

Engaging youth in physical activity and building a healthy future together

Northern News Services

In our last column, we talked about the exciting idea of physical literacy and how it helps everyone stay healthy, happy, and connected. We learned that being active not only lifts our spirits and helps us sleep better but also strengthens our bodies and builds friendships. We encouraged everyone to find joy in movement, whether it's through traditional cultural activities or just having fun dancing in the living room or playing table tennis on the kitchen table.

Now let's focus on one of the most important groups: our youth! Getting kids and teens involved in physical activities is super important for their growth—physically, mentally, and socially. When young people stay active, they lay the groundwork for a healthy lifestyle that can last a lifetime.

Being active helps kids learn valuable skills like teamwork, leadership, and resilience. It's also a great way to let out energy and relieve stress, which is especially important in our busy world. To help them love moving, we need to create fun and inclusive opportunities for everyone.

Schools are key players in promoting phys-

ical literacy. They can encourage active play during recess, offer a variety of sports in phys-ed class, and set up after-school clubs. Imagine schools hosting "active days" filled with fun challenges like obstacle courses, dance-offs, or sports tournaments? These events can build a sense of community and friendly competition.

Communities can also get in on the action. Organizing family fun days with games, sports, and interactive workshops can draw in kids and their families. Local parks can host seasonal events like "Winter Activity Days," where kids can try new sports, learn cool skills, and meet friends who share their interests. Partnering with local sports clubs and cultural groups can make these events even more exciting and diverse.

Let's not forget about technology. Fitness apps and social media challenges can make staying active fun and engaging for today's

youth. Virtual classes and online challenges are great options for those who might feel shy about joining traditional sports. There are plenty of organizations ready to help you get started, such as the Mackenzie Recreation Association, NWT Recreation & Parks Association, Kidsport NWT, NWT School Sports Association, Indigenous Sport Circle NWT,



GUEST COMMENT

Thorsten Gohl is the co-ordinator of Physical Literacy NWT



Biathlon is one way youth can stay healthy and physically active. Photo courtesy of Thorsten Gohl

Sport North, and of course the territorial sport organizations. They can support your events and help find funding.

Getting youth involved in physical activities is essential for their overall growth and happiness. By creating supportive environments in schools and communities, we can inspire the next generation to embrace physical literacy

and enjoy the many benefits of being active. Let's work together to create these opportunities and possibilities so every young person has the chance to become the best version of themselves.

So, when's your next drum dance? Bringing Elders and youth together, let's get moving and have a blast!



Merry Christmas

Best wishes for a happy holiday season and our sincere thanks to all, Wishing you all a prosperous New Year.

From all Yellowknives Dene First Nation

Our offices will be closed from December 19th 2024 and will reopen on January 6, 2025 at 9:00 AM




Greetings & Gratitude

A round of thanks and best wishes too, from our team to all of you; For it's our friends and customers here, who have truly made it a wonderful year.

Happy Holidays, and thanks so much for supporting us in 2024!



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