BE PONO
BE YOUR BEST
How to Maintain Your Mauli Ola!

1. Rest & realign
Take a break from work & put down the phone. Connect with 'ohana, 'āina, & do something that makes your spirit happy.

2. Eat & be well
Our ancestral & local foods are full of nutrients. Eat a variety of fruits, vegetables, meats, & proteins that is good for you & your body.

3. E ho'oikaika kino
Exercise improves brain & sleep health, increases the hormones that make you feel happy, strengthens bones & builds muscle.

4. Live pono
Leave negative habits like smoking & vaping behind & replace it with activities that are better for your mauli ola.