

My mom took us to round dances, now round dances you're dancing a lot, so there's a lot of physical exercise there. Just in terms of staying healthy we did sweat lodges, so you're taught about the importance of berries with anti-oxidants and keeping yourself healthy that way, natural sweeteners, that type of thing. Just being part of the community, I guess, is how I picked up my Métis identity.

~Métis mom, jigger, artist and role model Jaime Koebel

Are you an Aboriginal parent or service provider?
Visit www.letsbehealthy.ca for tips and ideas
on preventing childhood obesity.

**Let's be
healthy
together!**

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