



Active Cree - Wellness Bulletin -

PROMOTING FITNESS AND HEALTH IN THE CREE NATION

Presented by: Jessica Matten, *Lemon Cree - Fitness & Wellness Programs*

THE CREE REGIONAL AUTHORITY LEISURE, SPORTS AND RECREATION BULLETIN / MAY EDITION 2013

KEEPING YOURSELF MOTIVATED



Tips to Keep You Motivated

- Create a Health Vision Board to visually be reminded of your goals each day.
- Update your Workout Music List. Find music that gets you dancing and moving. Studies have proven music gets you energized and more pumped up for a workout.
- Give yourself a pep-talk. Remind yourself why you wanted to make these positive changes in your life in the first place.
- Envision your end result of how you want to look and feel.

A Message from John Henry Wapachee Director of Leisure, Sports and Recreation of the Cree Nation



John Henry with his wife, Stella Wapachee and their family

In this issue the theme is all about going that *extra mile*. Starting something new, whether it be a new career, a new hobby, diet or fitness plan, can be exciting and overwhelming at the same time. The key seems to be about getting through the tough part and never giving up. It's about remembering to focus on your end goal to be present in the NOW. There is no such thing as an overnight success, or like Mr. Rabbitskin, a competitive marathon runner who is featured on page 5 of this bulletin says, Success is achieved through hard work, and not giving up when the going gets tough. How right he is. This rule of thumb can apply to almost everything.

Ask any successful person, and they will tell you this was a key element to their journey. Whether your first week at a job seems too overwhelming, it is going that extra mile to be patient and learn the knowledge you need to in order to complete the task at hand. It could also mean running on a treadmill for 20 minutes and deciding to push yourself an extra 10 more minutes to challenge yourself. Your mind is stronger than you think. Discipline is indeed required, but it's all in your head. You can tell your body what you want it to do at anytime with enough willpower. The trickle effect of giving yourself daily challenges will provide you with the extra power you may need to reach the finish line in anything in life.



Active Cree - Wellness Bulletin -

PROMOTING FITNESS AND HEALTH IN THE CREE NATION

Presented by: Jessica Matten, *Lemon Cree - Fitness & Wellness Programs*

THE CREE REGIONAL AUTHORITY LEISURE, SPORTS AND RECREATION BULLETIN / MAY EDITION 2013

KEEP YOUR FITNESS FUN WITH A GROUP CLASS



Weight Training Basics

1. Always warm up. This helps get your muscles warm and prevents injury. You can warm up with light cardio or by doing a light set of each exercise before going to heavier weights.

2. Lift and lower your weights slowly. Don't use momentum to lift the weight. If you are swinging the weight to get it up, you're using too heavy a weight.

3. Breathe. Don't hold your breath and make sure you're using full range of motion throughout the movement.

4. Stand up straight. Pay attention to your posture and engage your core in every movement you're doing to keep your balance and protect your spine.

Overload: To build muscle, you need to use more resistance than your muscles are used to. You should increase your workload to avoid plateaus, which means you should be lifting enough weight that you can only complete the desired number of reps.

Progression: You need to increase your intensity on a regular basis. You can do this by increasing the amount of weight you are lifting, changing your sets/reps and the type of resistance. Make these changes after a few weeks when your muscles have adapted to the program.

Rest and Recover: Rest days are just as important as workout days. It is during these rest periods that your muscles grow and change. Make sure you're not working the same muscle groups 2 days in a row.

Benefits of a Group Class

Try out a group fitness class if you have them in your area. Working out as a group is a great way to learn new activities and stay motivated. Here are some other benefits of group classes

- Create a sense of belonging
- Meet new people
- Feel less intimidated working out by yourself at the gym
- Feel more motivated to finish an hour workout
- Learn new fitness techniques to keep fit
- You have a teacher to keep you challenged for optimal health results

What you do in life is like growing a garden. The more seeds you plant today, the more abundance, positive growth, prosperity and success you will have once things come to full fruition.





Active Cree - Wellness Bulletin -

PROMOTING FITNESS AND HEALTH IN THE CREE NATION

Presented by: Jessica Matten, *Lemon Cree - Fitness & Wellness Programs*

THE CREE REGIONAL AUTHORITY LEISURE, SPORTS AND RECREATION BULLETIN / MAY EDITION 2013

WELLNESS



Is Your Dinner Making You Gain More Weight?

