

KYLIE TITO



Kylie is a Māori mother who is devoted to her six children and supports so many others because of a passion within her. She volunteers her time to her children's kura, takes kai to anyone, and now, works to motivate others on a healthier journey. She is one of the most respected members in our KOHAFIT whānau because of all of this, and more.

This wahine toa has been on a difficult journey for the past three years. Being on the waiting list for a second hip replacement, Kylie has had to endure ongoing pain and discomfort for which she takes strong prescription medication for. Then in November 2016, she experienced a little bit of excitement and was assessed for the surgery. Carrying that eager anticipation, Kylie began her journey to wellbeing in January/February 2017. It started with small changes where she would take her dogs for walks around their block and make better choices when it came to food.

In conjunction with this, Kylie came to KOHAFIT after hearing it on Moana Radio. Throwing herself into any challenge put before her she became absolutely hooked into the routine of it and enjoyed seeing others alongside her at all different levels of fitness. This in turn gave her a determination to do activities in her own time to perform better for following sessions.

Kylie's enthusiasm grew following the Easter Weekend where she made a decision to do something she had not done for two years. Going over to Rotorua to support her cousin's rugby tournament where 15 minute halves were played, injury struck the team's hooker 5 minutes into the first game. With no reserves, Kylie opted to go on and found herself fitter and stronger within then she had felt in a while. It was here she 'caught the bug', joined in for the rugby season and realised that she was capable of doing something she loved.

With her whānau, Kylie participated in the Goosechase Scavenger Hunt game KOHAFIT ran and joined in with its Chameleon Social League team which played different sports over an eight week period. These included volleyball, basketball, dodgeball, indoor hockey, frisbee soccer and turbo touch. She attacked the competition with whatever she had and began being able to run backwards as a dependable defensive player.

When it came to kai, Kylie is open and honest that she has had days when she will have food that is not good for her. However her approach to it is no longer followed by guilt which can lead to binge eating and instead, chooses to eat better at the next meal. Kylie progressed through different stages when it came to eating and is evident in an example she shared:

"...Before, I would buy packets of Tim Tams and some packets of plain biscuits. I would give the kids the plain biscuits and save the nice biscuits for me. But I realised that I was doing this because it had been done with me and I remembered how I felt about that. So right from then, I began sharing one nice pack of biscuits with my family, leaving me with perhaps four biscuits. That to me felt better than eating the whole packet of biscuits to myself. But now I've stopped buying them and if I do buy them, we all play a game for those extra pieces..."

While Kylie's original drive was to lose weight for her operation, she realised during the program that at 37 she needed to be able to run alongside her children and that if she wanted happiness and health for them, she would need to be happy and healthy herself. And although Kylie has not quite reached

her double digit weight goal, she has lost a total of 23kgs during her entire journey from January 2017 to June 2017. However, more importantly, she has learnt how to make small choices for longer lifestyle changes that benefits her entire whānau. We truly have been blessed to have Kylie walk through our door who continues to inspire, support and motivate her whānau, our members, and us.



CHRISTAL BOND

Chrystal Bond is Maori, 33, a part time cleaner and a fulltime mum who came across KOHAFIT through a friend's Facebook post. She decided to join to gain some confidence and to help her keep mentally strong. She was attracted to the affordable price and when she arrived and found plenty of people she could relate to where she felt welcome and equal with everyone, even the trainers. She found the sessions enjoyable and built up her cardio fitness and strength, with her favourite sessions being boxing and weight lifting.

Chrystal was able to make connections within the group as the sessions started with a karakia followed by whanaungatanga which incorporated games to quickly learn everybody present at the session.

During KOHAFIT she attained better confidence and found her fitness growing and progressing all the time. Near the final sessions, Chrystal was able to handle a full session without 'dying'.

Chrystal and her whānau participated in the Chameleon League Social team playing volleyball, frisbee, soccer and indoor hockey to name a few.

Though Chrystal had to lessen her session attendance due to a new job, she found the program successful because it was a friendly place.

She would recommend the program to wāhine Māori, and her whānau that wish to get into fitness for the first time, or who had not done exercise for a while and anyone with low self-esteem. She believes that the warm friendly factor would help someone succeed and achieve their goals. In the future Chrystal would love to join in on KOHAFIT again if the opportunity presented itself and would highly recommend it.