

### Explore taha tinana

#### Physical wellbeing

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##### What is taha tinana?

Taha tinana is your physical wellbeing. It is about how your body grows, feels and moves and how you care for it.

Taha tinana is just one aspect of health and wellbeing and cannot be separated from all others.

##### Why is taha tinana an important way to wellbeing?

Trying to nourish and strengthen your physical wellbeing will help you to cope with the ups and downs of life. Feeling physically well helps us to feel mentally well. Having strong taha tinana means we can be there for our whānau and take leadership in helping our loved ones live longer, healthier lives too.

It's important to acknowledge that sometimes your taha tinana may not be as good as you'd like it to be, and this might be beyond your control. What's important is that you take care of your taha tinana and do what you can to nurture it, regardless of your current physical abilities.

##### Exploring your way to wellbeing through taha tinana

- Make a commitment with your whānau, friends or hoamahi/colleagues to pick one thing you could each do to improve your physical wellbeing. It could be supporting one another to quit smoking, drinking more water, having regular lunch breaks or eating more fruits and veggies. Start small and encourage each other to keep working at it!
- Look at how accessible your surroundings are for people who may be using wheelchairs or other mobility supports to get around. Visit [www.beaccessible.org.nz](http://www.beaccessible.org.nz) for more information on how you can make life easier for people living with a disability.
- Make physical activity fun and social. Get the whole whānau together for a walk after dinner, hold a whānau dance-off, play tag with your tamariki after school or kura, take a bike ride to your favourite park for a picnic with a friend or try out an online yoga or tai-chi course.

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- Challenge yourself and set a goal! Ever wanted to run a half-marathon? Start slow and build up from a walk, to a jog to longer bursts of running. If running isn't your thing there are heaps of other activities you could try – swimming, waka ama, dancing – choose something that makes you feel your best!
- Try a body scan meditation. Notice where you might be holding tension and learn how to breathe deeply and release the tension from your body. This is a great practice to do at the end of the day.
- Been to the doctor lately? If not, you might like to consider visiting your local GP or hauora for a general check-up. It's also a good time to ensure you're up to date on things like free screening programmes.
- Take time to learn about any health issues that may run in your whānau and what steps you can take to prevent or manage them.
- Kai nourishes your body. Take some time to prepare some healthy meals for the coming week. Check out YouTube for recipe ideas and demonstrations. You could hold a MasterChef competition with friends or whānau!



Photo by: @the.campbellclan

# REFLECTIONS

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<p>What does taha tinana mean to you?</p> <p></p> <p></p>	<p>What activities did you try out today?</p>
<p>What made you feel good?</p> <p></p> <p></p>	<p>What didn't work for you?</p>
<p>I'd like to do more of....</p> <p></p>	<p>How did you feel after spending today exploring taha tinana? Place an emoji sticker here so you can remember how it made you feel:</p>