

Welcome! to the new edition of the Health & Wellness Daily Organizer

4 Wellness Streams to achieve a Healthy Lifestyle

As a **Health and Wellness Partner** to First Nations individuals, families and communities in BC, the **First Nations Health Authority** (FNHA) has created this Daily Organizer, to support community members to achieve and maintain a healthy lifestyle.

We are all on an individual wellness journey. On your journey, keep health and wellness in mind as you plan your daily, weekly and monthly activities. Together we will achieve the vision of **Healthy, Self-Determining and Vibrant BC First Nations Children, Families and Communities**.

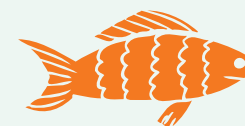
What Goals would you like to achieve this year in terms of your personal health and wellness?

Listed in the side-bar are the four (4) **Wellness Streams** that the FNHA suggests you use to achieve a healthy lifestyle. A great way to set **goals** in these areas is to ask yourself what you would like to achieve this year in terms of your physical activity, healthy eating, nurturing spirit, and respectful tobacco use? Write down your goals in the space provided in each of the **Wellness Streams** and share them with trusted family and friends who will support you in achieving your goals. Then, use the journal pages every day to monitor your goals and reflect on any changes you need to make in order to further support your success.

Although we suggest you set goals using the four (4) **Wellness Streams**, please feel free to identify something different that you would like to work on in achieving and maintaining a healthy lifestyle.



1. BE ACTIVE



2. EAT HEALTHY



3. NURTURE SPIRIT



4. RESPECT TOBACCO

Health &
Wellness
DAILY ORGANIZER



First Nations Health Authority
Health through wellness

First Nations Perspective on Health and Wellness

Holistic Wellness

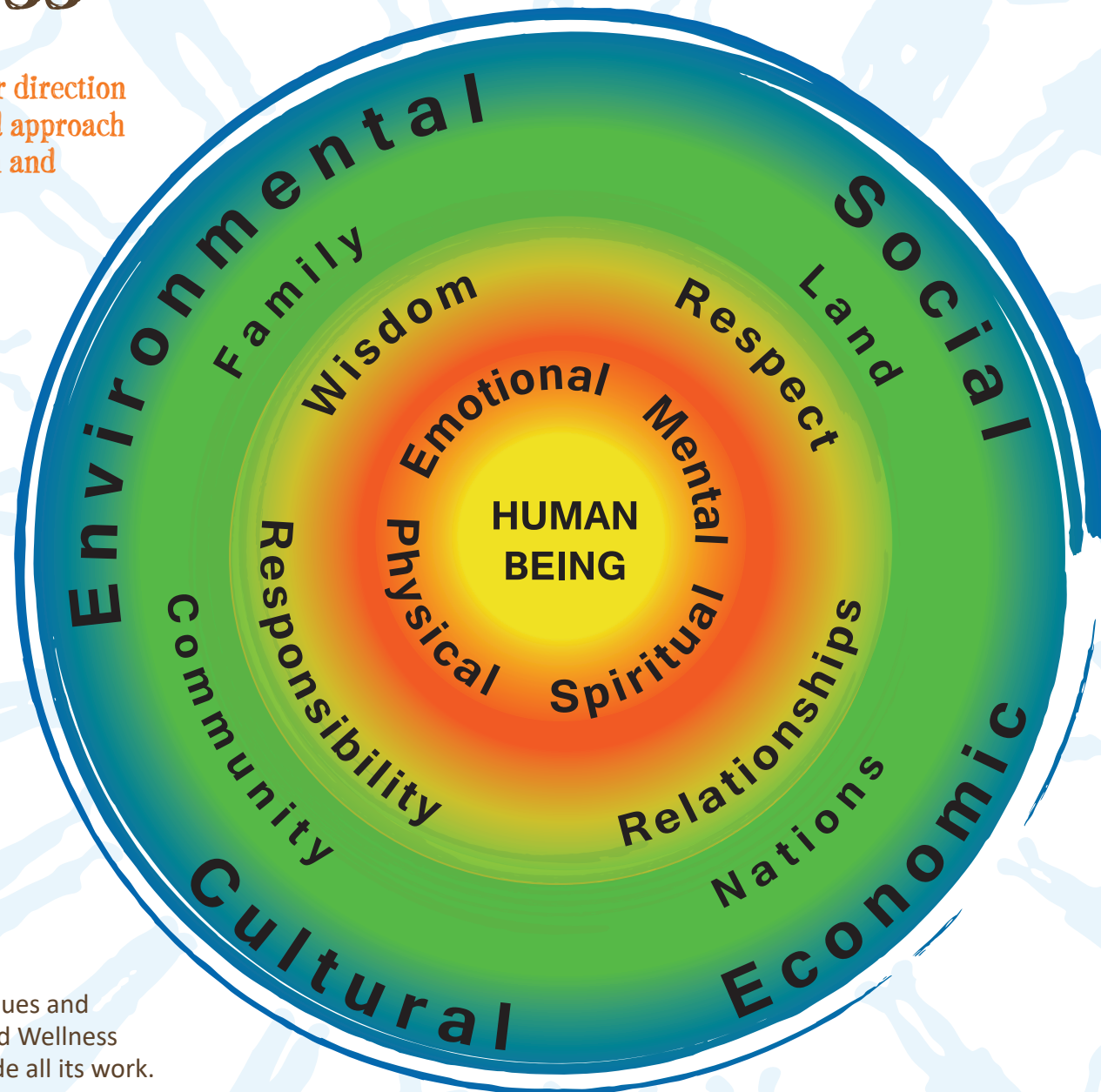
The First Nations Health Authority has received clear direction from BC First Nations that its vision, philosophy and approach must align with a First Nations perspective of health and well-being; Thus, the creation of the First Nations Perspective on Health and Wellness.

