



WAI



TOI TANGATA™

Whakapapa

Ko taua wai kua potere ki te moana..

Kua hapai ki te rangi..

Kua tau ki runga maunga..

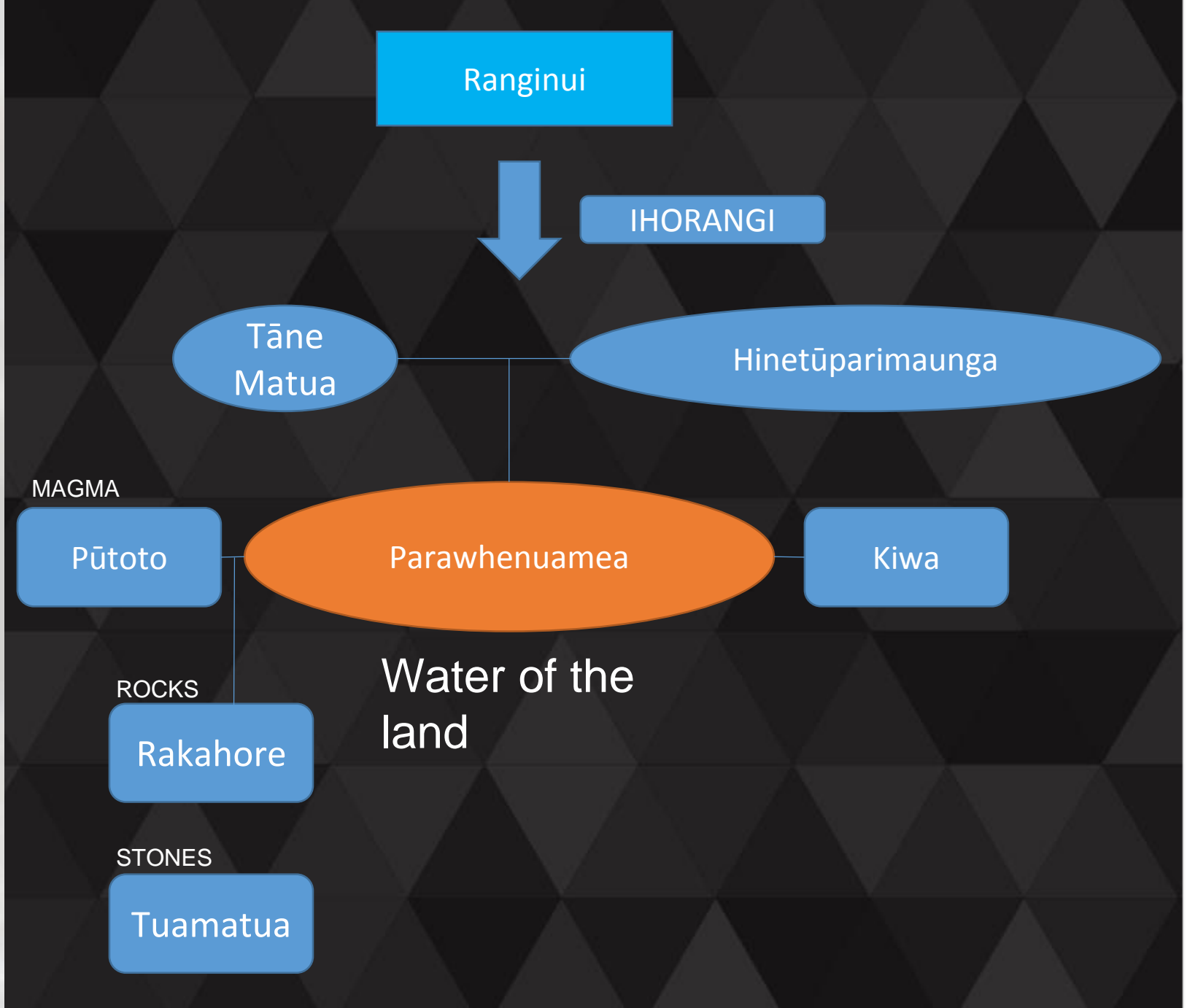
Kua heke ki nga riu, ki nga awa..



Whitu



TOI TANGATA®





TOI TANGATA®

Wai Māori

- H₂O
- Our body approx 70% water
- Amazing heat absorbing properties
- Able to transport oxygen, nutrients and waste throughout body
- Water is the medium for life to exist



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



Wai Urutapu

Add sugar
Add colour
Add flavour
Add preservative
More chemicals



Wai

- This drink full of far too much sugar/energy, far too many chemicals and offers the body few benefits
- The mauri of the water has been altered
- Once was pure water is now a potentially harmful concoction.



The different domains of Atua or Kaitiaki



TOI TANGATA®

Awareness of your own relationship with Wai during exercise? How does that influence your ability to maintain hydrated?



TOI TANGATA®

Signs on Hydration

- Thirst
- Mimi
- Headaches
- Upset puku
- Dry skin / lips
- Concentration and focus
- Performance

Adding to Wai?
Impacting the
Mauri?
When in
exercise, sport
do I add?



TOI TANGATA®

What role does Wai have in Recovery?

IMAGE CAPTION: Rangatahi, Carrie Taipari and Barbara Hetaraka enjoying hot water after long hīkoi.



Wai in Recovery

- Replace 1.2-1.5 X the amount of weight you lost
- Types of Wai
 - Ice / cold water
 - Hot springs, bath/ shower
 - Rongoā
 - Wairua