



Te Papa Takaro adapted the Poutiri Tane Programme to create Te Arawa Haka Ora, a 12-week initiative supporting participants in Kapa Haka regionals.

The programme began 6 weeks before the competition and continued for 6 weeks after.

With 82 initial participants, it aimed to improve health and performance through gym memberships and regular health scans.

The unique approach combined cultural engagement with physical fitness, targeting both tāne and wāhine in the Te Arawa region.

Overall, the programme had a positive impact in terms of attendance at the gym and some positive impacts on weight, BMI, and muscle mass for those who participated in the scans.

Pre-scan to Post-scan results indicate

↓ Average weight decreased from 105.27 kg to 102.02 kg

↓ Average BMI decreased from 35.47 to 34.37

The programme's adaptability was a key strength, allowing for customization to individual and group needs. Moving forward, addressing barriers such as scan participation and post-competition motivation could enhance the programme's long-term impact.