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## Providing pupils map mental, physical well-being

Hokitika Guardian, Hokitika West Coast

UNDERTOWMEDIA

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### HELEN MURDOCH

Providing pupils a map to mental, physical well-being

**HOKITIKA PRIMARY SCHOOL** pupils last month joined 22,000 New Zealand children to clock up a healthier lifestyle.

Supported by Zespri, the 2022 Young and Healthy Virtual Adventure has children join sporting heroes — Ardie Savea, Ameliaranne Ekenasio, Kane Williamson and Samantha Charlton — on a virtual trip around the world.

Measuring the distance travelled enables participating classes to track their global tour.

And while taking in the sights and learning about different countries, the children also focus on healthy habits, such as exercising, eating more fruit and vegetables, drinking water, reducing screen time and getting a good night's sleep — all of which earn instant points rewards to add to their class total.

Young and Healthy Charitable

Trust and Virtual Adventure founder Kim Harvey said the adventure was created with the knowledge that healthy habits instilled at a young age set up a child for a lifetime of improved mental and physical well-being.

The adventure is now in its fourth year and more than 120,000 children have taken part in the programme.

As classes travel around the world they are met by their sporting heroes and Asics ambassadors who show them around and share facts about local history and geography, as well as some of their health and well-being tips.

The 2022 Zespri Young and Healthy Virtual Adventure runs until November 24.



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**Hokitika Primary School pupils show their pedometers, which track their Young and Healthy Virtual Adventures.**

PHOTO: HELEN MURDOCH