

he whakaaro e ngahau ai te kori tinana

- > Kōwhiria ngā kori ngahau ki a koe. Ka hiahia pea koe kia whiria tētahi huinga ngohe, ka noho anō rānei i te ngohe kotahi, kei a koe te tīkanga.
- > Kōwhiria he kori hāngai ki tāu e pai ai. Tērā pea koe e hiahia ki te kori ko koe anake, arā, tōu kotahi, ka hiahia rānei kia huia te mahi kori mā te noho tahi me ngā hoa, ki te whānau, ki ngā hoa mahi rānei. Mehemea e kori ngātahi ana me ētahi atu, ehara i te mea he whakapiki i te ora hinengaro anake, he rongoā hoki te tangata, māna koe e whakamanawanui.
- > Kia maumahara koe me inu wai. He mea nui te whāinuinu ki te wai, he mea nui rawa mehemea kei te kai pire rongoā te tangata.
- > Whakaritea ētahi whāinga wā poto, wā roa hoki, engari kia hāngai anō ki tāu e taea ai. Tērā pea koe e hiahia ki te tuhituhi whakaaro i muri i te koringa, ka hoki mai ki te pānui kia kitea ai tō ahunga whakamua i muri i te rua marama.
- > Kaua e riri ki a koe anō, ki te kapea atu he rā, ehara tēnā i te hekenga ki te Korokoro o Te Parata. He rā anō āpōpō, e hoki anō ai koe ki tō kori tinana.
- > Kaua e tukua mā te utu koe e aukati. Ehara i te mea me haere ki te tino whare kori tinana whakapaipai, me mau rānei i ngā tino kākahu. He mea ātaahua te haere ki waho ki roto i te āiō, kore kē nei he utu, ā, mā te taiao e pure ngā mahara. Mā te awatea o waho e whakamāmā ngā whakaaro, i ngā marama o te hōtoke.
- > Hangaia he wairua whakamārie i te ngākau. Ina koa, mehemea he pai ki a koe, me korikori i te kāinga me te whakarongo ki ō waiata kai-ngākau, ka pānui pukapuka rānei, i a koe e eke ana i te paihikara kori.
- > Pātai atu ki tō tākuta me pēhea tō kaha ki te korikori, mō ētahi mamaetanga rānei ka puta ki a koe kāore he take i kitea atu, mō te ānini rānei, mō te hau poto rānei. He mea nui tēnei mehemea he raru tinana tō te tangata (ina koa te manawa, te pēhanga o te toto, te mate kaikōiwi rānei,) ka puta ake pea i te kori tinana. He nui tonu ngā tākuta me ngā nēhi kei te whakahau i te tangata kia huri te tangata ki te whakatikatika tinana mā te kori, arā, e mea ana mā te whakapiki i te kori tinana, mā te whakarerekē i ngā āhuatanga o te noho ia rā.

Mahia ngā mahi ka taea e koe, ngā mahi hoki he ngahau ki a koe!



Ko te Push Play tētahi kaupapa ā-motu whānui e mahi nui nei ki te akiaki i te tangata kia auau ake te kori tinana. Ko te whāinga o te kōkiri nei he akoako i te iwi whānui mō ngā hua ka puta i ngā ngohe kori tinana, arā, ngā kori auau tonu, ngā kori ka āta māhia. Ka akona hoki te tangata mō te māmā o ngā mahi nei.

Waea mai ki: **0800 ACTIVE** 0800 22 84 83
peka mai rānei ki www.pushplay.org.nz, mō te roanga atu o ngā kōrero.

“I etahi wa ko te tino rongoa, he haere ki te whakakorikori.”



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te kori tinana mehemea he māuiuitanga hinengaro tōu



Out of the Blue



E kauwhau nuitia ana ngā hua o te kori tinana mō te hauora. Kua kitea e ngā kairangahau mehemea ka eke ki te 30 meneti e korikori ana te tangata i te nuinga o ngā rā o te wiki, ka puta he hua mō te oranga hinengaro, otirā, he rongoā te kori mō te pōuriuri me te māharahara. Kua kitea ko te kori tinana tētahi tino rongoā mō te kōhukihuki.

