

ARCHERY

**WHY
ACT
NOW**

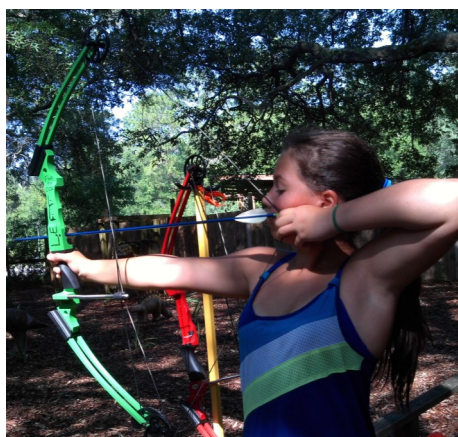
Embrace Your Passion

Did you know:

- * Archery is still used for hunting purposes today but is also an Olympic sport
- * Archery relies on accuracy and patience
- * Types of archery: Compound and traditional bows
- * Traditional Sport of North American Indigenous Games



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BASKETBALL

**WHY
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Embrace Your Passion

Did you know:

- * Basketball helps build muscle and burn fat
- * Basketball relies on accuracy, coordination and strategy
- * Basketball has been played for generations
- * Traditional Sport of North American Indigenous Games



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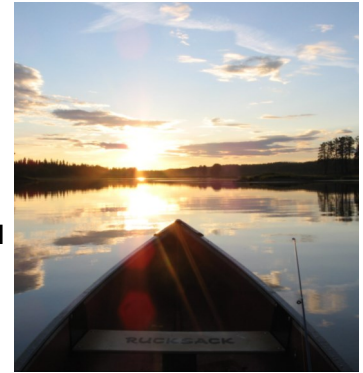
CANOEING

**WHY
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Embrace Your Passion

Did you know:

- * Canoeing is a traditional form of transportation
- * Canoeing relies on strength and agility
- * Canoeing is a good form of physical activity and brings you back to nature and the outdoors
- * Traditional Sport of North American Indigenous Games



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GOLF

**WHY
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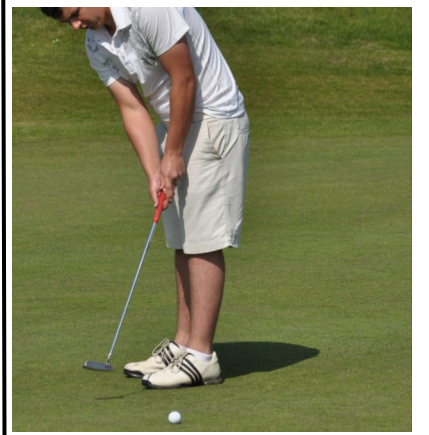
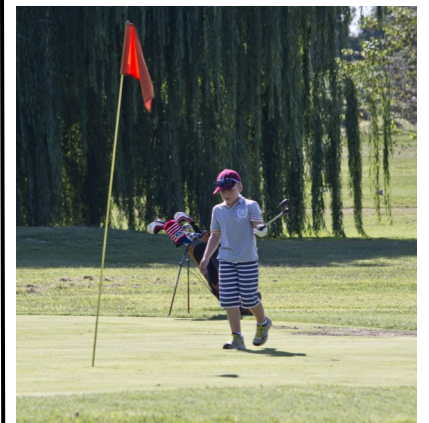
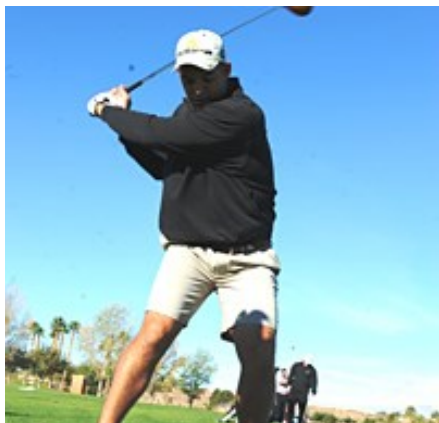
Embrace Your Passion

