



VICTORIA NATIVE FRIENDSHIP CENTRE

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EXERCISE

1. Start off simple, you do not have to vigorously exercise.

Here are some suggestions:

- A) Gardening B) Walking C) Dancing D) Swimming
- B) E) Berry picking

WHAT EVER YOU LIKE DOING, JUST DO IT!

2. It is best to exercise every other day for 20 minutes a day to produce benefits from exercise. Here are some benefits to exercise:

- A) Strong bones
- B) Strong muscles
- C) Reduce body fat
- D) Restful sleep
- E) More energy
- F) Prevent diseases
- G) AND SO MUCH MORE

TRADITIONALLY ABORIGINALS WOULD GO
CANOEING, DANCING, HUNTING AND
GATHERING FOOD.

ACTIVE LIVES KEPT US HEALTHY.
WHAT CAN WE DO TO KEEP HEALTHY AND
BALANCED IN THIS MODERN WORLD?