



How to be a Healthy Hero

There are heaps of ideas to help you complete these challenges as well as support for parents at www.healthyheroes.org.nz

Achieve these five challenges five days a week

Exercising, eating healthy food, getting enough sleep, stretching your mind and helping others are the stuff Healthy Heroes are made of!

1. Get active for 30 minutes

Kia Ora! I am Active Archie!

I want you to get in at least 30 minutes of physical activity each day.



You don't have to be good at sport—there's heaps of ways to be active that suit you! There are fun ways for everyone to be active.

2. Stretch your mind for 30 minutes

Chur! I'm Clever Kahu!

I'm here to help you use your mind. I want you to do fun stuff like reading and learning new things.



You could make art, play music, learn a new language, or play brain games like chess or Scrabble. Let's get that brain muscle working!

3. Get 9-12 hours sleep

Hiya! I'm Refreshed Rosie!
I'm here to help you recharge!



To charge up to your fullest, I want you to go to bed at a set bedtime to get 9-12 hours sleep each night. Everything is easier if you get enough sleep—especially getting up in the morning!

4. Help others

Kia Ora! I'm Helpful Hemi!
I want you to help others and make the world a better place!



There are plenty of people you can help—at home or at school, in your neighbourhood or community.

5. Eat three veggies and two fruit

Ni hao! I'm Mealtime Millie!

I want you to have three veggies and two fruit each day.



All foods are great as part of a balanced diet. It's about getting that balance part right!