



# HAUORA FITNESS

# TUIORA

**Matua maiē te tupua**

**Matua maiē te tawhito**

**Matua maiē te putanga mai o te ariki**

**Matua maiē te putanga mai o te tauira**

**He tauira! He tauira no runga no raro**

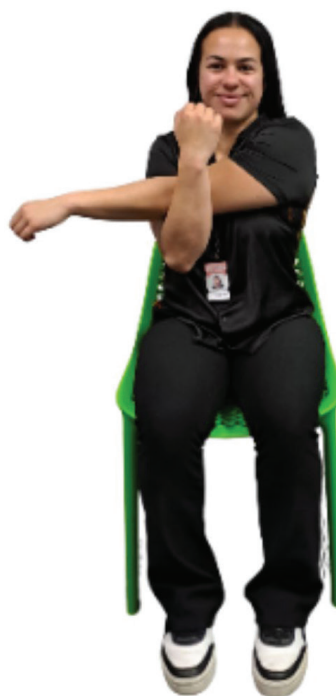
**No roto – ka puta ki te whai ao ki te ao mārama**

**Haumi ē hui ē tāiki ē.**

**Anei tā tātou toa a Ash e tū tamawahine nei e whāia nei i te mana o  
Tū-te-ngana-hau! Kia ora rawa atu koe e te tuahine!**

## Toro Pokohiwi / Shoulder Stretch

You can do this standing or sitting. Place one arm straight across your chest, then use the opposite arm to come underneath and bend at the elbow with your forearm up towards your face. Hold for 30 seconds per arm.



## Toro Pokohiwi / Shoulder Stretch

Rotate your arms in big circles, five times, and then go the opposite way five times, while stretching out your pokohiwi (shoulders).



## Toro Hope / Hip Stretch

Place your hands on your hips and move your hips around in a circle motion. Do five circles one way, and then five circles the other way.



## Toro Tākupu / Calf Stretch

This is a standing stretch. Place both hands on a wall for stability, place one foot in front of the other and straighten your back leg. Lean on the wall and put all your weight onto the front leg, while stretching the back leg calf muscle. Then swap, and stretch the opposite leg.

Once you have completed all these stretches, make sure that you stretch out your raparapa (ankles) and your kawiti (wrist). Move each hand and foot in a circular motion five times, then the opposite way for five times.



## Toro Ringa / Arm Stretch

Make a fist with each hand, then move each fist in an upwards direction, alternating both arms for 15 seconds.

Move your fist out to the side, alternating both arms for 15 seconds.

Push your fist out forwards, alternating both arms for 15 seconds.



## Toro Waewae / Leg stretch

Sit in a chair, and point your toes up towards your nose and back down. This helps create flexibility and strength in the ankles.

Keeping your knee bent, bring your whole leg up towards your chest and back down. This creates flexibility in the hip and strengthens the quads.

Bending your leg at the knee joint, bring your leg up so your toes point to the sky, and then bring it back down so your foot is flat on the ground. This helps create flexibility and strength in the knee.




## Toro Waewae / Leg stretch

Place one arm against a wall for stabilisation, and move the opposite leg out to the side as far as you can. Then bring the leg back in, and make it touch the other leg. Repeat 10 times for each leg.

Place one arm on a wall for stabilisation, then move the opposite leg out to the front of you as high as you can. Then bring the leg back in to a normal standing position. Repeat 10 times for each leg.





Tui Ora is a not-for-profit organisation which has served the Taranaki community as a trusted primary health and social services provider for more than 25 years.

We weave Māori ways of thinking, doing and being into the way we deliver services by approaching health and wellbeing in a holistic way.

Tui Ora is proud to have grown to be the largest community-based health and social services provider in Taranaki.

**TUI ORA**