

Draft Media Release

From: Jill Stringer

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Subject: Lakeview School staff step up to Walk Wairarapa

Lakeview School staff were the first team to register in the annual Walk Wairarapa challenge, coordinated by Wairarapa Public health and Sport Wairarapa.

“I sent the information out and hardly had time to turn around before the Lakeview response was sent,” says Public Health organiser Katie Tuck. “We’re asking organisations if they wanted a fit, energetic, happy, healthy workforce – I think Lakeview staff are already on the ball!”

Walk Wairarapa is a walking project in which teams of 10 record their walking times over 8 weeks and thereby increase their fitness and health. The aim is to increase participants’ walking to 30 minutes or more a day.

“Exercise has been proven to increase physical and mental wellbeing so for the health of your staff, less sickness and more regular attendance,” says Dayle Clarkson from Sport Wairarapa. “I think businesses are winners from the moment they enter a team, regardless of who wins the actual competition.”

“We thought this would be a great team event,” says Lakeview office manager Lynne McCartney. “We regularly use Henley Lake as an exercise venue for the kids – most classes walk or run around at least once a day, so this competition will benefit both the staff and the kids!”

Walk Wairarapa starts on Monday 15th September and requires teams to record how many minutes each member walks a day, though times of less than 10 minutes are not recorded. Teams are made up of ten people.

“So go on - grab your workmates, family and friends and challenge them to a walking duel!” says Katie.

“Walking does not need to be done together and can be recorded individually but it is fun to walk in a group, at lunch time, in the weekends – whenever!”

“I’m setting up a weekly walking group over the 8 weeks of the competition to encourage teams to get together too,” says Katie. “We’ll start on 18 September and meet every Thursday at 5.15pm at QE2 park gates. We’ll walk around 30-60 minutes, depending on what the teams feel like on the day. Anyone can join us, you don’t have to be part of a team – just enjoy the exercise.”

Katie is taking team registrations until 10 September. Contact her for more information or to register on 06 3705020 or Katie.tuck@wairarapa.dhb.org.nz

Ends.

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Attached: Photo