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Instilling healthy habits

Mountain Scene, Queenstown

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TRACEY ROXBURGH

PUPILS at two Queenstown primary schools are joining 22,000 other Kiwi kids in this year's Zespri Young and Healthy Virtual Adventure.

Te Kura o Whakatipu and Queenstown Primary have signed up to the challenge, which started last month and runs till November 24.

Now in its fifth year, the 'virtual adventure' was created to help kids form healthy habits early, aiming to set them up for a lifetime of improved physical and mental well-being.

The programme takes students on a virtual trip around the world,

instilling in them the importance of exercise, eating extra fruit and veg, drinking water, getting good sleep and reducing screen time.

Classes work as a team to travel across the world, and along the way they're being met by Kiwi sports stars All Black Ardie Savea, Silver Fern Amelie Ekenasio, Black Cap Kane Williamson and Black Stick Samantha Charlton.

Young and Healthy Charitable Trust and Virtual Adventure founder Kim Harvey says over the past five years, more than 120,000 kids across the country have gone through the programme, which puts a strong focus on "prevention".



Virtual adventurers: Te Kura o Whakatipu Year 2 & 3 'Young and Healthy Virtual adventurers' pictured with, standing, teachers Victoria Jenkins, left, and Dee Brockie with Zespri Young and Healthy founder Kim Harvey, sitting