



Te Hā Gym

HUMAN MOVEMENTS FITNESS CENTRE



NEWSLETTER

ISSUE 4

APRIL 2024

Welcome to the fourth edition of our Te Hā Gym newsletter!

Within these pages, you'll find engaging articles covering recent events such as World Down Syndrome Day and the Special Olympics, alongside other important information.

Ngā mihi nui ki a koutou katoa.

TE HĀ LOGO

The Āwhiowhio symbol is an expression of the vibrancy of ones hau (vital essence, vitality). Te hā is the breath, the commencement of te hau... this 'te āwhiowhio' design is implemented as a symbol of balance, equality, vibrancy, and vital essence as we journey towards our well-being, within a modern-day context.





WORLD DOWN SYNDROME DAY

Our gym celebrated as a community for World Down Syndrome Day (WDSO) 2024 by hosting a weeklong event of asking members to wear odd socks and join in our colouring competition. The rock your odd socks event supports the #lotsofsocks campaign which is a play on the odd number of chromosomes our oddly wonderful Down Syndrome community and a great conversation starter! The odd socks colouring competition was an opportunity to get creative and create colourful, funky and fun odd socks!

WDSO is celebrating the full potential of our members in the Down Syndrome community that they can and will achieve amazing things just like everybody else following the theme of “ASSUME I CAN”. Stereotypes, biases, prejudices and low expectations can strongly affect the lives of people with intellectual disabilities and often limits their ambitions, opportunities in school, work, relationships within their community (CooDown 2024).

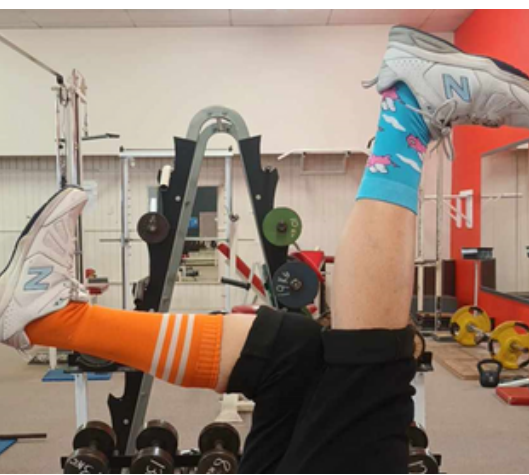
Congratulations to our following winners:

Socks

- Luresa Deacon-Dawson
- Jillian Oliver
- Jenny Mackenzie

Colouring

- Peter Chase
- Leigh Donald
- Tim Boyce





SPECIAL OLYMPICS



On the 9th of March our gym hosted the Special Olympics 2024 Manawātū Powerlifting Event. We were delighted to host the athletes from Special Olympics Wanganui and their supportive team and whānau.

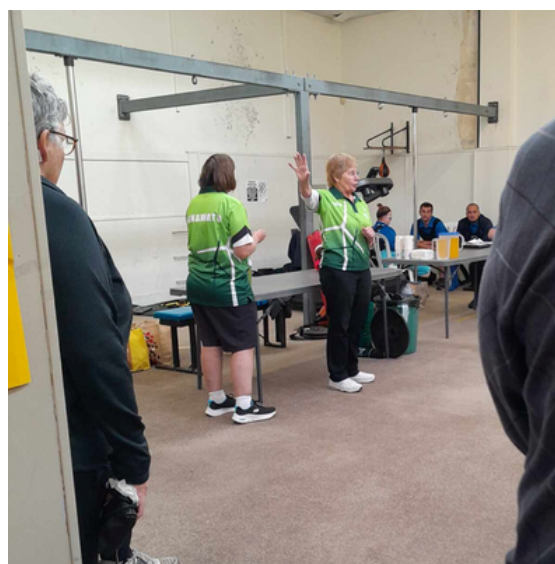
Both Manawātū and Wanganui athletes and their coaches showed dedication, passion and discipline to the sport of power lifting. We started off with squats then bench press and finished off with dead lifts. The awe and amazement of talent was witnessed by everyone in the room as the athletes began to finish their 3rd heat on personal bests!



The preparation our athletes and coaches invested leading up to the 'Have a Go' event yield amazing participation for a new category, a first for Special Olympics Manawatuū to open up power lifting for amateur athletes. The joy of their participation and support from their coaches and whānau rippled through the gym.

This event of course would not have been a HUGE success by Marianne and Jim. Their passion for the special Olympics has seen them take many athletes overseas as Olympians. Special thank-you to our volunteers:

- Chopper and William
- Gael
- Sarah
- Laura
- Lunch Crew
- Scoring ladies





WIFI

We are excited to announce that we are in the process of making WIFI available for our members throughout the gym facilities. We aim to have this completed before Matariki (June 28th).



NEW HOURS

Thank-you to our members who have taken the time to fill out our feedback forms or feeding back to our staff, that we have received the message of extending the evening gym access for another hour. Beginning after day light savings (7th April) we will open until 9pm, meaning those with key FOBs can access the gym up until 8pm. We will continue to encourage our members to complete our feedback forms to reflect changes you want for our gym community.

GYM RULES

We want to take the opportunity to ensure the comfort and enjoyment of our facilities are maintained at the highest levels of health and safety for all our users, so we ask that you continue to follow our Code of Conduct.

Everyone, occasionally, needs a friendly reminder about gym etiquette; to respect others space, time and the Te Hā basic rules.

- Be respectful of our facilities, equipment, staff and other members of the gym
- Put your weights back and keep it where it belongs
- Don't hog equipment
- Photos of yourself are acceptable, request permission if other members are in it
- Wear comfortable clothes
- Keep the gym and equipment clean
- Keep your belongings safe, do not bring valuables
- Report incidents or faulty equipment to staff



FACEBOOK COMPETITION

We are running a giveaway for **one months free membership!**

Simply scan the red QR code to the right to seamlessly navigate to our Facebook page or visit us directly at @TeHāGym. Once there, make sure to give us a like/follow and then proceed to like our pinned post featuring the competition. For each friend you tag, you'll earn an additional entry into the competition. Entries close on the 3rd of May 2024.

Check out our Facebook and Website by scanning the below links on your phones camera.



TE HĀ FB



TE HĀ WEBSITE