He mea nui te kori tinana mō te whakamakere i te pōuriuri taimaha nei, ā, i ētahi wā ka rite anō ōna painga ki te āwhina ā-hinengaro, ki ngā rongoā rānei, ina tirohia ngā hua i te wā roa. Mā te kori tinana hoki e āwhinatia ai ngā tāngata e pāngia ana e te āhua māharahara nei, e te wehi noa, e te pōnānā, e ngā mate kōhukihuki, ā, māna hoki ka whakapikia te ora ā-hinengaro o te hunga kua pāngia e te mate pōauau.

ngā painga o te kori tinana

E toru ngā huarahi e whakapikia ai pea te oranga hinengaro e te mahi kori tinana:

- **He matūora** – ka pipī mai he matū whakamāmā i ngā whakaaro o te tangata ki te ia toto i a ia e korikori ana, i muri hoki i te koringa.
- **Whaiaroaro** – mā te kori tinana ka piki te pai o te mahi o ngā uaua, te mahinga o te manawa, ka kaha ake te rerenga toto ki ngā roro, ka pai haere

hoki te mahi o ngā matū o te hinengaro. Mā te kori hoki e au ai te moe a te tangata.

- **Ā-hinengaro, ā-pāpori** – mā te kori tinana ka āhei te:
 - whakapiki i te ora ā-wairua
 - whakahoki mai te mana tangata me te tū tangata
 - whakatairanga i te whakaaro kua oti tētahi mahi pai
 - āwhina i te whakaheke haere i te nui o te tinana (ko te pikinga o te taumaha o te tinana tētahi pānga o ētahi rongoā)
 - whakawātea whāinga wāhi kia tautoko mai ngā hoa, kia kitekite hoki i ngā kanohi o ngā hoa.



he aha te momo kori tinana māku?

Kua arotahi anō te nuinga o ngā tirohanga ki ngā mahi pēnei i te hīkoi kakama, i te omaoma, i te haukori, me ngā hākinakina takitahi, ā-tīma rānei. Ina koa, i te nuinga o ngā rangahau mō te pōuriuri, i kitea ko ngā mahi nui rawa te hua, ko te nuinga he mahi haukori, pēnei i te mahi hīkoi kakama, te omaoma rānei, te eke paihikara rānei, ngā mahi whakataimaha uaua rānei (pēnei i te hikihiki maitai i te whare kori tinana).

Kāore rawa tētahi o ēnei mahi kori i piki ake ki runga ake i tētahi – he pai tēnei nā te mea he nui ngā kōwhiringa mā te tangata. Kei roto i ēnei ko te:

- hīkoi
- omaoma
- kauhoe
- te purei tēnehi
- te kanikani
- te yoga
- te haere ki te whare kanikani
- te haukori
- te hikihiki maitai
- te tākaro hākinakina tīma.

Tae mai ki tēnei wā he iti noa ngā rangahau mō te pātahitanga o te kaha ka whakamahia e tātou mō ngā mahi pēnei i te whakatikatika whare, i te mahi māra, i te hīkoi ki ngā toa, i te tākaro ki ngā tamariki, ki ngā whakapikinga ake o te oranga hinengaro. Ki te titiro atu, ahakoa he aha te mahi he nekehanga tinana, he whakapakaritanga mō ngā uaua, he whātoro-torotanga rānei mō te tinana tōna, ka kitea he painga ake.

kia hia te mahi kori

Ko te whakaaro ia, kia 30 meneti te rahi e korikori ana te tangata i te nuinga o ngā rā o te wiki mō te hanga pakeke. Ā, ko te tino rongopai tēnei, ehara i te mea me mahi katoa i te wā kotahi. Ka taea ēnei ngohe te kawē puta noa i te rā. Ina koa, mehemea e toru rawa ngā wāhanga hīkoi poto, huia katoatia ka rite anō te painga ki tō te hīkoi roa kotahi. Engari kaua e kaha rawa te mahi. He pai atu kia āta whakakorikori tinana, tēnā i te tūkinō i te tinana i te kori pōnānā. He mate kei roto i te whakaruhi i te tinana, otirā ka tino kino mō te hunga whakatiki i a rātou, mō te hunga wehiwehi rānei mō te āhua o te tinana. Ko te whāinga ia i muri i te korikori kia ngenge pai te tinana.