

HEALTHY HEROES FOR HEALTHIER FUTURES

The wonderful sound of children laughing usually means they are happy, healthy and contented. We owe it to our children to help them stay healthy and happy.

That is why Rotary has established the Healthy Heroes programme, so that all children can build habits of life that will help them have happy, healthy futures.



Fitazz

Healthy Heroes is a simple, easy-to-follow home health programme for 8 to 12 year olds. There are five challenges for them to respond to each day, that promote good health, and help protect them against obesity and type 2 diabetes:

- ★ Do at least 30 minutes of physical activity (eg walking, swimming, cycling).
- ★ Eat at least 3 vegetables and 2 pieces of fruit.
- ★ Be in bed by their agreed bedtime, and have 8 – 10 hours' sleep.
- ★ Stretch the mind for at least 20 minutes (eg reading, playing mind games, doing a craft or music, or learning a language).
- ★ Help others at home, school or in the community (eg preparing a meal, making a bed, picking up litter).



Tumz

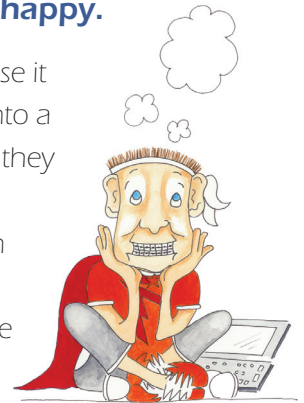


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It's all about repetition. The challenges are to be met on at least 5 days a week for 9 weeks, or one school term. The new habits should become life-long.

The programme is administered by the schools, and implemented in the home by parents or caregivers who also monitor the returns each week.

Schools like Healthy Heroes because it integrates their health curriculum into a single programme, and takes what they teach about health into the homes. Administration is easy, and they can combine the programme with a special focus on health over the one term.



Smartz

Parents like Healthy Heroes because the onus is on them to make it happen. It shows families what good health is (and how to achieve it), it usually improves the health habits of the whole family, and the activities draw families more closely together.

The kids like Healthy Heroes because it's fun. They can respond on a colourful website, or on a paper basis. It's not too long for them to lose interest, and they get recognised for their achievements. It also builds their self-responsibility and self-esteem.



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Healthy Heroes is endorsed by both the Royal New Zealand College of General Practitioners and the Pharmacy Guild of New Zealand (Inc).

To start the programme in a school, or find out more about it, contact the Healthy Heroes Administrator now. See details below.

Healthy Heroes Administrator

Email admin@healthyheroes.org.nz,

or refer to the website: www.healthyheroes.org.nz.