Here are some reasons why your dinners may be contributing to your weight gain and what you can do to get back in control of your diet.

Dinner - Largest Meal

If you are finding that your largest meal is at dinner time, this is one of the top reasons why you might be eating excess, unnecessary calories just before bed.

Think of the calories going into your body and how many calories/energy you are using usually during that time. For most of us this the time we are most sedentary, relaxing at home and getting ready to go to sleep.

The calories you are eating during this time are not being burned off at all. With the meals you eat, you are usually burning calories throughout the day when you are more mobile. It is also important that you give your body time to allow itself to digest your meals from early on during the day. Most of your body's self-detoxing happens during the evening. If you are eating a heavy meal in the evening, then your body will be

working hard all evening to try and digest its food as opposed to trying to detox itself. Allow your body to have time to do its task successfully by leaving your largest meal of the day at lunch time, and have a lighter meal at dinner time.

Portion Your Plate Size

On a psychological level, we have a tendency to fill our plate up with food. Instead of using a large serving plate at dinner, you can trick yourself to eating smaller portions naturally by serving your food on a smaller plate.

(article continued on page 4)



Active Cree - Wellness Bulletin -

PROMOTING FITNESS AND HEALTH IN THE CREE NATION

Presented by: Jessica Matten, *Lemon Cree - Fitness & Wellness Programs*

THE CREE REGIONAL AUTHORITY LEISURE, SPORTS AND RECREATION BULLETIN / MAY EDITION 2013

WELLNESS



"Fork With Yellow Measuring Tape" by Grant Cochrane

(article continued from page 3)

So even if you were to reach for a second helping, that would still be equal to the same one serving of your regular plate size.

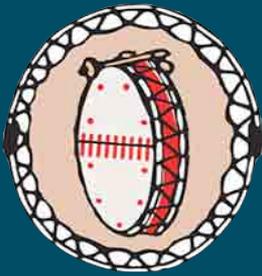
Keep Salt Off the Table

Salt is notorious for bloating your body. It is also one of the contributing factors associated with high blood pressure. If you keep a salt shaker at your dinner table, you might be having a sodium overload without even knowing it. Sure, a little salt on food can make things taste better, but again it's a good

idea to get into the habit of becoming aware of how much salt you are actually using. If you are a salt lover, try taking the salt shaker off of the dinner table and place it in your kitchen cabinet or on the counter. Only apply salt at the beginning of your meal. Out of sight, out of mind. Salt is also addictive on snacks and foods. It leaves you craving more, even if you are already full. The less you use salt on your meals, the more you will help to curb your appetite. You will also develop a more natural taste for healthy foods too, which in the long run will help you stay on track with your fitness and health.

Eating Out Too Much

It is always nice to treat ourselves out for meals. But it can also be a huge reason why you are gaining those unwanted pounds. Most restaurants, fast food or not, include plenty of butter, sugars and oils to enhance the flavor of your meals. This results in hundreds, if not thousands of extra calories that can go over your daily caloric intake. Try eating more home-cooked meals to have greater control over the amount of these products you are adding to your food. Also, it is always important to know what you are putting into your body.



