



**BE PONO
BE YOUR BEST**



Papa Ola Lōkahi

How to Maintain Your Maui 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 maui ola.

