



It's all about small steps to become more physically active

Columnist Thorsten Gohl practices his tree poses while out on one of his morning walks. Photo courtesy of Thorsten Gohl

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As I reflect on my journey toward physical literacy, I'm pleased to report that my goal of 5,000 steps a day is coming along quite well. In fact, I've even added a bit of mild snowball fight training to the mix, practicing my aim by trying to hit targets in my yard. And yes, I'm toying with the idea of starting a territorial sport organization for snowball fighting.

"I'm just kidding," as we often say in the smaller communities of the Northwest Territories. Or am I?

On a more serious note, let's talk about my progress: I've found that getting up earlier, about 45 minutes before my usual routine, has made a significant difference. I start my day with a warm cup of water, sometimes with a touch of honey, and then I bundle up in my ski pants and jacket for a 30 to 60-minute walk. This morning ritual not only helps me reach my step goal but also sets a positive tone for the day. And of course, random tree poses to connect with trees all around me.

Throughout the day, I make conscious decisions about my transportation. Living in a small community has its perks - everything is just a 10-minute walk away. I often find myself choosing to walk instead of taking the truck. I also consider whether to take the elevator (though I don't think we have one in our community) or to walk up that one level. These small choices add up and contribute to my daily goals. It's crucial to start with small, achievable, and measurable goals.

One valuable lesson I've learned from listening to audiobooks and reading articles is the importance of just getting started. For instance, challenge yourself to do just one push-up a day. That's it! I'm confident that

after a week, you'll find yourself thinking, "I can do a second one." And soon enough, you might even be ready for a third.

If you're unsure where to begin, start with a wall push-up. Place your feet about 30 degrees away from the wall, put your hands high on the wall, and push. It's not so hard to start, is it? It always comes back to that initial step, whatever it may be. And yes, that includes target practice with snowballs, because you never know when the first territorial championships will be happening, and you want to be ready!

In addition to my daily steps and walking to meetings, I've decided to incorporate 30 minutes of table tennis every weekday into my routine. I'm also excited about becoming an on-ice helper at the local hockey rink once a week or every two weeks. While I may not be a skater, I excel at encouragement, love playing music for everyone, and enjoy capturing those memorable moments with my camera. I proudly call myself the "on-ice helper"!

As I continue on this journey, I encourage you to reflect on where you are in your own physical literacy journey. What small steps can you take today to move closer to your goals?

Remember, it's not about perfection but rather progress and finding joy in movement. Whether it's a walk around the block, a few push-ups, or even a friendly snowball fight, every little bit counts.

So, let's keep moving, supporting one another, and embracing the fun in our physical activities. Who knows? Maybe one day we'll all be ready for that first Territorial Snowball Fighting Championship! Until then, let's make every step count and enjoy the journey together. Stay active, stay engaged, and let's see where this adventure takes us!

Thorsten Gohl is co-ordinator of Physical Literacy NWT.



GUEST COMMENT

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