ᑭᔾᑭᓇ·ᐊᒋᒋᑲᓇ

- ᒥᓄ ᑭᔾᑭᓄ·ᐊᐸᒥᑯᓯ: ᐊ·ᐊᓱᕐᑐᒃ ᐅᓂᑭᐃᑯ·ᐊ·ᐊ ᑲᑭᓱᕐᑐ·ᐁᑕᒥᓂᒋ ᐁᔭᒋᓂᒋ ᒥ·ᓐᔾᑕ·ᒪᒃ, ᐁ·ᑲᓂᐱᑯ ᐁᑐᒋᑲᒐᒃ ᐃᒐᓐᑕ·ᒪᒃᕉ
- ᐊᔭᕐᑕᒃ: ᐁ·ᐃᑊ·ᐁ·ᑲᒃ ᑭᒐ·ᐊᕐᒥᕐᑐ·ᐊ·ᐊᒃ, ·ᐊᐸᑎᓂ·ᑲᒃ, ᐁᑭᔾᒐᓐᑕᒥᒃ ᐊᔭᒋ·ᐃᓐᕉ
- ᓇᓇᑲᒃᑯ ᑊ·ᑲᓇ ᑐᑕᒧᒃ ᑊᐃᕐ ᑭᓱᕐᑐᓂᑕᑭᒃ ᓐᔾᑕ ᑲᐃᕐ ᒥ·ᓐᓐᑕᑭᒃ ᐁᑐᑕᑭᒃᕉ
- ᐁ·ᑲᓂ ᑐᑕᒧᒃ: ᒪᓯᓇᐊᒧᒃ ᑊᑯ ᐊᔭᒋ·ᐃᓇ ᑊᑐᑕᒥᒃ, ᐃᐱᓇᒃ ᐁᒥᓇ·ᐊᒋᑲᒐᒃᕉ
- ᒥᓇ·ᐊᑕᒧᒃ: ᑭᓱᕐᑐᑕ·ᒪᒃ ᐊ·ᐊᓱᕐᑐᒃ ᐁᔭᒋᒋᒃ ᐯᒡᑭᒡ ᐁᒥᓇ·ᐊᑕᑭᒃᕉ
- ᑭᓇ·ᐊᒃ ᐅᕐᑕᒃ ᑊᑐᑕᒥᒃ, ᒋᒋᕐᑐᒃ ᓐᔾᑕ ᐊ·ᐊᓱᕐᑐᒃ ᐊᓯᒡ ᐅᒡᑲᑎᔾᒃ ᒋᐊᕐᕐᒋᒋᒃᕉ
- ᑲᐃᕐ ᑭᔾᑊᓐᑕᒥᒃ ᑐᑕᒧᒃ ᐁᔭᕐᑎᓇᒥᒃ ᐃᕐᑭ·2·ᐃᓐ ᐊᓯᒡ ᐃᓂᓂ·ᐃᒥᑕ·ᐁ·ᐃᓇᕉ
- ᑲ·ᑊᒥᑯᒃ: ᐊ·ᐊᓱᕐᑐᒃ ᓐᔾᑕ ᐅᒡᑲᑎᔾᒃ, ᑕᓐᑐ ·ᐊᑐᑕᑭᒃ ᐁᔭᒋᒋᒃ, ᒋᑭᓱᕐᑐ·ᐁᓐᑕᑭᒃ ᐁᔭᒋᒋᒃᕉ
- ᐊᑎ ᒪᓯᓇ ᐊᒧᒃ ᑕᓂᔾᐱ ·ᐊᒥᑕ·ᐁᔪᒃ ᓐᔾᑕ ·ᐃᑕᒪᑯᒃ ᑭᑐᑐᒥ·ᐊ·ᐊᒃ ᒋᐊᕐᕐᒋᒃ ᑕᑭᑭᓐ, ᒋᐊᑎᒥᑎᔪᒃ ·ᐃᑊ·ᐁ·ᑲ·ᐁᕉ