Did you know:

- * Golf relies on patience, strategy and skill
- * Golf is a fun and effective way to exercise played by all age groups—young and old
- * Playing golf requires good hand-eye coordination
- * Traditional Sport of North American Indigenous Games



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SOCCER

**WHY
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Embrace Your Passion

Did you know:

- * Soccer is one of the most popular sports in the world
- * Soccer relies on endurance, strength and strategy
- * Soccer increases muscle tone and coordination skills
- * Traditional Sport of North American Indigenous Games



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SOFTBALL

**WHY
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Embrace Your Passion

Did you know:

- * Softball is also an Olympic sport
- * Softball relies on accuracy, strength and strategy
- * Softball has been played for generations
- * Traditional Sport of North American Indigenous Games



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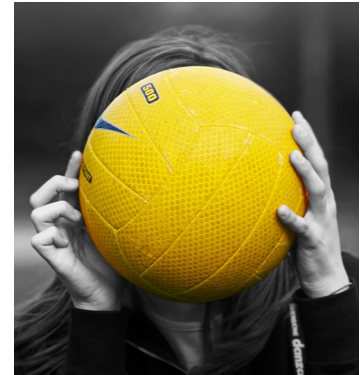
VOLLEYBALL

**WHY
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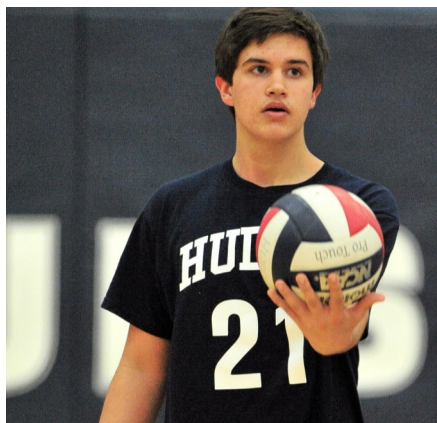
Embrace Your Passion

Did you know:

- * Volleyball requires teamwork and cooperation
- * Volleyball is a fun and effective way to exercise
- * Playing volleyball strengthens the heart and lungs
- * Traditional Sport of North American Indigenous Games



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WRESTLING

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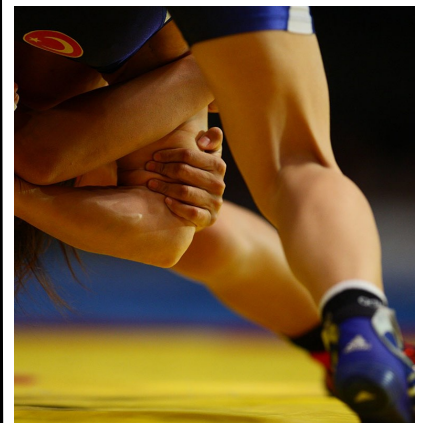
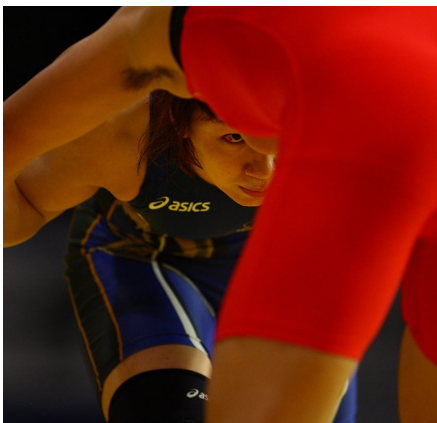
Embrace Your Passion

Did you know:

- * Wrestling is a well known sport practiced across cultures for both male and female
- * Wrestling relies on strength and agility
- * Wrestling is a good form of physical activity
- * Traditional Sport of North American Indigenous Games



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