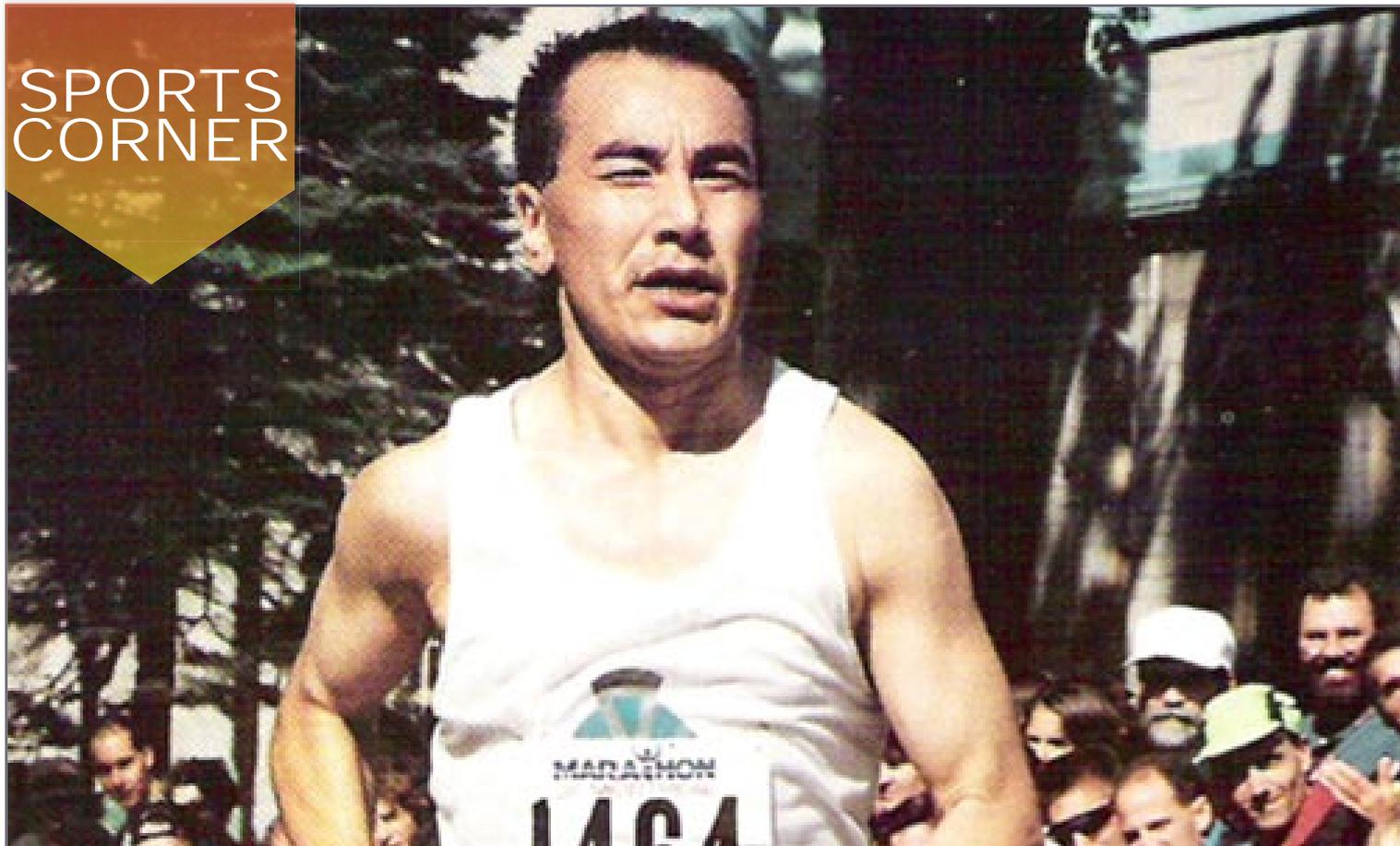
Active Cree - Wellness Bulletin -

PROMOTING FITNESS AND HEALTH IN THE CREE NATION

Presented by: Jessica Matten, *Lemon Cree - Fitness & Wellness Programs*

THE CREE REGIONAL AUTHORITY LEISURE, SPORTS AND RECREATION BULLETIN / MAY EDITION 2013

SPORTS CORNER



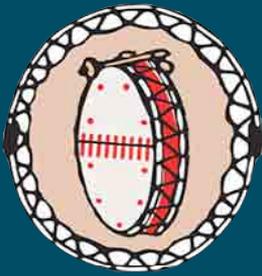
Marathon Runner Wally Rabbitskin

I am happy to introduce, the second issue of *Active Cree* to all of the Cree Nation. Within this issue we hope it will provide some important information about health, wellbeing and most of all, stories from our local athletes and people who have chosen to pursue a healthy lifestyle. I also would like to encourage you all, in whatever sport or healthy choices you are pursuing, to do your best to maintain and achieve your personal goals in life. As in any sport or event

that people are involved in, there is always a sense of feeling overwhelmed, anticipation and excitement when waiting for the game or event to begin, especially during the last few days. I have the same feeling before a marathon. I can't wait for the race to begin. With all the training and preparation you have done during these last few weeks and finally the day has come for the events to begin. I'm sure there are a lot of questions and thoughts lingering in your mind, wondering if you have prepared yourself both mentally and physically for your race; am I ready, am I strong enough to compete, am I fast enough? These are the questions you are asking

yourself. We all want to succeed in everything that we choose and best of all to win for our community.

