



Health Navigator New Zealand

Video transcript:

Ko e levekiaga he Agaaga - Vala III [Looking after your wairua (part 3)]

00:00

Ka kai fakafeheleaki ko e
taha puhala mitaki lahi, foki.

00:05

Ko e taha puhala ke fagai e
tino pihia foki mo e agaaga.

00:09

Nonofo aulua he laulau kai,
maeke ia koe ke iga mo e tau fakatutalaaga.

00:13

Mo e fakamooli ke tauteute e tau mena kai

00:16

ne iloa e koe, ha ko e tau tauteuteaga ke he tau mena kai

00:18

he magaaho ka hagaigai viko
he poko kai ha ko e magafaoa,

00:23

ne to taha e logona e fakatokolalo
mo e makona ke he haau a agaaga.

00:30

Ko e taha mena foki ko e
kamata ke taute e taha gahua lima.

00:35

Ti ko e korowai, poke harakeke poke tuitui,

00:42

iloa e koe, ne mooli ko e taha mena ni ne
mahuiga lahi ma haau.