# WHY ACT NOW

<u>Holistic Teachings</u>: Appreciate the interconnectedness of all things. "To cherish knowledge is to know wisdom."

## SPIRIT

Living Values Value the purpose of a game and appreciate the benefits of physical activity for your wellbeing.

### EMOTION

Honouring Traditions Identify & share how physical activity makes you feel a balanced connection and well-being.

# PHYSICAL

Building Relationships Discover, become

aware of, build upon & practice locomotor and non-locomotor skills.

#### MENTAL GROWING MINDS

Acquire knowledge of games & the purpose the games serve. Actively learn games & incorporate them into daily lives & share with future generations.

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ALBERTA

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