



Community Activator

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INSIDE THIS ISSUE:

Eating right 2

Unrealized Activity 2

TCJMC: A Love/Hate Thing 2

Portion Guide 3

H2O: the importance of water 3

Carbs and why we need them 3

Patrick4Life 4

Nike's N7 Summit this April

Nike convened the first Nike N7 Sport Summit for Native American and Aboriginal youth recreation leaders Oct. 28-30, 2011 at Nike's World Headquarters in Oregon. The Nike N7 Sport Summit delivered interactive sessions aimed at educating, empowering and encouraging participants to create impactful and sustainable sport and physical activity programs for Native American and Aboriginal youth.

The three-day agenda included a kick-off concert by Native American country music artist and N7 Fund Board of Advisors member Crystal Shawanda, and keynote speakers and panelists representing government, community organizations and experts in the fields of philanthropy, business and sport, including: Sam Kass,

Assistant White House Chef and Senior Policy Advisor for Healthy Food Initiatives for The First Lady's Let's Move! Initiative; Jefferson Keel, President of the National Congress of American Indians; Tewanee Joseph, Executive Director of the Four Host First Nations; Notah Begah III, Founder of the Notah Begah III Foundation and PGA Tour Pro; Waneek Horn-Miller, Co-Captain of the 2000 Canadian Olympic National Water Polo Team and IndigenACTION member; and Craig Robinson, Head Coach of Oregon State's University Men's Basketball team.

Nike N7 athlete ambassadors also headlined the summit, with distance runner Alvina Begay and slam-dunk innovator Kenny Dobbs each providing personal

insight into how sport has impacted their lives. In the spirit of promoting sport and physical activity, each morning a Nike N7 athlete ambassador—Alvina Begay on Saturday and Waneek Horn-Miller—led Nike N7 Sport Summit participants on a 2-mile run or walk.

When: April 18-20, 2013

Where: Tiger Woods Center, Nike World Headquarters, Beaverton, Oregon, USA

Visit: www.niken7.com



Lacrosse: Underdog?

Now don't be foolish, we all know what lacrosse is, as it originated from the haudenosaunee tribe of the great lakes. You can see this sport displayed in the movie "Last of the Mohicans". Lacrosse has long since been overlooked in our parts of northern Ontario, but this may be one

of the greatest, if not THE greatest sport to be played as it incorporates a high amount of activity utilizing your legs, arms, and body weight. With mostly cardio, this is a prime activity to keep you in shape and healthy for hockey season just like the great one-Wayne Gretzky- who played

lacrosse on his off season. Lacrosse is the fastest game on two feet so is lacrosse an underdog? More like the sports world over-achieving child!



How to (or start to) eat healthy in 5 steps

Healthy eating tip 1: Set yourself up for success

To set yourself up for success, think about planning a healthy diet as a number of small, manageable steps rather than one big drastic change. If you approach the changes gradually and with commitment, you will have a healthy diet sooner than you think.

Healthy eating tip 2: Moderation is key

People often think of healthy eating as an all or nothing proposition, but a key foundation for any healthy diet is moderation. The goal of healthy eating is to develop a diet that you can maintain for life, not just a few weeks or months, or until you've hit your ideal weight.

Healthy eating tip 3: It's not just what you eat, it's how you eat

Healthy eating is about more than the food on your plate—it is also about how you think about food. Healthy eating habits can be learned and it is important to slow down and think about food as nourishment rather than just something to gulp down in between meetings or on the way to pick up the kids.

Healthy eating tip 4: Fill up on colorful fruits and vegetables

Fruits and vegetables are the foun-

ation of a healthy diet. They are low in calories and nutrient dense, which means they are packed with vitamins, minerals, antioxidants, and fiber.

Healthy eating tip 5: Eat more healthy carbs and whole grains

Choose healthy carbohydrates and fiber sources, especially whole grains, for long lasting energy. In addition to being delicious and satisfying, whole grains are rich in phytochemicals and antioxidants, which help to protect against coronary heart disease, certain cancers, and diabetes. Studies have shown people who eat more whole grains tend to have a healthier heart.

Oh, you have to
walk to the
store, well I'm
sorry to hear
that, it must be
devastatingly
painful for
you.....

