

JOIN THE MOVEMENT BECOME A LONG LAPPER

» MATES
LONG LAP



MOVING for mental health

It's well known that physical activity can benefit our mental wellbeing – but what does this look like?



Recreational physical activity for at least 2.5 hours per week is associated with better mental well-being, but the optimal duration appears to be at least 4.5 hours per week;



Recreational physical activity spread over 2 days per week is associated with better mental well-being, but there is additional benefit if people are active on at least 5 days per week;



Recreational physical activity at a light- and moderate-intensity is associated with better mental wellbeing, but there is additional benefit from vigorous-intensity activity





JOIN THE MOVEMENT BECOME A LONG LAPPER

What does MOVING for MATES look like?

Get MOVING for MATES by following some quick and easy tips



Start by seeing where you're at with activities. Starting off slow and easy will help you keep on the fitness journey during the Long Lap.



Think about the goal you've set for the Long Lap. Build your activities around your daily routine to help you achieve your goal – make sure it's balanced so that you're not stretched thin across the week.



Once you're on your way, don't forget to shake things up to keep MOVING for MATES interesting. Do a walk, a run, bike, rollerblade, and more throughout April – find activities you enjoy and mix them in.



Check-in on yourself throughout Long Lap. Don't feel the need to go 110% all the time, listen to your body – take a break if you need to. **Remember, it's about building healthy habits and MOVING for your mental health.**



FUNDRAISING

FUN DRAISING

What does FUNdraising for MATES look like?

Amplify your impact while MOVING on the LONG LAP



KICKSTART & SHARE YOUR FUNDRAISING JOURNEY

Share with others your why and reach out personally to whānau, friends and workmates - when people see your effort, they're going to support you on it.



RECOGNISE THE RIPPLE EFFECT

Share the wins, share the challenges, and remind everyone that they're helping achieve something meaningful. Every person who backs you adds energy to your journey.



HAVE FUN

You have to have fun! Enjoy the journey, and remember - you're not just fundraising, you're helping build a culture where hope is the norm, not the exception.



**MATES
LONG LAP**



FUNDRAISING

FUN RAISING

FUNdraising and the impact on MATES



SUPPORTING YOUR MATES THROUGH MATES

By fundraising for MATES while on your Long Lap journey, your impact directly translate into supporting your mates – onsite, at the office, in the communities and more.



AMPLIFYING THE MATES MISSION

Every Long Lapper spreads the word, brings new supporters into the community, and helps the cause reach far beyond what we could do alone.



BECOME THE LIGHT THAT IGNITES HOPE

When you step up to fundraise, you lead by example. Your commitment inspires others to donate, get involved – multiplying your impact and helping meaningful change happen faster and on a larger scale.



**MATES
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