

## LIVE WELL WAIHĪ BEACH UPDATE

MOVE WITH YOU, WAIHĪ BEACH is a new event which calls on the community to check in on their friends and whānau AND to plan to get whakapakari tinana | moving together to improve our overall health and wellbeing! And with Gumboot Friday coming up, if you wish to raise funds you can do that as well.

The first 100 people to sign up will receive a free event t-shirt, which can be collected from Tue 3 Oct.

Check Live Well Waihi Beach Facebook page or email [hello@livewellwaihibeach.co.nz](mailto:hello@livewellwaihibeach.co.nz) for pick-up days and times.

How to participate? It's simple, really ...

1. We challenge you to achieve a marathon over a month – you could complete 42kms yourself OR 42km between a team. You plan your routes and decide how to move | whakapakari tinana.
2. Sign up here if you want to be officially part of the event, and be one of the first 100 people to get an event t-shirt (if you just want to get out moving and not officially sign up – that's great too!)
3. If you are 'moving' as part of a team – add your team name on this form (*it's not required though*) **Each team member must sign up individually.**
4. Plan some outings to walk, bike, wheel, paddle or however you want to move – with friends or whānau over the next month. Also maybe plan some time to catch up, listen to your friends, check-in with them, have a cup of tea.
5. If you want to get serious and track your movement, you could sign up to [www.strava.com](http://www.strava.com) (this is not necessary but kind of fun!)
6. If you'd like to support Gumboot Friday – check out their Givealittle page [here](#) where you can start your own fundraiser or donate directly.
7. Post some photos on Facebook or Insta with hashtag #movewithyouwaihibeach or email them to [hello@livewellwaihibeach.co.nz](mailto:hello@livewellwaihibeach.co.nz) to try for your luck in winning spot prizes over the month.
8. Join us on **Sunday 5 November at 2pm at Waihi Beach Surf Club** to come together and celebrate with complimentary platter, music and spot prizes.