Choose smaller bowls and dinner plates if you can.

Activity at least 60 minutes daily

Think huff ‘n puff activity

- Do something active as a family in the weekend.
- Go for a walk outdoors or play at the playground.
- Join a club together: karate, squash, badminton, waka ama, kapa haka.
- Have a family game of soccer or softball.
- Park further from the school or shops.
- If the journey is less than 2 km, leave the car at home.
- Plan ahead for next seasons sports.
- Keep a bag of active equipment handy for outings or when visiting friends/whānau.
- Activity can be broken into 10–15 min ‘chunks’.

Essential fuel for the body to start the day
Alert and ready to learn

- Choose a cereal with preferably less than 15 grams sugar per 100 grams. Weetbix or porridge are great choices.
- Chop up some fruit and top with yoghurt.
- Eat wholemeal toast or one with grainy bits that you can see. Fibre keeps you fuller for longer.
- Find a buddy to eat breakfast with.
- Stop eating/snacking after dinner so you wake up ready to eat healthy food.
- Eat together as a family more often.

Aim for most food to be prepared at home

- Eat takeaways less than once per week.
- Takeaways include bakery type lunches such as pies/slices/savouries. Talk with the family about what home-cooked meals are liked the most.
- Plan a dinner menu.
- Write a list for the food shopping.
- Share the cooking duties.
- Plan home made lunch combos with the children, and stick these on the fridge.
- Keep takeaways as regular servings; avoid upsizing.