



# Physical Activity and Sport in Indigenous Communities during COVID-19

Overview:

Introduction:

Misinformation / misconceptions on physical wellness during Covid-19

Maintaining Physical Activity and Athletic Ability During COVID-19:

Areas to improve on at community level

Principals for physical activity and athletic programming

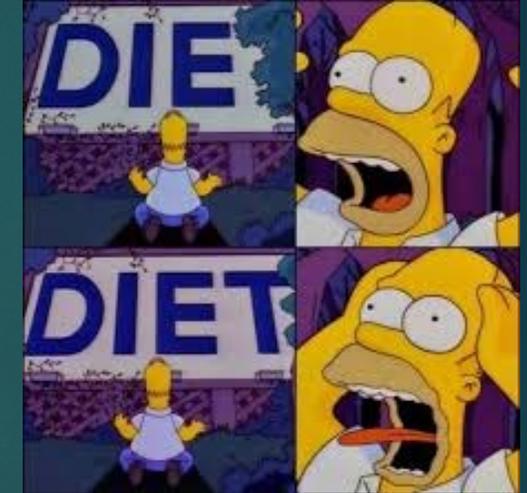
## Misinformation / misconceptions on physical health and activity during covid-19

### - Think long term: (avoid “fast” claims on Nutrition and Training/programing)

- Fad or Trend Diets lead to a “Yo-yo” effect
- Focus on improving your “Lifestyle”
- Social media is not a reliable source

### - You do not have to suffer to see results:

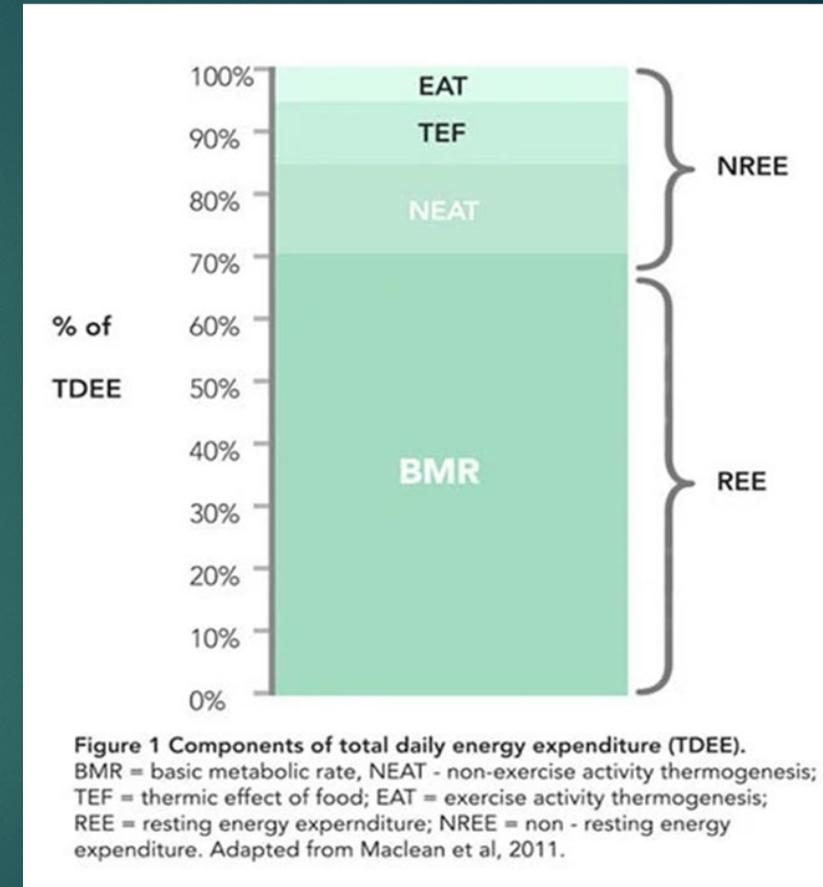
- Eat foods you enjoy
- Build a positive relationship with food
- Choose food closest to its natural or original form
- Supplements have their place in a healthy lifestyle but are not essential.
- Rotate cooking methods and types of proteins.



*“Start doing and believing in the stuff that works, and do it today and forever”*

# Misinformation / misconceptions on physical health and activity during covid-19

- BMR: **Basal Metabolic Rate** is the number of calories your body needs to accomplish its most basic (basal) life-sustaining functions.
- TEF: **Thermic effect of Food** is the energy required for digestion, absorption, and disposal of ingested nutrients.
- NEAT: **Non-exercise activity thermogenesis** is the energy expended for everything we do that is not sleeping, eating or sports-like exercise.
- EAT: **Exercise activity thermogenesis** is defined as planned, structured, and repetitive physical activity that has the objective of improving health (for example, sport, visiting the gym)



## Maintaining Physical Activity and Athletic Ability During COVID-19:

**Adults & Youth:** Have a designated time for physical activity.  
(important note: **the adult in the house sets the standard**)

- 10 minute walks after meals
- Master body weight exercises.
- Make it a family activity
- Do not get caught up in sets, reps, or lack of exercises.

**Toddlers and Children:** Just Play with your child. (They run, jump, and climb)

- \*do this as much as you can. Not only are you bonding with you child, you are creating positive physical activity experiences.

**Athletes:** The focus of the athlete should be maintaining currently level of conditioning and skill:

- Practise sport specific drills.
- Include some strength work (pull-ups, push-ups, squats)

## Areas to improve on in Indigenous communities:

### Building the Right Staff:

- Passion, qualification (education), experience (personal and professional)

### Multi layered Support:

- Home/family Support and participation.
- Community/Administration Support and Participation.

*“Words can often lead to lies, look for action or be the action”*

### Don't program what you do not know:

- Do not program or recommend something you would not do yourself or something you have never done.

**Seek assistance:** Get educated or reach out to professionals in the field.



## Principals for successful physical activity programing:

- **Set a goal: Devise a plan: Short (weeks), Medium (months) , and Long-Term (Years):**

Program mapping/planning: what is the purpose and related benefits .

Be realistic

Track Participation and Progress

Have indicators and standards

Identify controllable variables

- **Start light /easy: Building a strong foundation.**

- **Be consistent and progress slow: Building positive and healthy habits.**

- **Have Balance: Mobility (flexibility), strength training, Conditioning (cardiovascular, GPP), and Specialized Physical Preparation**

- **Know the difference Between GPP and SPP regarding training athletes is a specific sport:**

- General Physical Preparedness : Developing strength, Conditioning, Coordination, and Mobility

- Specialized Physical Preparation: (Developing skills related to a specific Sport)

## What is the reason for me to do this?

I do not own my Body; it is a gift and I want to return it in good condition.

I choose my own sacrifices and suffering

To be self-reliance.

A hard body keeps the mind sharp; a sharp mind keeps the body hard.

Because a mentally and physically strong people are essential.

Any investment into my body or mind will always yield returns.

I am privileged to be able to do the things that I love.

To honor all the people who have fought before you; it is part of our heritage to fight.



# Woliwon

Thank you!

## Piluwitahasuwawsuwakon

(bill-wee-duh-huz-zoo-wows-sue-wah'-gn)

“Allowing your thinking to change so that action will follow in a good way toward truth.”