

Embracing physical activity for a healthier life

Northern News Services

In our first column, we dove into the exciting world of physical literacy. We talked about how it's all about having the ability, confidence, and desire to stay active throughout our lives.

We highlighted how physical literacy helps everyone — no matter their age, size, shape, hair colour, or favourite hockey team — stay healthy, feel good, and connect with others. We also explored how Indigenous communities incorporate traditional games and activities, making physical activity a fun way to celebrate culture and heritage. Most importantly, we want everyone to have fun while being active.



THORSTEN GOHL

Thorsten Gohl is the co-ordinator of Physical Literacy NWT

Now, let's take a closer look at the awesome benefits of regular physical activity. First off, moving our bodies can really boost our mood. When we exercise, our bodies release endorphins, those magical "feel-good" hormones that make us feel happy and energized. This natural high can help lift our spirits and combat feelings of

stress or anxiety.

So, if you're feeling a bit down, a little movement will work wonders. Even a short walk or a quick dance break can make a big difference in how you feel.

Another great perk of staying active is better sleep. That's right, getting your body moving helps you fall asleep faster and enjoy a deeper sleep. When we exercise, our bodies use up energy, which can lead to a more restful night. A good night's rest is super important because it helps us wake up refreshed and ready to tackle the day. Plus, better sleep can improve focus and concentration, making it easier to learn and engage in daily activities.

Let's not forget about the social side of being active. Whether you're playing a team sport, joining a dance class, or just going for a walk with friends, being active is a fantastic way to meet new people and strengthen friendships. These connections make us feel supported and happy,



There are so many options to stay physically active, no matter where you are. Photo courtesy of Thorsten Gohl

which is great for our emotional health. Sharing fun experiences with others can create lasting bonds and a sense of belonging, making physical activity even more enjoyable.

And of course, regular physical activity keeps our bodies strong and healthy.

It helps improve our heart health, builds strong muscles and bones, and boosts our flexibility and balance. All of these benefits make it easier to enjoy everyday activities and have fun!

In a nutshell, staying active is a win-win for our physical, mental, and emotional

health. Next time you feel sad, tired, or just not wanting to do anything — maybe it's too cold outside or already dark — find some fun activities to do! From snowshoeing and cross-country skiing to setting up table tennis on the kitchen table, playing bridge, walking to work or

school, or even dancing and singing in the living room, there are so many options. We know that after just a few minutes of moving, you'll start to feel better.

So let's keep embracing the joy of movement and make physical activity a fun adventure every day!

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