



## Active a2b News

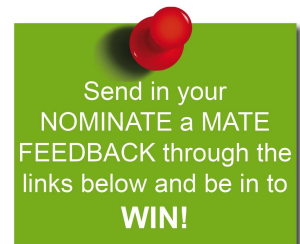
### Mojito mojos do it for the joy (and the drink)



The mojito mojos don't need competitions or challenges to get them walking. "We walk to work, walk the dog, walk for fun and walk to the pub for mojitos. It's not about walking further or faster and it's not about entering competitions. What it is really about is walking everyday." Here at Active a2b we'll try anything to encourage people to give walking and cycling a go – but did we mention you can do it just for fun?

If you get put off by all the competitions and 'goal setting' that tends to go on around this time of year, you may feel inspired by this group of cheerful colleagues who casually walk together on occasion. They don't do well in competitions because they're simply not fussed. Rather, it's "...all about community and giving each other a pat on the back for making a sensible lifestyle choice and encouraging each other to keep it up."

When Active a2b is finished for the year and the prizes have all run dry, don't forget you can keep up the walking and cycling simply for the joy!



### This week's prize winners

Congratulations to J. Stribling who won a \$30 New World voucher for sending weekly feedback to her Nominated Mate.

You can enter this week's draw by sending feedback to your mates through the links below.

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

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### Numbers update

883 registrations

Welcome to the NZ Council of Educational Research

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## The 'HOSPI' 2010— a challenge for charity



There are still those of us, however, that do get motivated by an event, challenge or competition. The Hospital to Hospital Bike Ride, an event held last Sunday, was not only a great chance to get out on a bike, it was a fantastic fundraising opportunity for the Wellington's Children's Hospital. The 50km ride took participants from Kenepuru Hospital through Porirua, Tawa, Churton Park and Johnsonville, up Makara Hill, through Karori, Northland, Brooklyn, along the beautiful Wellington coast via Owhiro Bay to Island Bay and then into Newtown.

Paul Quayle, an Active a2b participant, was one of almost 300 riders on the day. "Two of my team took part, one of whom hadn't ridden in years, and both completed the entire course and still had a smile on their faces at the end, and even on Monday morning once the post-ride pain set in."

Congratulations to the Wellington Hospital & Health Foundation for organising such a worthwhile event.

## Movin' March



It's Movin'March week!

Kids learn, grow and have fun when they walk, scoot or cycle to school! All schools in the Wellington Region are invited to join us in celebrating active journeys to school during the week of March 22-26.

[www.gw.govt.nz/movin-march](http://www.gw.govt.nz/movin-march)

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### Last workshop!

'How to fix a flattie in 5 minutes'

Thursday 25th March.

12.30-1pm. Meeting room 1, Ground Floor, Greater Wellington, 142 Wakefield St. Please RSVP to [active@gw.govt.nz](mailto:active@gw.govt.nz)

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To unsubscribe - email [active@gw.govt.nz](mailto:active@gw.govt.nz)

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