



Kimi Ora Programme

“Seeking well-being in health”

Information Sheet

Thank you for your interest in our 8-week lifestyle programme for whānau.

What is Kimi Ora?

Te Kōhao Health has developed a whānau-based lifestyle programme to help reduce the risk for health conditions such as diabetes through exercise and nutrition.

What's involved?

Our goal is to help whānau lead healthy, active lifestyles. We will support whānau to do this by providing every whānau who participates in our programme access to:

- Nutrition and exercise education classes
- Advice from an expert exercise and nutrition coach
- Access to tips, recipes and videos via our Facebook page
- Access to cool competitions & challenges

Who runs the programme?

Kimi Ora is led by Te Kōhao Health's Cherie Paekau; a registered Sports and Exercise Practitioner and Accredited Exercise Physiologist with expertise in clinical exercise and nutrition, strength and conditioning and personal training. Cherie is passionate about driving better health and wellbeing in the community. Contact Cherie through Facebook or email;



➤ Kimi Ora Programme



➤ cheriep@tekohaohealth.co.nz

Who is the programme for?

Kimi Ora is suitable for whānau with children who are looking for practical ways to improve their health as a whānau or for individuals who are comfortable in a whānau environment. Access to this programme is free for those who meet our criteria, please ask Cherie for more information.

What do whānau need to do?

All whānau who participate must be committed to making lifestyle changes and complete pre and post screening and consent forms.