As a long distance runner, I have always wanted to do well in all my races. I knew if I trained hard enough I would always do well. Success is achieved through hard work. In order to succeed, you need to train hard for your race, and most of all, you need to practice your sport daily. If you do not work hard at your sport you won't succeed. Pushing yourself to become a better athlete should be a goal that each one of you should strive for. Choosing to become healthy should be the main goal for everyone



Active Cree - Wellness Bulletin -

PROMOTING FITNESS AND HEALTH IN THE CREE NATION

Presented by: Jessica Matten, *Lemon Cree - Fitness & Wellness Programs*

THE CREE REGIONAL AUTHORITY LEISURE, SPORTS AND RECREATION BULLETIN / MAY EDITION 2013

SPORTS
CORNER

Marathon Runner Wally Rabbitskin



- Wally Rabbitskin (second from the left) with his fellow colleagues

As the saying goes, The journey of a thousand miles begins with the first step . You are taking that first step today towards a healthy life. Your destiny is in your hands, yours and yours alone. There are people in your community that can help lead you towards the right path, but you alone have to begin the journey. Learn to make the right choices in your life, staying away from alcohol, drugs and tobacco. Healthy living means making healthy choices by eating healthy food and exercising. At the same time, it means identifying the most important values in life such as honesty, wisdom and respect. With all these, this will become a lifestyle that does not end. Healthy living is not something you complete or finish. It is an action that changes the way you live. It s a journey that does not end in a couple of weeks, months or years, it s a lifetime journey that will only end on the day you pass on to the new spirit world.

I encourage you all to take the first step in this journey of healthy living. The healthy choices you make today will pay off everyday for the rest of

your life. You will enjoy your life better, you will feel confident and overall, your health will greatly increase. Start now to build the habits that will increase your enjoyment and quality of life. It is also important to identify these three important values in life:

Honesty: to achieve honesty within yourself, to recognize who and what you are. Do this and you can be honest with all others.

Wisdom: to have wisdom is to know the difference between good and bad. This means to take the time to think about the results of your actions.

Respect: respect others, their beliefs and respect yourself. If you cannot show respect you cannot expect respect to be given.

In closing, I would like to encourage you all to do your best in maintaining a healthy lifestyle for you and your family. To those of you who are in organized sports I encourage you all to compete

well and to represent your community and nation with pride and dignity.

- *Written by Wally Rabbitskin, Planning, Programming, Research officer - Physical activity Regional Public Health Department (C.B.H.S.S. J.B.)*

Wally Rabbitskin is originally from the Cree community of Mistissini.

He has a Bachelor degree in Social work from the University of Quebec en Abitibi-Temiscamingue. He has been working with the Cree Board of Health & Social Services of James Bay since 1987. Wally is involved in many community program developments throughout the Cree region. He is a supporter and actively involved in promotion and prevention programs for good health based on the principle of the holistic approach and working on the mental, emotional, spiritual and physical aspect of recovery.

(Cited from Wally Rabbitskin Charity Run fan page)



Active Cree - Wellness Bulletin -

PROMOTING FITNESS AND HEALTH IN THE CREE NATION

Presented by: Jessica Matten, *Lemon Cree - Fitness & Wellness Programs*

THE CREE REGIONAL AUTHORITY LEISURE, SPORTS AND RECREATION BULLETIN / MAY EDITION 2013

YOGURT AND BERRIES FOR YOUR DIGESTION

Did You Know:

Blueberries and yogurt make for a great breakfast, lunch or even a healthy snack. Did you know that both can help you with your digestion? The healthy bacterial culture found in yogurt are probiotics which are great for the body's gastric tract. Blueberries contain a high source of fiber. Fiber keeps your body's natural detoxing system and waste filtering system functioning properly.



Photo by: Tina Kulic

Garlic: The Natural Antibiotic



Photo by: Satit Shrhin

Garlic is known for its natural, antibiotic properties. This doesn't mean to get off any current medication you may be on, but it does mean by adding more garlic to your diet that it will help your body to speed up its ability to fight off any infections while not killing off any of the healthy bacteria in your body. It may even help to prevent any future infections. You can add chopped - up garlic into your meals for extra flavoring and to reap the benefits of this great, natural food.

