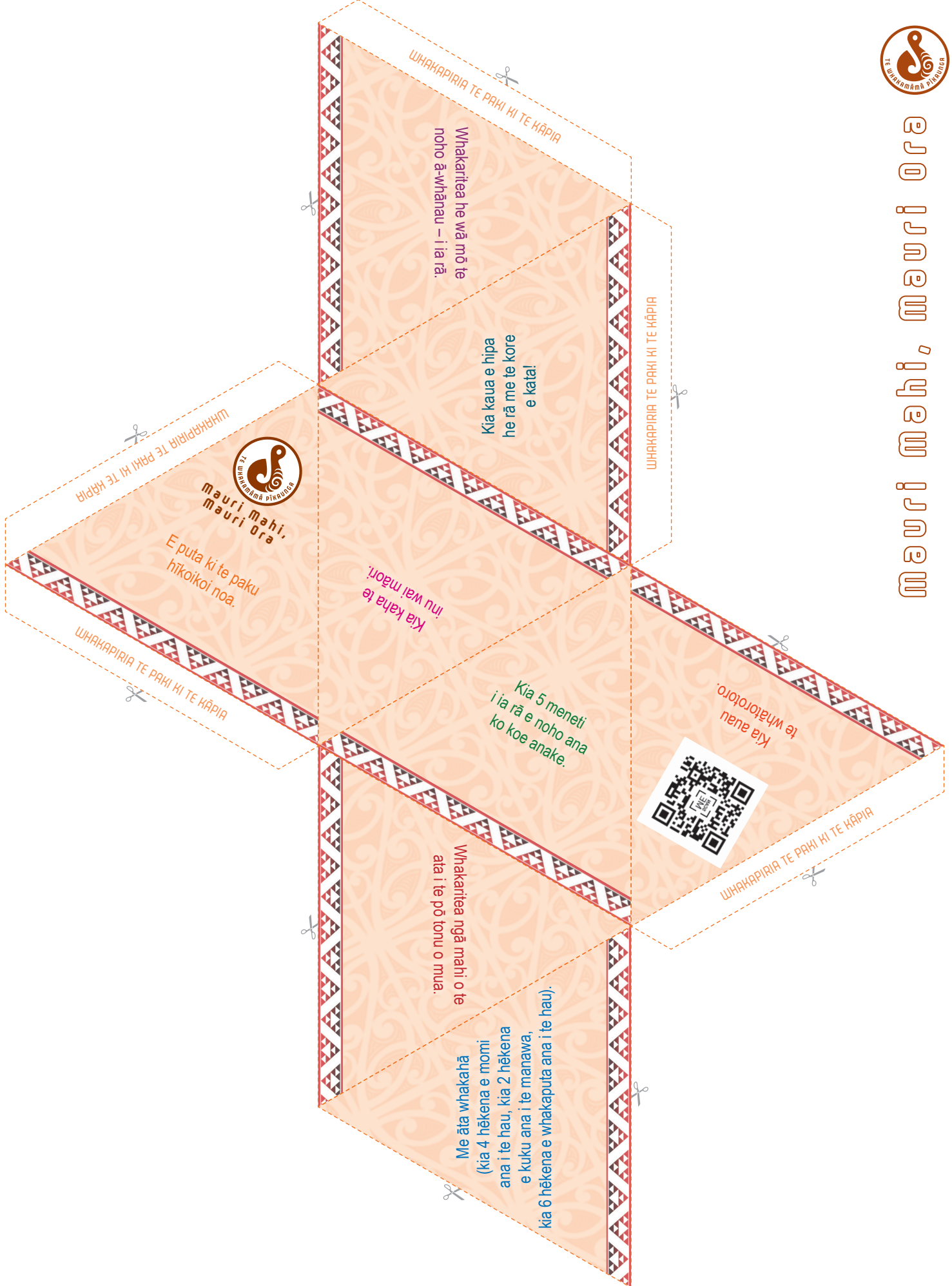


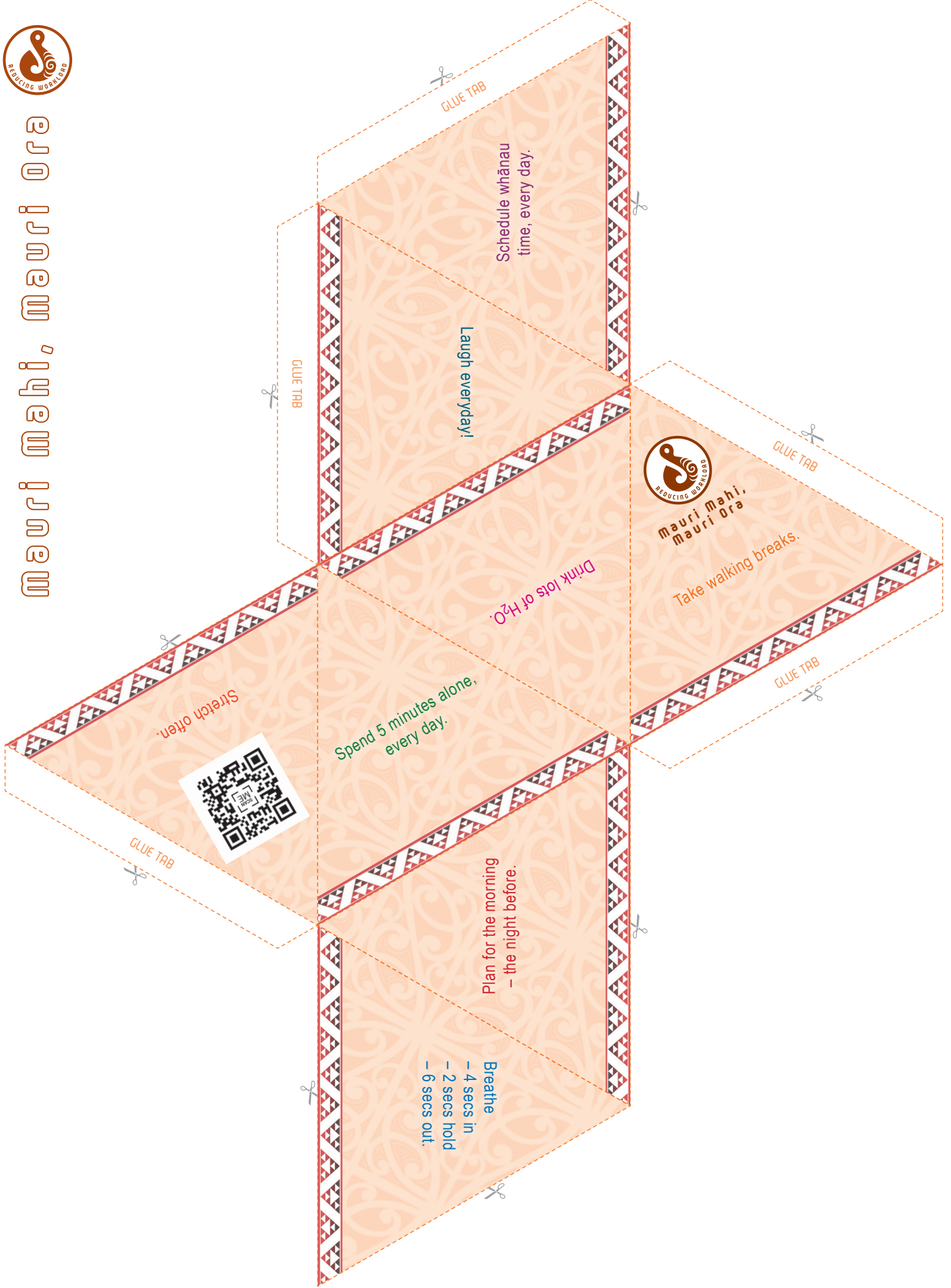


# Mauri Mahi, Mauri Ora





# Mauri Mahi, Mauri Ora



Stretch often.



Spend 5 minutes alone, every day.

Breathe  
- 4 secs in  
- 2 secs hold  
- 6 secs out.

Plan for the morning  
- the night before.

Drink lots of H<sub>2</sub>O.

Laugh everyday!

Schedule whānau time, every day.



Mauri Mahi, Mauri Ora

Take walking breaks.

