

Tips for staying healthy

~Recommendations from Indigenous communities and partners in the Great Lakes area~
Always follow local protocols to keep Elders, community members and communities safe



EATING HEALTHY

Eating whole foods is essential in getting the nutrients you need to live a healthy life. Be comfortable reaching out to a community food program if you need help.

- Always include fruits & veggies, you can also draw from super foods for diabetics
- The more colorful the better
- Add whole grains, such as wild rice



STRETCHING

Flexibility is as important as building muscle and aerobic fitness.

- Aim for daily stretches 3-4 times/wk
- Warm up muscles before activities
- You should feel a stretch but no pain
- Always discuss your stretching routine with a health care provider



WALKING

Walking is a great way to get exercise while distancing.

- Stay 6 feet or more apart
- Wear a mask
- Walk and connect by dropping off a letter to a friend or family member

DANCING

Dancing is a fun way to get your heart rate up and represent your culture.

- Clear out any space indoors/outdoors
- Share with others virtually
- Dance for those who aren't able to or can't dance themselves
- If dancing hurts your knees, try moving your feet to the music while sitting down



CONNECTING

We can still connect with others while staying safe.

- Outdoor visits
- Writing letters
- Drawing pictures
- Calling a loved one
- Or connecting by video chat



TRY NEW THINGS

Be understanding of a person's home situation or limited access to resources as some may not have available space or reliable internet.

- Meet in public spaces to visit and share experiences
- Be willing to try new ways of doing things



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6 feet



Research reported in this publication was supported by the National Center for Advancing Translational Sciences of the National Institutes of Health Award Number UL1TR002494.

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