



MATE MAH HUTT VALLEY

FAITH LED PASEFIKA WELLNESS COMMUNITY PROJECT



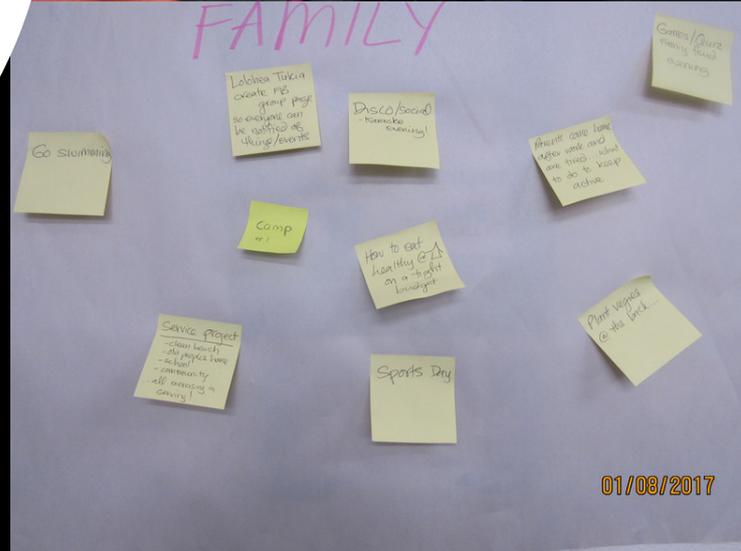
INTRODUCING FAITH LED

The Faith Led Wellness Project aims to get our Pacific community active and moving through the application of biblical principles on how people exercise and move. This allows a unique model based on the idea that being strong in the word of God empowers long-term changes in all aspects of their lives and enables opportunities in the Hutt Valley to build each other through Health and Well being. Bringing awareness in all areas of Faith , food, fitness and family and a great way for our Tongan Hutt Valley community to come together and impart CHANGE

Our Journey

As a result of the presentation Pacific Health Service delivered to the ministers and church leaders, a Working group was formed by representatives from each church. The working group were identified as the drivers for this program and to help brainstorm a 6 month plan for the cluster to make changes collectively and individually.

The Tongan Working group started their planning in August/ September and met every twice a month, then every week for 3 weeks leading up to the Celebration Day. These meetings consists of providing support and assistance to ensure their ideas are brought to life. The Faith Led Team facilitated these regular meetings which were mainly held at PHS Office meeting room. We express our utmost gratitude to the Working group for all their hard work, sacrifice and commitment in helping the Tongan community make small changes and by their innovative plans and ideas, we were able to institute a program which best suited families and churches.



Weekly Exercise sessions

Rain or shine, Wellington's weather forecast did not scare away our Tongan Community. The Exercise sessions were held every Tuesday evenings and Saturday Mornings instructed by our awesome trainers Alex Telea and Jodie-Ann Webster. These exercise sessions helped motivate and encourage families, churches and community to come together and work out through physical activity, we also started our sessions with the FAITH element of this project in prayer and bible scriptures.



NUTRITION



FOOD. As we know, Pacific islanders love their Food, especially our famous traditional ones. The element FOOD is essential because it is a component that is important to our culture, it is imperative to help our people understand the risk and consequences it may lead to in the near future and with the help and support from our Detritions at Te Awakaraingi, our Working group were able to create a plan which focused on main areas suggested to be evaluated on, such as Salt, sugar, fats and food labels. Hayley and Paulien were the Health experts from Te Awakairangi who facilitated these sessions however, instructed it in a way where it was interactive, interesting and practical.





CELEBRATION

Guest Speaker: Tomasi Palu



VIP and Guests



What a privilege it was to have Tomasi Palu support this Faith Led Project. Tomasi Palu attended Wellington College and proudly represented his country in the Mate Maa Tonga Squad at the 2011 Rugby World Cup where he played an outstanding 2 matches. He is a former Wellington Lions Player and is currently a Tongan Rugby Union Footballer.



VIP speakers included Rev Au Liko, Seniorita Laukau and Sokopeti Sina

The celebration day was filled with lots of people from the Tongan Community and involved families, churches, communities and friends. The main elements of this day was FOOD and FITNESS where our Tongan cluster focused on a healthier version of their famous dish "Otai" made and of course a Fitness Warm up instructed by the ZUU professional Instructor Alex Telea who is a former Hurricanes player and also represented his country in the Western Manu Samoa Team. We then kicked it off with 3 main sports all happening at the same time which was Netball, Turbo Touch and Volleyball. The teams for each game would consist of 1 over 40, 2 females and 1 under 12, this played a huge "FAMILY" factor and proves you can always work together as a team .





Where the combinations of FAITH, FOOD, FITNESS and FAMILY are imparted and implemented by individuals, their families and community. This 6 month Faith Led initiative was inspired by the Daniel Plan, which explores both spiritual and physical well being, helping our communities to live a fuller and Healthier life. For more information, please contact our Faith Led Team on (04) 577 03 94

<p>FAITH</p> <p>Being strong in the word to empower change</p> 	<p>FOOD</p> <p>Understanding good nutrition to fuel, heal and nourish our bodies</p> 
<p>FITNESS</p> <p>Focus on Exercise and movement and ENJOYING it</p> 	<p>FAMILY</p> <p>Sustaining changes together as a church family and individually</p> 