This image has been derived from a holistic perspective of health, and its concepts are based on the knowledge passed along by our Elders and traditional healers. Although the model appears in layers, it is important to acknowledge that each circle and its components are all interconnected and need to be in balance.

The model is intended to be used as a tool for both internal and external stakeholders. Examples of its use include:

- creating a shared understanding of the holistic vision of wellness shared by BC First Nations;
- forming the basis of Health Plans for individuals, communities and Regions;
- validating traditional approaches to health;
- fostering collaborations with partners for health promotion and disease prevention; and,
- developing the values, philosophy and culture of an organization – As an example, the FNHA is using the values and principles of the First Nations Perspective on Health and Wellness to transform the policies and approaches it uses to guide all its work.

Wellness belongs to every human being and the way each person reflects the First Nations Perspective on Health and Wellness will be unique. The model is adaptable and can be applied in any way to support you to be the best human being you can be today!



First Nations Perspective on Health and Wellness Meaning

Centre Circle (Core of Wellness)

The Centre represents individuals taking responsibility for their own health and wellness. Everything originates at the centre, and it is with one's self, that the journey of wellness begins.

Second Circle (Aspects of Wellness)

This circle illustrates that Mental, Emotional, Spiritual and Physical aspects of wellbeing need to be in balance and nurtured to achieve health and wellness.

Third Circle (Values of Wellness)

The third circle represents the overarching values that support and uphold wellness: Respect, Wisdom, Responsibility, and Relationships. These four values need to be acknowledged when honouring yourself and others.

Fourth Circle (Context for Wellness)

The fourth circle depicts the people that surround us and the places where we come from: Nations, Family, Community, and Land. You, the individual, underlie all of these areas and have a responsibility to care for these supports.

Fifth Circle (Determinants of Wellness)

The fifth circle depicts the Social, Cultural, Economic and Environmental determinants of our health and well-being. These determinants affect our health and wellbeing and it is our responsibility as an individual and as a collective to ensure these determinants are available and protected.

Outer Circle (Our Community)

The people are holding hands to demonstrate togetherness, respect and relationships, which in the words of a respected BC elder can be stated as "one heart, one mind."

It is important to identify the health and wellness goals you want to achieve on your **Wellness Journey**.

We encourage you to use this Daily Organizer to develop, track and reflect on these goals. On this journey, go at whatever pace is comfortable for you, and remember, it is usually the small steps that add up to help you make bigger, life-long changes. This is the **ULTIMATE** goal!

Make **SMARTER** Goals that are

SPECIFIC I will walk every day.

MEASURABLE I will walk 10,000 steps a day.

ATTAINABLE I will walk in the rain, snow or hail.

REALISTIC I will walk to and from work each day.

TIMEFRAME I will walk to and from work for the next MONTH and will re-evaluate this goal after the month.

EVERYBODY CARES I will share my goals and desired changes with trusted family and friends.