Unrealized Activity

We all battle that strive to stay fit, that goal of getting to a healthy size. At times, it can be quite discouraging, no time to hit the gym, or to even simply go for a walk, but here is where it gets interesting. House work is much of a physical activity as anything else in our lives, sure instead of lifting weights your lifting a mop bucket, or folding laundry, but

we utilize our bodies each in every day without even realizing it. Some tips to subtly increase your day-to-day activity is walk instead of drive, or use the stairs. Winter time is a excellent time to be active as you may need to shovel your driveway, or take your kids for a walk, or even haul & chop wood. It's the little unrealized activities in our lives that may

benefit us the most and get those necessary gears moving to motivate use to become healthy and active. Remember with the right amount of activity you will contribute to the decrease of becoming diabetic as well as preventing many other illness'. So in retrospect, it's the little things that count.

TCJMC: A Love/Hate thing

We all love our local arena, it is place where memories were made, that game you won in OT or the game you lost that encouraged you to work harder the following year. Our arena may not be the cream of the crop facility, but the staff that are employed work very hard to maintain this great

facility. Many people complain about this facility, regarding as "dumpy" or "Old" well we love to hate it but hate NOT to love it, instead of contributing to maintenance costs, lets contribute to keeping it a safe place for many generations to enjoy for years to come. A love/hate thing? Maybe, but we

won't be getting a new arena anytime soon, so lets care for this place so we can enjoy it for a little while longer.

	Children			Teens		Adults			
	2-3	4-8	9-13	14-18 Years		19-50 Years		51+ Years	
	Girls and Boys			Female	Male	Female	Male	Female	Male
Vegetables and Fruit	4	5	6	7	8	7-8	8-10	7	7
Grain Products	3	4	6	6	7	6-7	8	6	7
Milk and Alternatives	2	2	3-4	3-4	3-4	2	2	3	3
Meat and Alternatives	1	1	1-2	2	3	2	3	2	3

Not only did we portage and run dog team, we all did it when we were teenagers, today teenagers cry and get mad when they can't get a ride 10 minutes away -Elder

Don't forget that H2O!

Water is your body's most important nutrient, is involved in every bodily function, and makes up 70 - 75% of your total body weight. Water helps you to maintain body temperature, metabolize body fat, aids in digestion, lubricates and cushions organs, transports nutrients, and flushes toxins from your body.

Everyone should drink at least 64

ounces per day, and if you exercise or are overweight, even more. Your blood is approximately 90% water and is responsible for transporting nutrients and energy to muscles and for taking waste from tissues.

What if I told you that being dehydrated promotes the increase of body fat? Water contributes to energy storage along with glycogen.

Without water, extra amounts of glucose remain in the bloodstream until reaching the liver, the extra glucose is stored as fat. Your body takes water from inside cells in an effort to compensate for a dehydrated state, including fat cells. Less water in your fat cells means less mobilization of fat for energy