ᑭᕐᔾᐱᓐ ·ᐃᑭᔾᑊᓐᑕᒥ·ᑊ ᐊ·ᐊᓯᑐ ᑊ·ᑲᒃ ᐊᔭᒋ·ᐃᓐ ᐅᒋ, ·ᐊᐸᓄ ᐊᐸᑎᓯ·ᐃᑲᒥᑯᒃ ᐃᕐ ᐊᔭᒥᕉ

ᓇᓇᑲᒃ ·ᐃᑕᒪᑊ·ᐃᓇ

World Health Organization. (2015). Physical activity: Fact sheet. Retrieved from www.who.int/mediacentre/factsheets/fs385/en/

ParticipAction. (2016). Physical Activity and Sedentary Behaviour Fact Sheet. Retrieved from www.participaction.com/get-started/statistics/

Cree Lᒣᑊᑯᒧ·ᐃᓐ: Mary Lou Iahtail

Wabano
CENTRE FOR ABORIGINAL HEALTH

www.wabano.com

ᐁᒥ.ᓇᕐᑐᒃ

ᐊᔭᒋ·ᐃᓐ

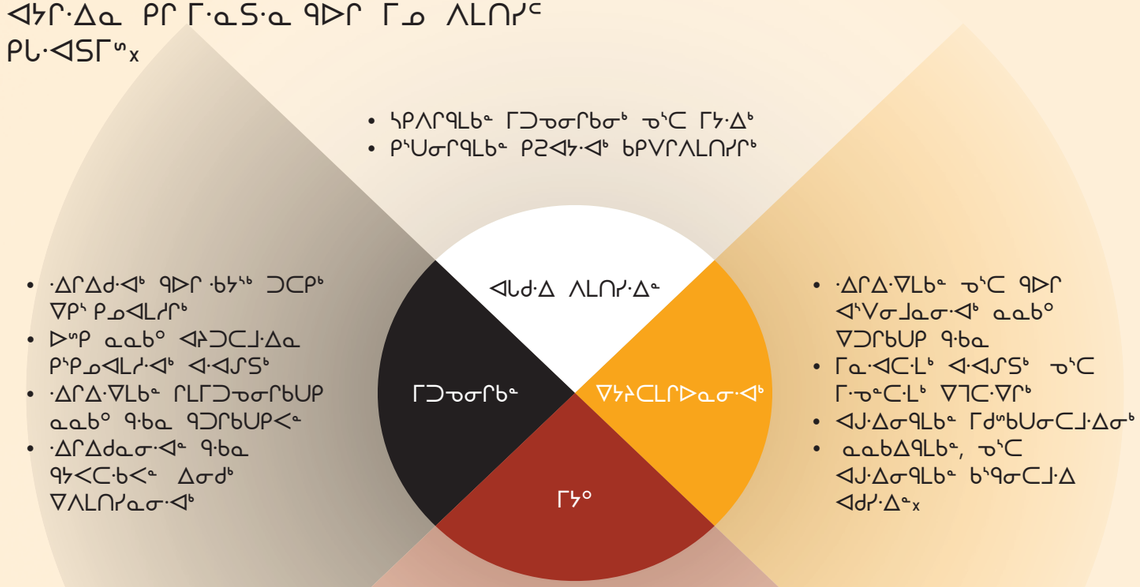
ᐃᓂᓂ·ᐃ ᑭᔾᑭᓄ·ᐊᐸᒋᑲᓐ
ᐊᔭᒋ·ᐃᓐ ᐅᒋ

ᕿᑲᓐ ᐊᓂᒪ ᐸᔅᕿᓯᐅ ᐊᔭᒋᐅᓐ?

