

Take part in the FNHA Social Media Scavenger Hunt!

Win a FitBit Flex activity tracker and other prizes! Use the tag **#fnhawealth** and post on the following items during the Aboriginal Day of Wellness! More details at www.fnha.ca

1. **Selfie at breakfast - Start the day off with a smile!** It's the Aboriginal Day of Wellness!

Let's see those smiles! Let's see those healthy breakfasts! ☐

2. **Best Wellness Face.** Go hard or go home. ☐

We want to see your best intensity fitness face, send us your best Wellness-selfie!

3. **Upload a pic of somebody playing (traditional) music.** Watching some great drumming or dancing on NAD? Post a picture! ☐

4. **Connect to your Active Spirit and post your best active shot!** ☐

How do you like to move? Can you bear walk? Practice crane technique? Maybe your running style is floppy like a fish? Your best Slahal move? Your best action shot pose or best sports shot - Basketball, football, soccer, lacrosse, hockey, baseball or any sport you're playing on Aboriginal Day.

5. **Picture with FNHA swag on.** ☐

Do you have any FNHA swag? We want to see it! Do you have a water bottle, sticker t-shirt or any items with the FNHA thunderbird on it? Post a pic of it in action!

6. **Tweet your favorite part of National Aboriginal Day.** ☐

What does NAD mean to you? Let's hear it people! Don't forget to tag it with #fnhawealth

7. **Tradition/Culture.** Look good, play good. How do you practice your culture? What do you wear to show off your culture? Moccasin runners? Cedar hat? Your favourite canoe paddle? ☐

8. **What is your motivation/inspiration?** ☐

Take a picture or post your favorite quote of something that makes you strive for wellness. What drives you? We want you to show us!

9. **Animals and fitness.** ☐

Get a picture of those active animals! What are your pets doing today to stay active?

10. **Land and environment.** Let's see those traditional plants and trees. What is beautiful and grows wild in your territory? Do you have somewhere or something from the land that inspires you? ☐

11. **Play hard, eat hard.**

Take a picture of some traditional food. Fish, berries, Indian ice cream, bannock or any traditional food you can find. ☐

12. **Best dirty, sweaty or messy picture.** Did you play hard today? Covered in mud? We want to see it! ☐

13. **Take a picture of your healthy buddy team.** The Crew. Friends. Strangers. Take a big group photo to remember this year's summer wellness celebration! ☐

14. **Selfie with an elder and a story.**

Ask an elder to share a story or joke with you and be sure to capture the moment. ☐

15. **How do you stay hydrated?** Water for the Win! Did you drink eight glasses of water today? How do you like to cool down? Do you have an FNHA water bottle? Post a photo of it in action! ☐