Source: www.theragear.ca

Carbs and why we need them

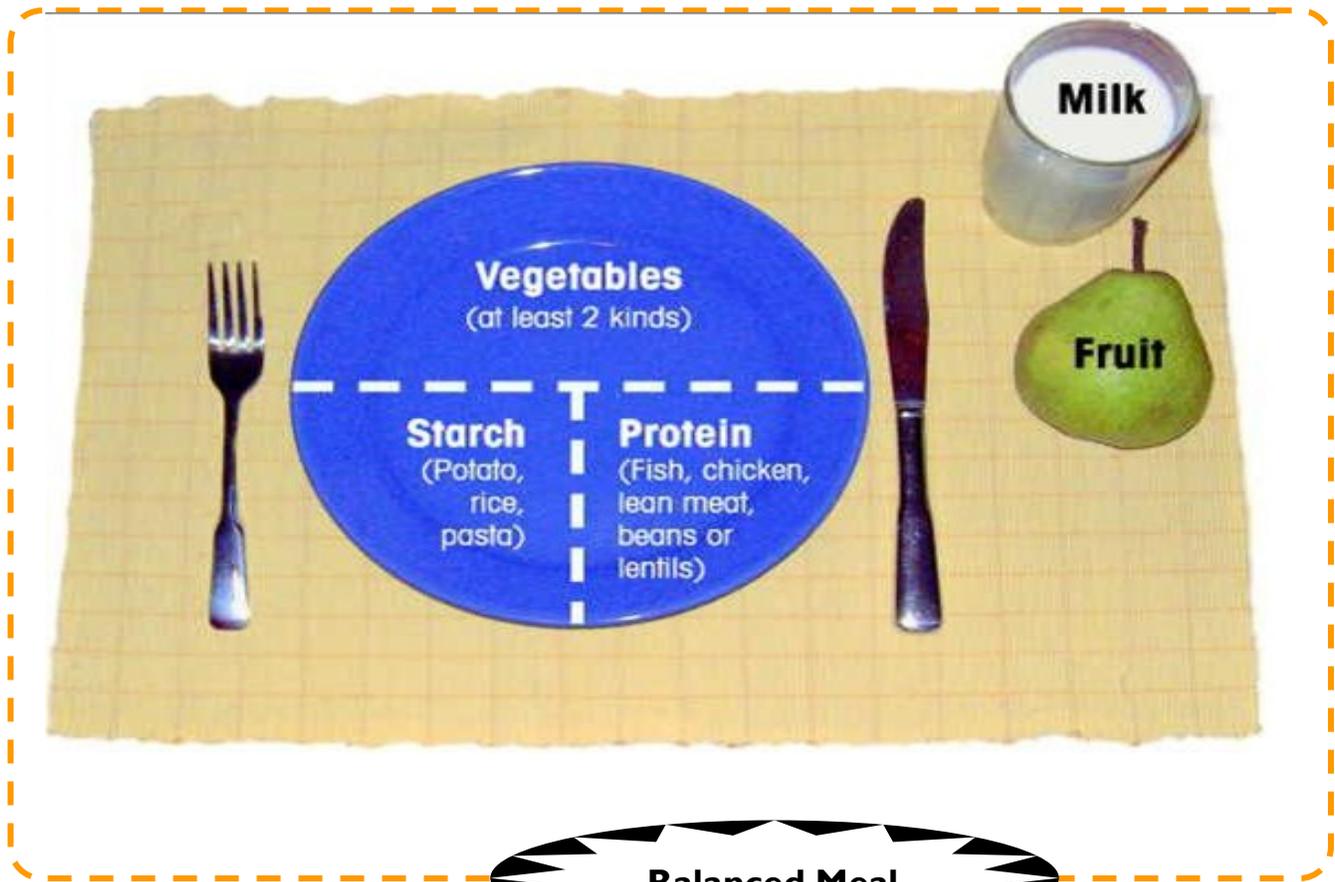
Diets are everywhere saying avoid carbohydrates, only eat carbohydrates before bed, only eat carbohydrates before 5.....how can you know when to eat them and what sort. Well, guess what.....you need to eat carbohydrates, they can help you to burn body fat, and help maintain energy and brain function. Your body needs carbohydrates to stay functioning to its full potential,

I mean after all that is what its all about isn't it? Being forever fit, healthy, happy and functioning to the best of our capabilities.

Not all carbohydrates are created equal though. In general man made carbohydrates should be avoided. Carbohydrates are everywhere, but your body doesn't know how to use some of them, and alot of them

will make you fat the enhanced and tampered with the more your body doesn't know how to break down because as science has adapted our food and the chemicals in it, our body hasn't developed the enzymes and metabolism to match. So when your body doesn't know how to break something down and use it, your body stores it as body fat. However carbohydrates that are clean and real food are good for you. So keep it simple for your body if it was around 100,000 years ago, your body knows how to digest it.

Source: foreverfit.tv



Balanced Meal

Patrick4Life

Patrick4Life is a not-for-profit organization that bring HIV/AIDS awareness to schools across northern Ontario, there is a deep rooted story behind this excellent organization but it would most likely not fit within these few paragraphs so here is an excerpt taken from "www.patrick4life.org"

"We focus our efforts on improving education as the foundation to HIV/AIDS prevention via awareness programs, curriculum and other effective communication vehicles. We strongly believe that education develops behavior that can reduce risk and vulnerability."

Many Feel that the discussion of a topic such as HIV/AIDS holds too much shock value but P4L presenters, deliver each presentation so eloquently that each person and child

will leave comfortable, and informed.

Keep a close eye out for P4L presentations coming to our community in the coming months.

-every year there are 1000 people in Ontario infected with HIV/AIDS.