ᐁᐸᔭᒐᐅᒋᑲᒐᒃ ᐸᔅᕿᓯᐅ ᐊᔭᒋᐅᓐ, ᐁᑲᓂᒪ ᐱᑯ ᕿᑯ ᐊᔭᒋᐅᓐ ᕿᐅᒋ ᐊᔭᒋᑦ ᑭᒐᐊᔪᒥᖕᕐ ᑭᕐᔅᐱᓐ ᓄᔅᑕ ᐁᑭᔅᑭᓄᐊᒪᑦ ᕿᑐᑕᒃ (ᐁ ᑭᔅᑭᓄᐊᒪᓱᑦ ᑲᐃᔪᒥᑕᐅᒋᒃ ᓄᔅᑕ ᐱᑯ ᐸᓐᐸᑕᒋᒃ ᐊᐅᔪᕐᑕᒃ ᓄᔅᑕ ᓂᒥ ᐅᓂᓂᑦ ᐁᑭᔅᑭᓄᐊᒪᒋᒃ ᓄᔅᑕ ᐱᑯ ᐁᐸᐸᑕᒋᒃ ᑲᐃᕐᑕᑲᓂᓂᑭ ᓇᓇᑲᑦ ᒥᑕᐅᒋᐅᕿᒋᒃ), ᒥᓯᐅ ᓇᓇᑲᑦ ᐊᔭᒋᐅᓇ ᑭᒋ ᒥᓇᕐᓇ ᕿᐅᒋ ᒥᓄ ᐱᒪᑎᓯᑦ ᑭᒐᐊᕐᒥᖕᕐ

ᕿᑲᓐ ᐊᓂ ᐅᒋ ᑭᔅᑎᓐᑕᑲᒃ ᓐᒐᐊᕐᒥᖕ ᐅᒋ?

ᐱᑯ ᕿᑯ ᐊᔭᒋᐅᓐ ᑭᔅᑎᑕᑲᓐ ᒋᔭᔭᒋᑦ ᐊᐊᔪᖕ ᑭᒋᒥᓄ ᐱᒪᑎᓯᑦ ᐁᐅᔭᐅᑦ, ᓄᔅᑕ ᐅᒥᑐᓄᓂᒋᑲᓐ ᒋᐊᑎ ᐅᐱᑭᓂᓂᒃ, ᑕᐱᖕᑯᒃ ᐊᒐᑯᐅᑎᕿ ᒋᐊᑎ ᐅᐱᑭᑦᕐ ᒥᔅᑕᐃ ᐁᑭᓯᔅᐅᓯᑦ ᐊᐊᕐᖕ ᐊᐊᓯᑎ ᑕᐅᒋᐃᑯᒃ ᕿᑲᓇ ᕿᑎᒧᕐᑕᑦᕐ ᐁᐅᑲᓂ ᐁᕐ ᐊᔅᐯᓂᒧᓇᓂ ᐊᒃ, ᒋᐊᑎ ᐊᐸᑕᒃ ᒥᓄ ᕿᑲᓇ ᕿᐅᒋ ᒥᓄᐱᒪᑎᓯᑦ ᐁᐅᔭᐅᑦᕐ



ᑕᓂᓂᑯᒃ ᓐᒐᐅᓂᑕᑲᒃ ᐊᔭᒋᐅᓐ ᓐᒐᐊᕐᒥᔅ ᐅᒋ?

ᑲᓇᑕ ᒥᔭᐅᐊᔭᒋᐅᓐ, ᐃᕐᐅᐃᑕᒧᒪᑲᓐ:

- ᒋᒋᕐᑲᒃ (ᐯᔭᒃᐱᓂᔅ ᐸᒪᕐ ᐯᔭᒃ) ᒥᕐᑕ ᒋᔭᔭᒋᒋᒃ ᐯᔭᑲ ᐁᑭᕐᑲᓂᒃᕐ
- ᑲᐸᒥᑕᒋᒧᒋᒃ, ᑲᒧᕐᕐᒋᒃ, (ᐸᒪᕐ ᑭᔅᑭᓄᐊᒪᓱᒋᒃ ᐯᔭᒃ, ᓄᐅ ᐁᑕᑐᐱᐳᓄᓯᒋᒃ) ᑕᔭᔭᒋᐸᓂᒃ ᑲᓇᕐ 180 ᒥᓂᑯᓱᕐᒃ ᐯᔭᑲ ᐁᑭᕐᑲᓂᒃᕐ
- ᐅᔅᑲᑎᔅᒃ (ᓂᔭᓇᓐ ᐱᓂᖕ ᓂᔅᔭᕐᕐᐸ) ᑕᔭᒋᐸᓂᒃ ᑲᓇᕐ 60 ᒥᓂᑯᓱᕐᒃ, ᐯᔭᑲᓂ ᓇᐃ ᐱᓂᔅ ᕿᓂᑯᒃᕐ

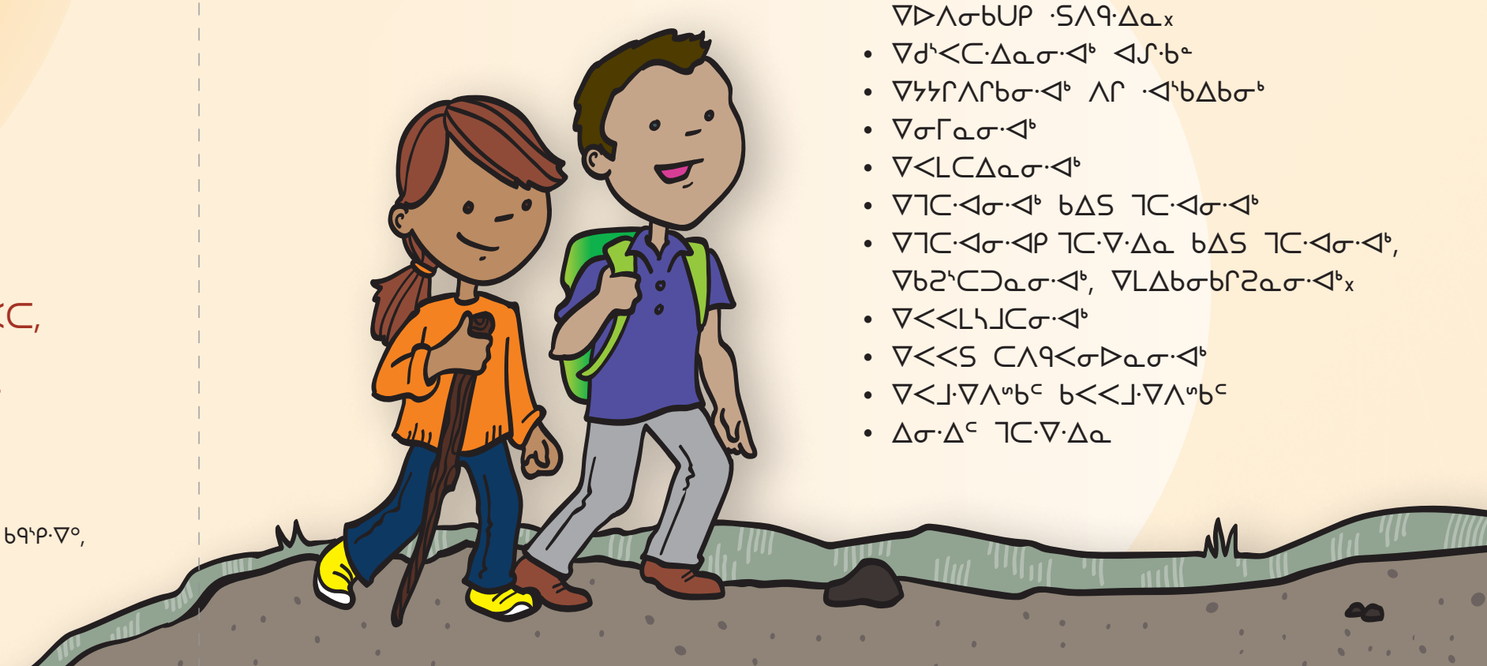
ᕿᑲᓐ ᐊᓂᒪ ᓇᐃ ᓄᔅᑕ ᐱᑯ ᕿᓂᑯᒃ ᐊᔭᒋᐅᒃ?