RESOURCES I will make a list of the things I need to add or take away from my routine in order to help me achieve my goals.

Specific
Measurable
Attainable
Realistic
Timeframe
Everybody Cares
Resources



SUCCESS

POSITIVE FIRST STEPS

In addition to goal setting, another positive step for your Wellness Journey is to visit your family doctor or health care practitioner, especially if you are starting any new physical activity. For most people, physical activity should not pose any problem. However, if you have any medical concerns, heart trouble, chest pain, dizziness, or you are taking medication for blood pressure, please consult a care provider before becoming more physically active.



Health &
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First Nations Health Authority
Health through wellness

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Get Connected



Being Active

Making exercise more convenient

Feel like you have no time to exercise? Remember, every minute of activity counts. Consider trying some of these tips:

- Walk to work instead of drive
- Keep a pair of walking shoes at work
- Keep clothes you need for a workout in your car
- Keep hand weights near your television or phone

When an opportunity for exercise comes along you'll be ready.

Make it count! The benefits of counting steps

Walking is one of the best forms of physical activity. It is a gentle, low impact activity that can be done almost anywhere. It is a wonderful way to spend time with family and friends, and to be re-connected to the land.

Walking will also:

- Increase your energy level
- Enhance your mental well being
- Help you relax and sleep better
- Help you reduce your body fat and tone your muscles
- Lower your risk for chronic illnesses such as diabetes and cancer

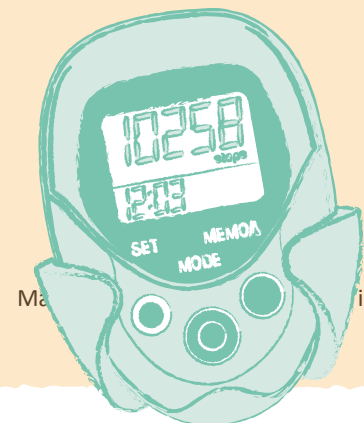
incorporating more walking into their daily life. Today, there are many great forms of technology to help you count steps. These include:

Wearable tracking devices

Pedometers (wearable step counters) have really stepped up their game lately. Devices such as FitBit and Garmin have become hugely popular, but you can also still use old fashioned step counters to try to reach your daily step goal!

Apps and smartphones

With emerging technology on many smartphones, there are also lots of options for tracking steps using your phone.



Ma is a great motivator for



Health and Wellness - It starts with me! I can take control of my own personal health by:

- | BEING ACTIVE | EATING HEALTHY | NURTURING SPIRIT | RESPECTING TOBACCO |

How many steps do I need?

While there isn't a "scientific basis" for recommending 10,000 steps, it is an initial milestone to work towards. However for many, achieving 10,000 steps per day may not be possible. Instead you can keep track of your steps for one full week without changing your daily routine. Then, start adding 200 steps per day for the first week, an additional 200 steps per day the following week, and so on. Once you reach a daily step count that you are proud of and enhances your health, try aiming to reach that goal at least 4-5 days per week.

Fun Fact

The average walking stride length is around 70cm.

If you walk 10,000 steps each day that equals:

$$70 \text{ cm} \times 10,000 \text{ steps} =$$

$$700,000 \text{ cm} = 7 \text{ km!}$$



My goals for being active are:

Recommendations from Dr. Evan Adams, FNHA Chief Medical Officer

Exercise is one of the best things you can do for your health. Aim to exercise every day of the week. If you are older than 18 years of age, you want to accumulate at least 150 minutes of physical activity every week that can be broken down into bouts of 10 minutes or more.

Make sure you mark June 21st in your calendar to participate in the wellness activities that will take place province wide for the Aboriginal Day of Wellness on National Aboriginal Day.



Eating Healthy

Making better food choices

Nutrition is the foundation in maintaining good health. Here are some nutrition tips for health and wellness:

8 Helpful Hints for Healthy Eating

Enjoy what you eat

Eating is supposed to be enjoyable. Feel positive about what and how you eat. Eat food you enjoy!

Eat foods close to nature

Incorporate more traditional foods into your diet and focus on foods that have been through as little processing as possible (“whole foods”). Check out the Traditional Food Fact Sheets on FNHA’s Eating Healthy wellness stream webpage.

Be prepared

Take time to plan your meals and snacks. Create a shopping list before going to the grocery store. Check flyers and sales online to plan around sale prices. Keep track of foods you eat by using the Daily Food Journal in this book.

