

Healthy Lifestyle

« Eat, Move, Live » campaign

My name is Shaina and I want young New Zealanders to become more active. I want help to fight obesity and diabetes. I want to promote a healthy lifestyle. I want to have a big impact for kids. I want young New Zealanders to follow the example of the All Blacks. I don't want them to sit all day. They should drink more water and stop soda.



Shaina. @ 4e1

Valerie Adams is a health ambassador. She's a sportswoman and she is a shot putter



It's her !

*Young New Zealanders should do bungee jumping. It's the best activity in New Zealand !
They should do paragliding because it's the craziest !*

*To be happy, be healthy !
Be smart : eat, move, live !*