

# Welcome to *Whanau Pakari*

## 4. *Be active everyday in every way*



Limit total  
screen time to  
2 hours or less a day

## 5. *Drink water or milk*



*If you have any questions  
please contact:*

Whanau Pakari Healthy Lifestyle Programme

188 Powderham Street  
New Plymouth

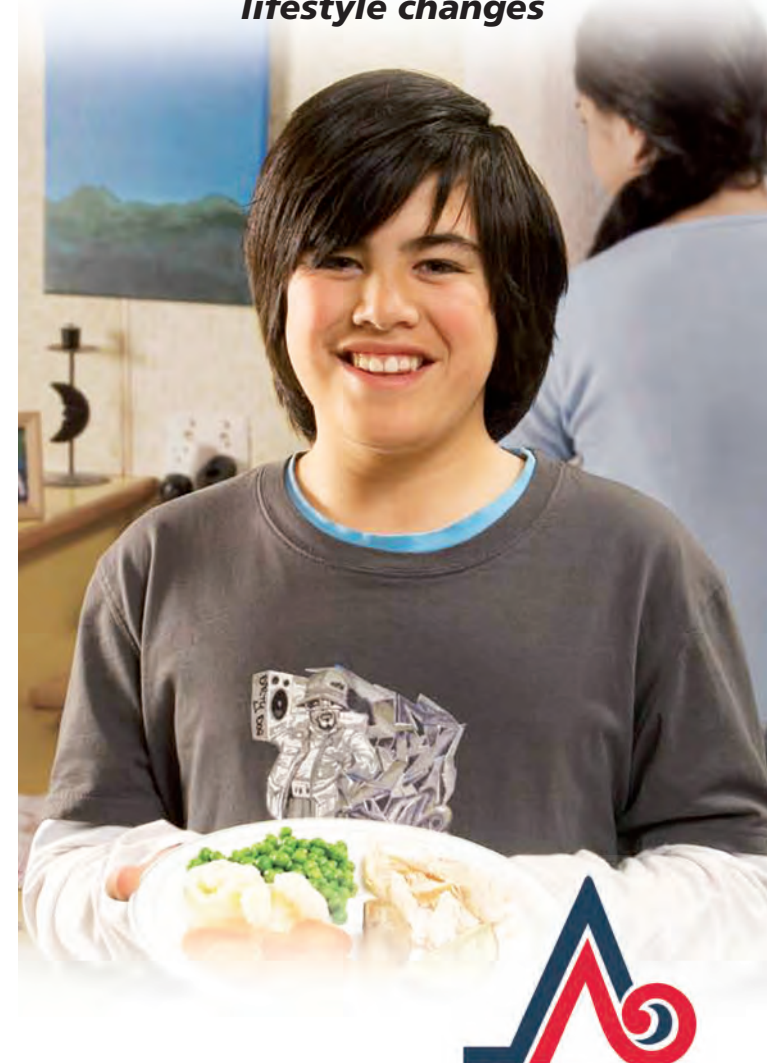
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[www.sporttaranaki.org.nz](http://www.sporttaranaki.org.nz)

*We are here to support you as a  
family/whanau to make healthy  
lifestyle changes*



TDHB 09-2013

TARANAKI DISTRICT HEALTH BOARD



Taranaki Together, a healthy Community  
Taranaki Whanui He Rohe Oranga

# Tips to get you started!

## 1. You are a role model

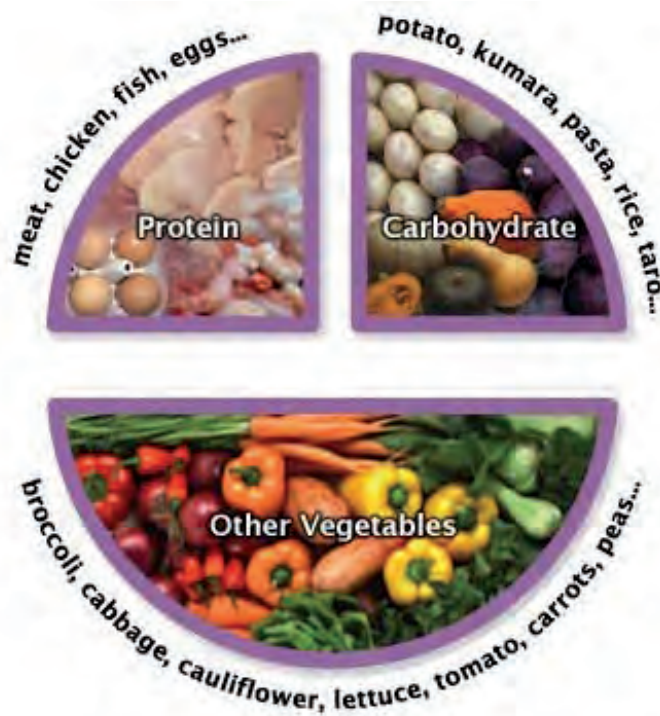


Kids eat better when they eat with you



Active parents encourage active children

## 2. Eat more fruit and veges



Make half the plate vegetables

## 3. Check portion size



Adults size portions for adults & kids size portions for kids

1 child's portion = your child's hand size