- ᒥᑲᒡ ᓇᐃ ᐁᔭᔭᒋᓇᓂᐊᒃ ᕿᑲ, ᑕᑎ ᐊᐯᓯᐊᒃ ᐊᐊᔪᕐᑕᒃ ᓄᔅᑕ ᑕᑎ ᒪᒪᑲᑕᒧᐊᒃᕐ
- ᒥᑲᒡ ᕿᓂᑯᒃ ᐁᔭᔭᒋᓇᓂᐊᒃ, ᒧᓇ ᑕᑭᓄᓄᐊᒃ ᐊᐊᔪᕐᑕᒃ, ᐊᓯᒡ ᒪᑲ ᒧᓇ ᑕᑭᐊᔭᒧᐊᒃᕐ

ᐊᑎᑦ ᕿᑲᓇ ᕿᑯᒋᑕᔭᓐ ᑭᒪᐊᕐᒥᖕ ᐅᒋ:

ᒋᒋᕐᑲᒃ

- ᐊᑕᐊᒃ ᒋᒋᕐᑲᒃ
- ᒧᒋᑕᒃ ᕿᑲᓇ ᕿᑐᑕᑭᒃ
- ᒥᑕᐊᑲᓇ ᐁᑲᕿᕐᑐᐱᓇᑭᒃ
- ᐁᑎᑎᑎᐱᒋᒃ
- ᐁᒥᑕᒋᒧᒋᒃ

ᐊᐊᔪᕐᑕᒃ/ ᐅᖕᑲᑎᔅᒃ:

- ᐁᐸᐸᒧᑕᓂᐊᒃ
- ᐁᓂᑕᐃᑭᒋᑲᓂᐊᒃ, ᐁᒧᓇᐃᑲᑕᒃ ᐊᕐᔅᑭ
- ᐁᕐᔪᕐᐯᑭᐸᓂᐅᓇᓂᐊᒃ
- ᐊᔅᑲᐃᑲᓂ ᐊᑐᔅᕿᐃᓇ, ᐊᐁᐸᐃᕿᐃᓐ, ᐁᐅᐱᓂᑲᑕᒃ ᐃᕐᐱᕿᐃᓇᕐ
- ᐁᑯᔅᐸᑕᐃᓇᓂᐊᒃ ᐊᔪᕐᑲᓐ
- ᐁᔭᔭᒋᐱᒋᑲᓂᐊᒃ ᐱᒋ ᐊᔅᑲᐃᑲᓂᒃ
- ᐁᓂᒥᓇᓂᐊᒃ
- ᐁᐸᒪᑕᐃᓇᓂᐊᒃ
- ᐁᒥᑕᐊᓂᐊᒃ ᑲᐃᕐ ᒥᑕᐊᓂᐊᒃ
- ᐁᒥᑕᐊᓂᐊᑭ ᒥᑕᐁᐃᓇ ᑲᐃᕐ ᒥᑕᐊᓂᐊᒃ, ᐁᑲᕐᔅᑕᑐᓇᓂᐊᒃ, ᐁᒪᐃᑲᓂᑲᒋᕐᓇᓂᐊᒃᕐ
- ᐁᐸᐸᒪᔅᒧᑕᓂᐊᒃ
- ᐁᐸᐸᕐ ᑕᐱᕿᐸᓂᐅᓇᓂᐊᒃ
- ᐁᐸᒧᐁᐱᖕᑲᑦ ᑲᐸᐸᒧᐁᐱᖕᑲᑦ
- ᐃᓂᐃᑦ ᒥᑕᐁᐃᓇ