Plan for healthy snacks

Snacking on healthy foods can be hard when you are not prepared. Keep healthy snacks, like vegetables, fruit, nuts, and yogurt, handy at all times.

Choose a variety of foods

Eating foods from a variety of food groups, with a variety of colours, and a variety of cooking methods, is ideal for optimal health. Eating a variety of foods helps you meet nutrients needs and is good for the soul.

Have more family meals

Planning meals together with family and/or friends can be more important than the types of foods that are eaten. Make meal time pleasant by having lighthearted conversations, and avoid distractions such as the television or electronics.

Reduce refined sugars

Added sugars can be found in many common foods and drinks. Obesity and other chronic diseases continue to rise, and sugar drinks are a big contributor to the problem. Popular drinks such as soda pop, sports drinks, energy drinks, juice and specialty coffee, usually contain a very high amount of sugar. Instead, water is the best choice. Try adding fresh fruits, vegetables or herbs to your water to add flavour.

Practice mindful eating

Mindful eating is eating with the intention of caring for yourself and paying attention to the food you are eating and the effect it has on your body. Be aware of your physical and emotional cues for hunger. Choose food for enjoyment and nourishment.

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The Basics of the: Nutrition Facts Table

Use this table to choose healthy food products by following these three (3) steps:

1.

Serving Size

Compare this amount of food to what you actually eat.

2.

% Daily Value

Use this value to help you make informed choices about your food. A general rule is **5% or less may be too little of healthy nutrients and 15% or more is too much of other nutrients.**

3.

Make healthy food choices:

Use the % daily value to compare two foods.

- Try to limit the amount of trans fat, sodium and sugar
- Enjoy foods with lots of fibre, vitamin A, calcium and iron.

Nutrition Facts	
Serving Size 2 tbsps (31g)	
Servings Per Container about 12	
Amount Per Serving	
Calories 30	Calories from Fat 0
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 430mg	18%
Total Carbohydrate 8g	3%
Dietary Fiber 0g	0%
Sugars 7g	
Protein less than 1g	
Vitamin A 4%	Vitamin C 8%
Calcium 0%	

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:
Calories: 2,000 2,500

My goals for healthy eating are:

Recommendations from Suzanne Johnson

Registered Dietitian from the Penticton Indian Band.

Our Indigenous foods are very high in nutrients that are important for our health, but nutrients are not the only benefits that we receive from these foods. Our favorite Indigenous food is likely one that connects us to our family and stories of our past as well as holding unique and important teachings of our language and culture.

Nurturing Spirit

Support all aspects of your being

Wellness is a **BALANCE** of many factors including your Spirit

Nurturing spirit is the aspect in your life that gives you a sense of purpose and meaning. This builds your self-esteem, self-confidence and allows you to be connected to others and the land. Nurturing your spirit supports the mental, emotional, physical and spiritual aspects of your being.

Sharing our stories

An important part of being happy and nurturing one's spirit is having healthy relationships; Sharing our stories helps us connect with one another and build relationships.

Spirit Magazine

As a part of building strong relationships and furthering its commitment in being the health and wellness partner to all BC First Nations, the FNHA produces *Spirit Magazine*. *Spirit Magazine* can be found online or in print at First

Nations health centres, band offices, and Friendship Centres in BC, or through FNHA community engagement coordinators or regional health liaisons. The FNHA's quarterly publication focuses on sharing the many positive First Nations and Indigenous health and wellness stories taking place across the province.



ACTIVE SPIRIT, ACTIVE HISTORY:

A Culture of Sport, Activity and Well-being among BC First Nations

First Nations people enjoy a long and rich history in sports and physical activity, and this book was created to share the stories and pictures of BC First Nations individuals who have triumphed, mentored and led the way by living a healthy lifestyle; These individuals are **Wellness Champions**.

To download a copy of the book in PDF format, search the title on the FNHA website.



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Five Minute De-Stressors

People often say they are “stressed” when their normal coping mechanisms have been overwhelmed. Each day consider taking at least one de-stressing, five minute break, preferably more if you are able. These types of breaks could include:

- stretching
- deep breathing
- meditating
- reading a few pages of a novel
- drawing
- listening to your favorite song, or
- going for a quick walk

These quick personal breaks give you a chance to regain emotional and mental control in difficult situations.

