MOVEMENT IS MEDICINE BINGO

First Nations Health Authority
Health through wellness

Try 5 minutes of arm stretching movement: Try ISPARC's Arm Workout - Fitter in 5!	Put on a favorite song and move along!	Try 2 minutes of breath work - whatever type of breathing feels relaxing to you	Write down, draw or think about the main way(s) that movement is medicine for you	Find the ISPARC YouTube Channel
Enjoy a cup of tea/coffee with a friend	Tell a friend one thing you appreciate about them	15 minutes of any type of movement, you enjoy!	Drink 5 glasses of water today	Write down, draw or think about three things about your body that you are grateful for
Write down, draw, or think about 2 activities that make you smile and nurture your spirit	Check how much fiber is in something that you eat today (on a nutrition label)	**Free space: take a moment for yourself**	5 minutes of leg stretching movement Try this under 5 minute lower body stretch	Practice your balance movement: can you balance on one leg (supports are encouraged!)
Connect with a knowledge holder to learn how to harvest and use a plant currently in season	Think about 2-3 emotions that come up for you when you think about moving your body. What can help you to work through these emotions?	Give yourself permission to say "no" if you need to this week: exercise healthy boundaries!	Write down, draw or think about 3 things around you that help work towards your wellness goals (people, places, things)	Try a chair resistance activity: Try ISPARC's FitNation Resistance Chair Workout
Take a walk around the block after a meal OR 15 minutes of ISPARC'S full body chair exercises after a meal*	Ask around to see what options there are for movement in your community (team sports / walking groups / fitness room etc.?)	Spend time feeling the sun / rain / wind on your skin today	Try a new recipe that sounds good to you	Talk to an Elder/language carrier/download an app to learn one or two new words in your language