

PACIFIC SUMMER SMACK DOWN TOURNAMENT

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Pasifika **WELLBEING DAY**



Working in partnership



The Ultimate Goal

To create an environment for Pacific Youth centered around healthy eating and healthy action principles, as well as encouraging interaction with a number of health providers who offer health services specific for Pacific Youth



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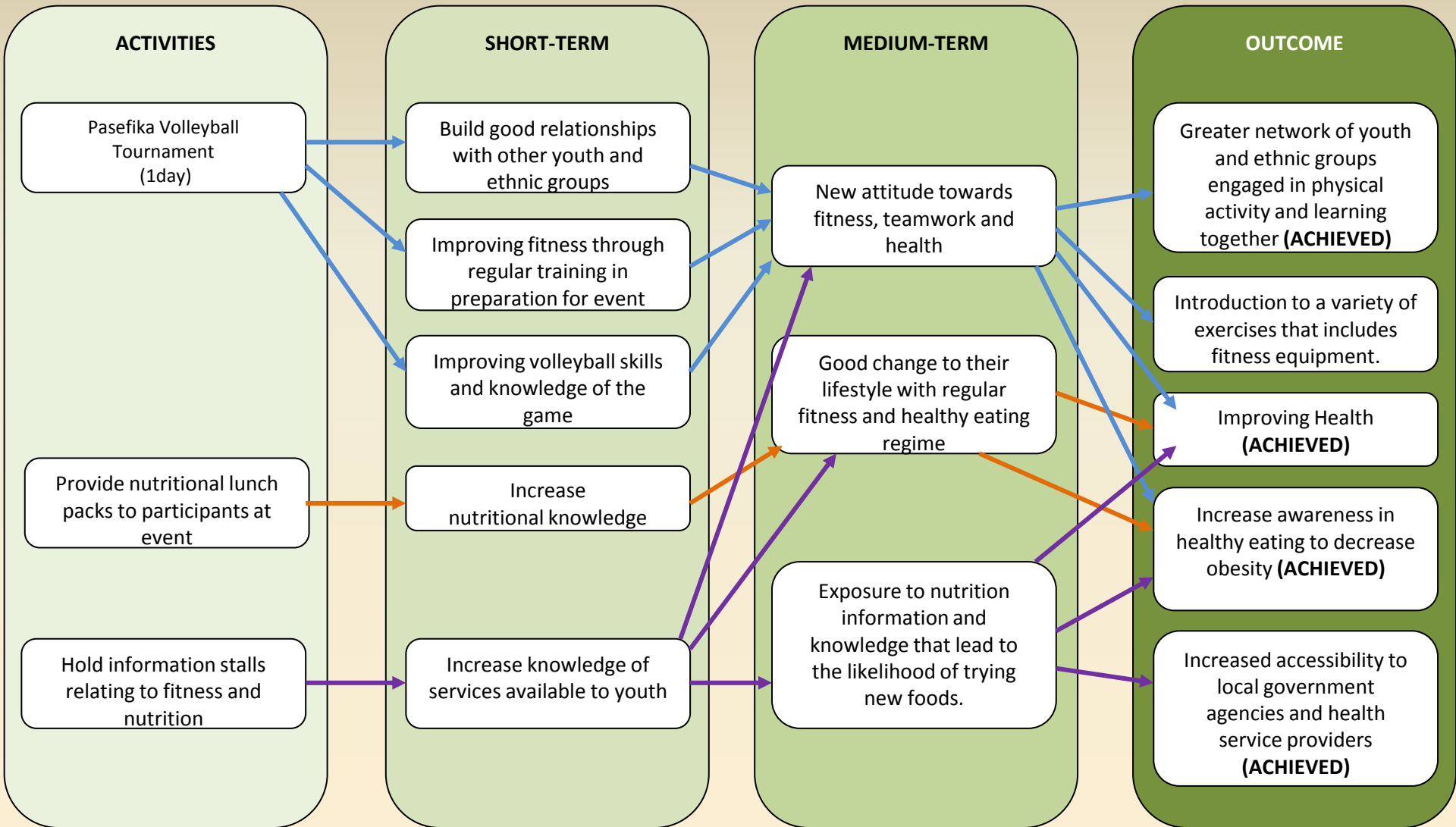


Expected Outcomes...

- Build a greater network of youth and ethnic groups engaged in physical activity and learning together
- Introducing a variety of exercises and healthy nutritious foods
- Increase Awareness in healthy eating to decrease obesity
- Increased accessibility for local government agencies and health services providers



Our Steps...



Working together...

- Community Youth Leaders were engaged
- Working groups were formed
- Networks/ Relationships strengthened
- The Experience was challenging however positive!



Highlights of the Day...

- Attracted approx. 500 Pacific people
- Up to 15 volleyball teams participated
- Up to 16 health providers
- Cooking demonstrations
- Interactive activities between attendees and stalls
- Officiates in attendance
- Engaging Host – Tofiga Fepulea’I-



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Our Successes...

- *“Beautiful day.
Awesome outcome”*
- “Good atmosphere”
- *“Make sure it’s an annual
event”*
- “Good for our community”
- “Great food” “Enjoyed
cooking demonstration”
- “Stalls are very helpful.
Learnt something”
- Laughter is good medicine





