

# Family fitness taken to Tuai by Tuhoe men

PATU o Aotearoa — a family and community-based health and fitness programme — is now raising heartbeats in Tuai.

Waikato fitness leaders Leroy Taiapa and Edward Rore, both from Tuhoe, are travelling to Tuai twice a week for the classes along with India Browne.

The programme is subsidised to make it affordable and accessible and the numbers have meant a new larger building was needed.

Waikaremoana Tribal Authority board member Lorna Taylor said they were proud the two young men from Tuhoe were assisting them to create change amongst families.

“We are celebrating that they have brought Patu to Waikaremoana.

“We are working on setting up and providing pathways to achieve good health for families.”

Mrs Taylor said former Tuai and Waikaremoana families have been supporting Patu from all around the world.

Three generations from three different families are attending the health and weight checks and their youngest member was three years old.

The oldest person star jumping and embracing the new exercise regime was in their mid-60's.

Beginning in May, Patu classes are now held in the Tuai hall.