

Mā raro, mā wira rānei nā te mea



He pai mō tōku toiora!

This is the theme for
Week One in the
Whānau Photo Competition
(1-31 March 2023)

Ask your whānau to post
photos and comments on
how walking or wheeling fits
this week's theme during
Movin'March.

facebook.com/movinmarch

movinmarch.com

**I WALK
OR WHEEL
FOR MY
WELL-
BEING!**



Mā raro, mā wīra rānei nā te mea



Ka hono ahau!

This is the theme for
Week Two in the
Whānau Photo Competition
(1-31 March 2023)

Ask your whānau to post
photos and comments on
how walking or wheeling fits
this week's theme during
Movin'March.

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**I WALK
OR WHEEL
BECAUSE
IT MAKES
ME FEEL
CONNECTED!**



Mā raro, mā wīra rānei nā te mea



He pai ake mō te taiao!

This is the theme for
Week Three in the
Whānau Photo Competition
(1-31 March 2023)

Ask your whānau to post
photos and comments on
how walking or wheeling fits
this week's theme during
Movin'March.

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**I WALK
OR WHEEL
BECAUSE IT'S
KINDER
ON THE
PLANET!**



Mā raro, mā wīra rānei nā te mea



Ka piki ake te māia!

This is the theme for
Week Four in the
Whānau Photo Competition
(1-31 March 2023)

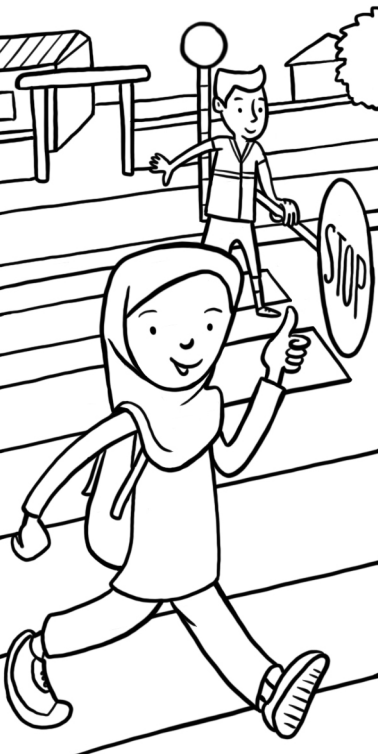
Ask your whānau to post
photos and comments on
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this week's theme during
Movin'March.

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**I WALK
OR WHEEL
BECAUSE
IT BUILDS
CONFIDENCE!**



Mā raro, mā wīra rānei nā te mea



He ara mātātoa!

This is the theme for
Week Five in the
Whānau Photo Competition
(1-31 March 2023)

Ask your whānau to post
photos and comments on
how walking or wheeling fits
this week's theme during
Movin'March.

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**I WALK
OR WHEEL
BECAUSE
IT'S AN
ADVENTURE!**

