

# **WAIARIKI OUR WATER, YOUR FUTURE**

**Leonie Matoe**



**TOI TANGATA®**

**Toi Tangata enables  
whanau to improve  
physical health and  
well-being**

# NGĀ PAPAMAHI

- SELF SUFFICIENCY
- INFLUENCE AND CHANGE COMMUNICATION
- VOCATIONAL DEVELOPMENT
- VISION MATAURANGA
- INNOVATION
- WHANAU EMPOWERMENT



TOI TANGATA®

# NGĀ WHAINGA

Lead and facilitate active “spaces of influence” for improving Māori nutrition and physical activity research, strategy, practices and policies in Aotearoa

Lead and coordinate the Māori health sector in developing Kaupapa Māori approaches to nutrition and physical activity change communications or advocacy

Develop and promote evidence based Kaupapa Māori nutrition and physical activity messages and communications

Develop key messages for Wai projects

Develop resources and merchandise to support the key messages.



TOI TANGATA®

# WAIARIKI

Our Water Your Future.

---





HE MAURI



A portrait of a Māori man with a serious expression, looking slightly off-camera. He is shirtless, wearing a traditional braided cord (haka) around his neck. His hands are clasped together, resting on a wooden staff. The background is a dense, green natural environment. A semi-transparent geometric pattern of triangles is overlaid on the image. The text 'HE MAURI' is in white, and 'HE TAPU' is in blue.

HE MAURI

HE TAPU

HE TAPU

HE MANA





# HE MANA

*apu. It has a whakapapa and when you alter Wai that is  
sugar you strip it of its life force. When you drink water  
you don't get that life force transferred to you, instead you  
like of energy and a sudden drop. This then manifests as  
k of energy and fuzziness"*

*"I need to be more healthy and drink more w  
"I should go home and drink more water, less  
response)*

# HE TAONGA TUKU IHO

*would work well with the primary school kids I teach -  
s that the closer you are to the source that is your e  
s to this".*

# SUGAR FREE

Festival & Events, Marae & Organisations

---



# TOI TANGATA

Fostering Positive Health, through Māori  
Nutrition and Physical Activity