



**TOI TANGATA<sup>TM</sup>**

Fostering Positive Health Through  
Māori Nutrition and Physical Activity



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# WAIARIKI

## Our Water Your Future.



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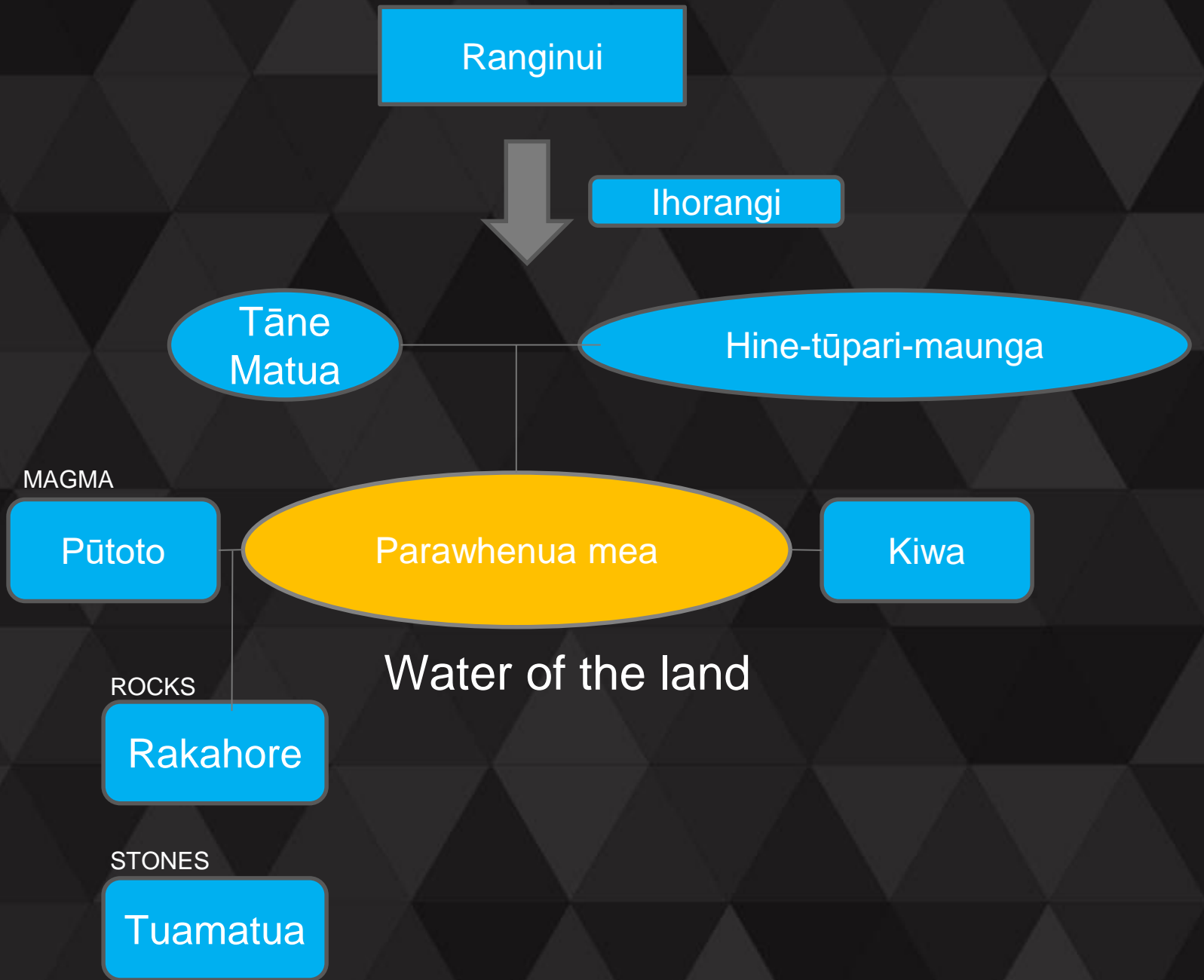
*“Ko taua wai kei te moana e pōtere ana.  
Ka hāpai ki te rangi.  
Ka tau ki runga maunga.  
Ka heke ki ngā riu, ki ngā awa.”*



Whitu



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HE MAURI



A close-up photograph of a man with a serious expression, looking slightly to the right. He is wearing traditional Maori clothing, including a braided cord around his neck and a wooden staff. The background is a dense thicket of green foliage. A semi-transparent geometric pattern of triangles is overlaid on the image. The text 'HE MAURI' is written in white, bold, sans-serif capital letters across the upper portion of the image.

HE MAURI

HE TAPU



HE TAPU

HE MANA





# Ngā Momo Wai

- Wai-Māori
- Wai-Tai
- Wai-Ora
- Wai-Mate
- Wai-Kino: (polluted). The mauri of the water has been altered through pollution or corruption and has the potential to do harm to humans



# SUGAR FREE

Festival & Events, Marae & Organisations

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# The different domains of Atua or Kaitiaki



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# Awareness of your own relationship with Wai during activity?



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## HE TAONGA TUKU IHO

Inumia te wai kaukau a ō tātou tūpuna.  
Drink from the water of our ancestors



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<http://www.waiariki.org.nz/>

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