



Welcome to Activea2b!

Meet the Active a2b team!



From left to right: Nicola Durling, Susan Hutchinson-Daniel, Claire Pascoe, Sam Winslow and Simon Kennett. Missing in action are Rebecca Jamieson who lives in the Wairarapa and Ping Sim who is sailing in Borneo!

Jim swaps his motorbike for feet

Jim Walsh lives at the top of Maungaraki so walking the 13 kilometres into work in Wellington CBD was not going to be an option. He has discovered, however, that he can walk the 3.7km from his house to the Petone train station and catch the train into town instead of riding his motorbike. The walk up the hill really gets the blood pumping and at this stage he does that around once a week, catching the bus or getting a ride for the rest of the week.

Jim has signed up for Active a2b to improve his health and fitness and reduce his reliance on private transport. His goal for the programme is to match the number of days he walks to the train station with a return trip back up the hill. Next week he's aiming for two return trips!

Jim says he particularly enjoys "walking through Percy Reserve and startling kereru out of the undergrowth beside

Numbers update

Kiwibank has 25 participants

Transpower has 16 participants

Nominate a mate

Register here

Sign up for a [cheerleader](#) or a [mentor](#) or a [taskmaster](#).

Feedback and WIN!

Already registered? Send weekly feedback to your [cheerleader](#), your [taskmaster](#) and your [mentor](#) and win!

Share your story

Got a good Active a2b story? Be our newsletter feature story and win!

Email active@gw.govt.nz

the track” He says that “watching the drunken antics of the increasing number of tui inhabiting Maungaraki is a huge daily thrill as well as hearing their distinctive song. Passing in and out of rural and bush environments keeps the trip fresh too”

The Active a2b team congratulate Jim for combining two great transport modes and getting active this summer. We wish him luck achieving his goals!

Nominate a mate

Keep your friends and family informed of your Active a2b progress and you will all go in the draw for extra rewards. Once you have registered for the Active a2b programme, you can designate up to three people who you want to keep up-to-date with your progress. If they accept your invitation, they receive weekly updates on how you're going. You can choose what sort of support best suits you: a cheerleader to give you positive encouragement, a mentor who has a healthy lifestyle you admire or a taskmaster, to whip you into shape.

By sending your mates an update every week, both you and all your mates go into a weekly draw to win vouchers from New World, Paper Plus, the CD and DVD store and the Embassy theatre.

Sign up for a **cheerleader** or a **mentor** or a **taskmaster**.

Already registered? Send weekly feedback to your **cheerleader**, your **taskmaster** and your **mentor** and win!

Our mailing address is:

Greater Wellington Regional Council

PO Box 11616
Wellington