

Ngā mōhiohio hauora – ō motika



Me pēnei rawa ngā umanga hauora...

- 1 Me kohikohi anake i ngā mōhiohio mōu e āta hiahiatia ana e rātou
- 2 Me tiki mōhiohio i a koe anō ina taea
- 3 Me kōrero pono ki a koe ka ahatia aua mōhiohio
- 4 Me tōkeke ā rātou mahi kohikohi
- 5 Me whakarite kia pupuri ngitatia
- 6 Me tuku i a koe kia kite ina hiahia koe
- 7 Me whakatika mēnā ki tō whakaaro kei te hē
- 8 Me whakarite kia tōtika i mua i te whakamahi
- 9 Kia tere tonu te whakawātea mēnā kua kore e hiahiatia
- 10 Me whakamahi mō te pūtake i kohia ai
- 11 Me whai pūtake mēnā ka whākina
- 12 Me whakamahi te tau Taupū Hauora ā-Motu (National Health Index number) mō ngā pūtake hauora anake.