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## Active Body, Active Mind

We take care of our bodies when we connect to the land. The land is medicine. When we step outside barefoot the medicine can travel through us.



Our body is also made up of medicine - water! The more you move the more you lubricate your joints. Starting to get active can be hard, but staying active is a lot easier.



Doing physical activities as a group is a great way to stay fit and socialize. Everyone can do the same movements in their own way. All that matters is that everyone is moving!

**Source: FHQC Community Research**

**Advisory Committee**



**FHO**  
*Tribal Council*

# Physical Activity and Brain Health

# The Benefits of Physical Activity on the Brain

The brain uses up 20% of the body's blood and oxygen. Staying physically active keeps your brain fed with nutrients.

Physical activity increases brain growth factors, which keep your brain healthy.

Staying active can help you to think clearly by improving sleep.

Physical activity can also reduce the risk of cognitive decline by preventing chronic diseases like type 2 diabetes.

Source: Brain Health PRO

## Pow Wow Dancing



### Traditional Dancing

Traditional dancing is a great way to be active. Dancers of all ages can try to stay on their feet for as long as they can.



### Jingle Dancing

Jingle dancing keeps the body and mind active. Dancers must keep moving to the beat of the drum. When the drum stops the dancers do too.



### Fancy Dancing

Fancy dancers must have a lot of stamina to achieve their long and intense performances.

Source: FHQTC Community Research Advisory Committee

## Sources of Physical Activity

### Playing with Kids

Keeping up with kids is a fun opportunity to jump, run, stretch and lift.

### Picking Medicine

Going out to the bush or gardening is a chance to walk, bend, and reach.

### Homemaking

Homemaking can include a lot of physical activities, such as carrying laundry, chopping wood, and going up and down stairs.

Source: FHQTC Community Research Advisory Committee