

Eat, move, live to fight diabetes and obesity!

We want to promote a healthy lifestyle and to have a big impact for kids.

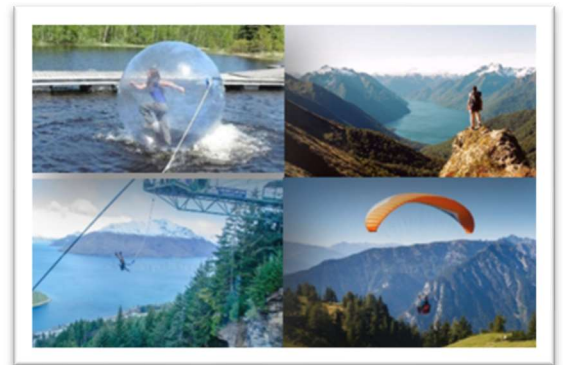


We want New Zealanders to eat healthy food.

They should eat more fruits and vegetables and they shouldn't drink too much soda.

We want young New Zealanders to become more active.

We want them to try any sport because we don't want them to sit all day. People should do paragliding because it's the best activity in New Zealand or try bungee jumping because it's the craziest. In New Zealand, they can also do kayaking, hiking, or cycling.



Valerie Adams is a healthy ambassador. She is a shot putter in New Zealand and she wants to change people's habits. We want young New Zealanders to follow the example of Valerie Adams and the All Blacks.



BE SMART : EAT, MOVE, LIVE !!!