

# Super Staff Strut Challenge

The Movin'March Super Staff Strut Challenge is back! Enter and seize the chance to show everyone how it's done. Your school will go in the draw to win a **Homemedics Shiatsu massaging chair cushion** for the staff room. Imagine, a stress relieving massage anytime you want one!



## Enter the competition and meet the challenge:

1. Find out how many staff members would like to be on the team. Your school gets one entry into the draw for each person who takes part, so the more people who join the team the more chances you will have to win.
2. On the Movin'March registration form at [www.gw.govt.nz/movin-march](http://www.gw.govt.nz/movin-march) tick the "Super Staff Strut" box. Or email [movin-march@gw.govt.nz](mailto:movin-march@gw.govt.nz) and let us know that you want to take part.
3. During Movin'March week take up the challenge and arrive by active means every morning. You don't need to walk for hours – get creative. Here are a few ideas to help your team succeed:
  - Park a couple of blocks away and walk or cycle the last 10min. (Check out your route's distance, elevation and the calories you'll be burning on [www.journeyplanner.org.nz](http://www.journeyplanner.org.nz)).
  - Form a carpool with other staff. The passengers can get out of the car a few blocks from school for a short active Strut while all the heavy books and bags continue on in the car.
  - Been off your bike for a while? Getting back on can be a lot less daunting with a bike mentor to show you the ropes. Check out Greater Wellington's Bike Buddies at [www.gw.govt.nz/bike-buddies](http://www.gw.govt.nz/bike-buddies).
  - Catch a bus, train or ferry – and walk from the stop to school. Find your quickest public transport route at [www.metlink.org.nz](http://www.metlink.org.nz).
4. At the end of the week email [movin-march@gw.govt.nz](mailto:movin-march@gw.govt.nz), tell us how many team members completed the challenge and your team will be entered into the draw. Prizes will be drawn before April 30.

