

WAY OF LIFE

WHY
ACT
NOW

Honoring Your Health

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**WHY
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HONORING YOUR HEALTH

Being active
honours your
health.



**WHY
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**Physical activity gives you
STRENGTH.**

***Mentally
Spiritually
Emotionally
Physically***

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How activity benefits your
MENTAL health:

1. Generates endorphins
(neurological chemicals that
make us feel happy)



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2. Provides a natural energy boost



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3. Reduces anxiety, stress & mental fatigue



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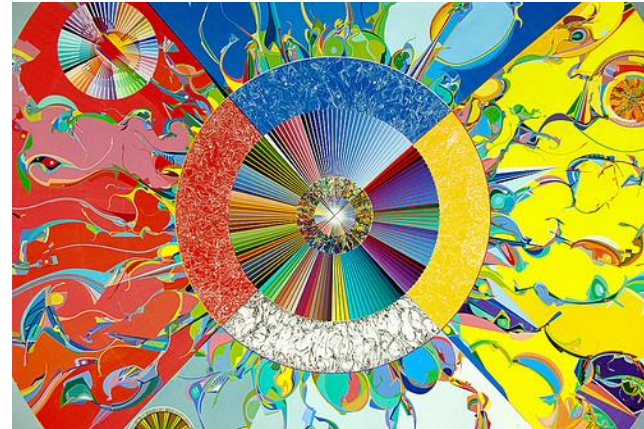
4. Improves memory and concentration



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5. Inspires creativity



Alex Janvier Painting

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6. Keeps you focused & motivated



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How activity benefits your
SPIRITUAL health:

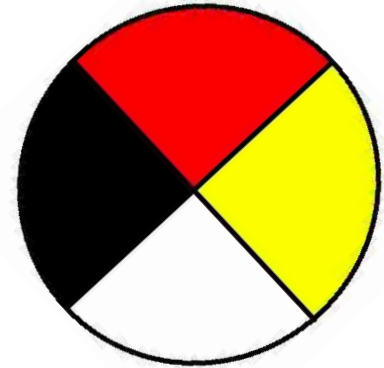
1. Creates balance



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2. Enhances your values & gives you purpose



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3. Provides you knowledge



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4. Infuses your passion



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6. Passing on tradition



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How activity benefits your
EMOTIONAL health:

1. Connecting with others



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2. Wellness & well-being



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3. Centered and happiness



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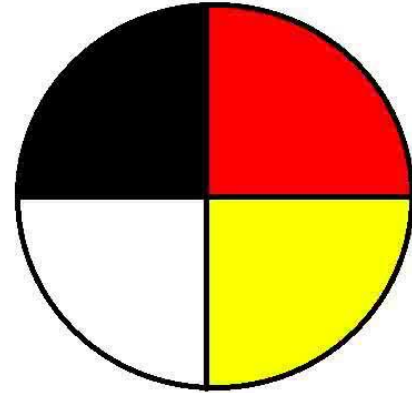
4. Pride & self-esteem



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5. Strength – emotionally,
physically & spiritually



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6. Creating friendships
brings laughter



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How activity benefits your
PHYSICAL health:

1. Increases well-being and happiness



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2. Increases metabolism



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3. Improves cardiovascular fitness (heart health)



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4. Maintains a healthy body weight



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5. Strengthens muscles & bones



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6. Improves sleep & stimulates a healthy appetite



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**Physical Activity.
Make it “A Way of Life”**

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THANK YOU

Source: Indigenous Sports Council of Alberta

<http://aboriginalsports.org/index.html>