

## Active Transport



Hauora Mātauraka

### The Māori Approach

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## The Desired Plan

- Sustainability through active environments
- More physically active community
- Cost effective ways to improve health for Māori
- Viable options to help towards determining good health



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## The Action Plan

- Healthy Public Policy – Share the Road, workplace support
- Environmental – Development (safer access, walkways, cycle ways, recreational facilities)
- Community – cycling groups, walking groups, any community activity involving active transport in your area
- Transport – carpooling, public transport



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## The Māori Plan

- Whanau Ora – supporting Māori participation
- Promotion – wider community
- Building on relationships to increase awareness
- Making Active transport the viable option
- Workplace incentives for active transport - “Motivate to Activate”



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## My Plan

- You get Me, Me and Me again
- My networks within the Maori community
- My resources although limited
- My time and effort
- Willingness to make this a priority for Maori



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