



First Nations Health Authority  
Health through wellness

# Celebrating Our Region's Journey to Wellness

**Presented by Ernest Armann**

Vancouver Coastal Caucus Meeting – October 21-23, 2014



Aboriginal Day of Wellness Even...

Map of locations for the Aboriginal Day of Wellness Events! Happening across BC on June 21st 2014. [more](#)

Map Locations

- Xolhemet Society
- Fraser Valley Métis Association
- Mission Friendship Centre Society
- Kwikwetlem First Nation
- Squiala First Nations
- Trails Crossing Friendship Centre
- Sts'ailes Health Department
- Guildford Learning Centre
- Burnaby School District - Aborigin
- Tzeachten First Nation
- Boothroyd Indian Band
- Lower Fraser Valley Aboriginal So
- Chawathil First Nations
- Golden Eagle Canoe Club
- Ashcroft Indian band
- Ulkatcho Indian Band
- Boston Bar First Nation
- Akisqnuq First Nation
- Cariboo Chilcotin Métis Associati
- Okanagan Indian Band
- Cayoosh Elementary School
- Simpcw First Nation
- Mount Baker Secondary School
- Esk'etemc Health Department
- Toosey Indian Band
- Kanaka Bar Indian Band
- Splotsin First Nation

Aboriginal Day of Wellness Events 2014

13 events in **Vancouver Coastal** for a total investment of \$27,000





# Step Up stats October 16

## 2<sup>nd</sup> Annual First Nations Health Leadership Challenge - Beefy Chiefs 2.0 - Step Up

Number of Vancouver Coastal Registrants at October 16, 2014 = 92 total

Band Chief	Band Councillor	Community Health Worker	First Nations Citizen	FNHA Board Member	FNHC Member	FNHDA Board Member	Health Director	Hereditary Chief
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*Step Up – 92 participants from our region*





## Words from the Region

*I have had Rheumatoid Arthritis for many years , and have had days I couldn't walk , exercise was mostly out of the question but this challenge was the motivation I needed to get moving regularly ,I have slowly built up my activity level , I feel so much better and am now at a minimum 45 very active minutes a day , I have more energy and am all around happier and it has inspired me to get our community moving.- Step Up participant*



## Words from the Region

*During the week I usually go out early in the morning & walk for a hour & a half, then again in the evening & on weekends I walk a total of 6-8 hours. I think about my great grandparents & grandparents & how they walked great distances to harvest seafood, berries & medicines year around & how strong & healthy they were as they did not have the conveniences that we have today*



## Words from the Region

*My partner and I were invited to a dance party on Friday for someone's birthday. I just received my fit bit. When I left home I was at around 400 steps, when I came home I over 6000 steps. I was surprised how many steps I accumulated dancing. Dancing as well as walking will be my way to get fit.*



## Words from the Region

*I have started to take my great grand kids for walks up a hill behind my house. I used to do this a long time ago, and decided to start again. It helps the great grand kids get a lot of energy out and we have a great time. racing..of course they usually win! it is great family time*