



# Eat, move, live



**Follow me if you want to be healthy!**



The goal of my campaign is to promote a healthy lifestyle.

Valerie Adams is a sports ambassador in New Zealand, She is a shot putter and her role is to give healthy habits to New Zealanders. Like Valerie Adams I want young New Zealanders to be more active and have a healthy lifestyle. I want New Zealanders to practice more physical activities and not stay at home watching TV.

People shouldn't eat too much fast food and sugar because junk food is not healthy. They should eat more vegetables and fruits.

In New Zealand people can do rafting on the river and rock climbing but the craziest activity to do in New Zealand is paragliding and the most exciting is bungee jumping. The national sport in New Zealand is Rugby, this is the most popular.