Featured Active Cree

Check out what your community members are doing to continue their fitness journeys to live an active & healthy lifestyle. Each month we feature one of your community members and talk about their fitness & health journey.



Katrina Orr, 29 years old, Mother of Four, from Nemaska

Katrina keeps herself quite busy with four kids. As a mother, she understands the importance of dedicating time to her health. She mostly does strength training exercises and cardio to stay fit. She does not follow a crazy strict routine, but she makes it a goal to include an activity everyday that has her moving. This includes shoveling the snow or walking. So far she has lost 17 pounds, and believes that a healthy diet has been the key to her weight loss. *Congrats to Katrina!*

Game of Moods

How Certain Foods Can Affect Your Emotions

Food is a powerful tool when it comes to mental health and well-being. Did you know that studies have shown that the foods you eat may be having a direct effect on how you are feeling? Patrick Holdford, a nutritionist and the author of *The Feel Good Factor: 10 Proven Ways to Boost Your Mood and Motivate Yourself*, explains how the proteins, carbohydrates and vitamins found in food all work together to keep our body's hormones, our brain's neurotransmitters and metabolism in check which helps to regulate and balance our moods. For many people who struggle with excessive weight gain, emotions are one of the factors that scientists are still studying regarding how it contributes to overeating and what we eat. For example, Dr. Michael F. Roizen of *The Chemistry of Emotion*, theorizes that if you are feeling stressed you may be more likely to seek out salty foods. You may be wondering what you can do to counteract reaching for the salty foods to deal with your stress? This is when the best thing you can do for yourself is go for a walk to get a little exercise, or even do some deep meditative breathing for 5 minutes. Try this, and this may help to curb your salty cravings.

(article continued on page 8)



Active Cree - Wellness Bulletin -

PROMOTING FITNESS AND HEALTH IN THE CREE NATION

Presented by: Jessica Matten, *Lemon Cree - Fitness & Wellness Programs*

THE CREE REGIONAL AUTHORITY LEISURE, SPORTS AND RECREATION BULLETIN / MAY EDITION 2013



Healthy Egg Burrito

Get your daily intake of protein with this easy recipe. Have it in the morning, or bring it to work for lunch.

Ingredients

- 1 teaspoon canola/cooking oil
- 1/4 small red or white onion
- 1/4 red or green bell pepper
- 1/4 cup sliced mushrooms
- 1-2 eggs
- Handful spinach
- 1/4 tomato, seeded and diced
- 1/8 cup (about 1/2 ounce) shredded cheese
- 1/4 avocado (optional), cubed
- Pinch of salt and freshly ground pepper
- Hot Sauce (optional)

Preparation

1. Heat 1/2 tsp. oil in a large nonstick pan over a medium-high heat.
2. Cook the onions, peppers and mushrooms about 6 minutes.
3. Take pan off heat, add spinach to onion mix and let it wilt. Season with salt and pepper.
4. Whisk the eggs. Heat 1 teaspoon canola oil over medium heat.
5. Reduce heat to low and add eggs, scrambling until cooked for about 3 minutes. Combine the scrambled eggs, onion mix, diced tomato and the avocado.
6. Season, to taste, with hot sauce.
7. Roll up burrito-style and serve.

Game of Moods

How Certain Foods Can Affect Your Emotions

(article continued from page 7)

Here is a list of some foods and generally how they can affect your mood:

- Caffeine, Alcohol and Sugars (depending on levels on consumption) = Depression
- Vegetables and Fruits = Clarity, focus, happiness
- Fish (any type in moderation) = Depression preventative
- Nuts (such as almonds, cashews, sunflower seeds) = boost mood and mental performance

The Cree Regional Authority and Lemon Cree are not liable or responsible for any injuries or illnesses caused by any exercise activities or nutritional tips shown. Active Cree is meant to increase your knowledge on personal development and health. Because everyone is different, the ideas expressed by researchers cannot be used to diagnose or treat individual health problems. We recommend you consult your health care professional before doing any exercise activities. Nutritional tips do not take into account food allergies. Please make sure you consult your health care professional before trying any of the nutritional tips shown.