



Active a2b News

Win a \$200 dinner at a restaurant of your choice!

Invite your friends to join Active a2b and win! Active a2b has over 800 people participating from around 50 workplaces in Wellington CBD. We've been getting great feedback from people saying it is just what they need to get motivated to walk or cycle to work. We're offering personalised support for people and tools to help them overcome barriers that have stopped them from giving it a go in the past. We're on to a good thing with Active a2b and we want to make sure as many people as possible are given the opportunity to take part.

That's why we want you to invite people you know who work in the Wellington CBD to participate. The more people you invite, the more times you'll go in the draw to win dinner at a Wellington restaurant of your choice, to the value of \$200.

Click [here](#) to send invites.

We'll be drawing the prize next Tuesday so get inviting!

Another stunning view!



Nominate a mate prize winners

B. Hope and K. Mischefski, winning a \$30 voucher from Marbecks and the Embassy Theatre.

Click on the links to send your [cheerleader](#), [taskmaster](#) or [mentor](#) your weekly feedback.

Numbers update

826 registrations
50 workplaces

Welcome to NZ Police, NZQA and Department of Labour.

Got a good story or photo?

Share it with us and win a voucher of your choice from Marbecks, New World, Paper Plus or the Embassy Theatre.

Yes, we have to climb back up them, but there is no question that Wellington's hills provide us with some of the most beautiful city vistas in the world. This photo, taken by Mairead Roche on her walk into the Ministry of Agriculture and Forestry, captured one of those 'you can't beat Wellington on a good day' days. Before she plunged into the fog to sit in her office for 8 hours, Mairead got to enjoy some sunshine and fresh air on her thirty minute trek. She walks home again four out of five days and says that while one motivation is exercise, "I actually just find it more pleasant to walk.....At least by walking I know how long I have to get to work and end up being more punctual."

It's been a great week for cycling in the capital...

Here are some pictures from the Frocks on Bikes Love to Roll event last Sunday and the Cycle Aware Wellington Go By Bike Day last Wednesday



Last workshops!

Bikeability Workshops

Find out what skills you need to commute safely and enjoyably on a bike.

Wed 24 Feb 12:30-1:30

How to fix a flattie in 5 minutes

Wed 24 Feb 1:30-2pm (straight after the Bikeability workshop)

Location for all workshops - Meeting room 1, Ground floor, Greater Wellington Regional Council, 142 Wakefield St, Wellington.

Please RSVP with the workshop and date you plan to attend to active@gw.govt.nz



To unsubscribe - email active@gw.govt.nz

Our mailing address is:

Greater Wellington Regional Council
PO Box 11646, Manners Street
Wellington 6042