In 2010, an Environmental Scan of the Traditional Models of Wellness was done to look at the importance of traditional wellness in the communities for current and future planning. The main indicators for Traditional Wellness were identified as follows:

- cultural sharing (drum classes, sweats, language classes), connection with the land (medicine gathering, gathering berries, fishing, hunting, camping)
- healing circles
- involvement of youth and elders in the community; integration of their knowledge into the community
- being active and eating healthy
- role models in the community who are drug and alcohol free, and
- support from community leaders in traditional ways*

*Information from First Nations Health Society - The Environmental Scan: Traditional Models of Wellness - March 2010.

My goals for nurturing spirit are:

“The healthier we are, the healthier our children and earth will be; Our ceremonies are the pathway to achieving this.”

Leonard George, Tsleil-Waututh First Nation



Respecting Tobacco

Keeping tobacco sacred

No matter how long you have been smoking or chewing commercial tobacco, your health will start to improve when you quit. Please visit www.fnha.ca/respectingtobacco to learn all about our quitting resources and tobacco-related initiatives.

Keep Tobacco Sacred - Traditional Tobacco Use

For thousands of years, natural tobacco has been an integral part of Aboriginal culture in many parts of British Columbia. Used in ritual, ceremony, and prayer, tobacco is considered a sacred plant with immense healing and spiritual benefits. For these reasons, the tobacco plant should be treated with great respect. It is also important not to confuse traditional tobacco with commercial tobacco and the addiction epidemic we see today. When tobacco is used in a non-traditional manner, like smoking cigarettes or chewing tobacco/snuff, it causes lung diseases, heart disease, cancer, and pregnancy risks.

Why Do People Smoke?

One of the main reasons people smoke – and why it is so hard to stop – is the addiction to nicotine. This drug has a calming effect and it may relieve boredom, anxiety and irritability. Nicotine also has a stimulant effect, increasing alertness and concentration.

Reasons to Quit

When tobacco is used in a traditional way, it benefits the spirit and strengthens the ties to one's culture. However, when tobacco is used in a non-traditional manner, like smoking cigarettes or chewing tobacco/snuff, it causes diseases, cancer, and pregnancy risks.

Never Give Up

It generally takes at least three serious attempts at quitting before a person becomes a lifetime non-smoker, and for many people it takes six (6) or more tries. If you are not successful the first time you try to quit, don't give up. Learn from the experience and get back on track right away.

Youth

Since 85% of smokers start before their 16th birthday, if you do not start smoking by 19 you are more likely to never become a regular tobacco user. However, if you are a young person looking to quit and you want youth friendly material, the following websites have information on tobacco addiction, quitting tips and support from others sharing their stories: www.quit4life.com and www.bchealthyiving.ca



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Quitting Resources

Professional Quit Coaches

To make a plan which is right for you, we recommend talking with a Quit Coach - a trained quitting counselor who you can talk to for free. Talk by phone or instant chat, 24 hours a day, at QuitNow.ca.

Quit Plan

More info on setting a quit date, identifying your smoking 'triggers', managing cravings, and coping with withdrawal can be found at QuitNow.ca. Create a free account and try the Quit Plan tool - which walks you through each step of preparation you will need to successfully quit smoking.

Free medication

Quit aids, such as the patch, nicotine gum, or prescription medicine can double your odds of successfully quitting. The FNHA has excellent benefits coverage, including:

- Nicotine Patches, Gum, Lozenges, or Inhalers
- Prescription Medications

In order to access the FNHA coverage, you will first need to follow these steps:

- Learn about quitting by visiting QuitNow.ca. Consider which type of products work best for your needs and lifestyle.
- Talk to your doctor or nurse practitioner, ensure you are covered, and ask for a prescription.
- Fill your prescription at a pharmacy. FNHA covers the full cost of your prescription.

Good luck on your quitting journey! If you have questions, please call our FNHA Health Benefits office at: 1-800-317-7878.

FNHA's Respecting Tobacco Initiatives

Tobacco Timeout Challenge

The challenge: Quit for 24 hours, enter to win a \$250 cash prize. Most people who smoke or chew commercial tobacco want to quit, but may not know how. This monthly contest, on the first Tuesday of every month, challenges First Nations and Aboriginal smokers to butt out for 24 hours. Learning to be smoke-free takes time and practice. Sign up today at TobaccoTimeout.ca.

Inside|Out

The Inside|Out campaign is a partnership between FNHA and the BC Lung Association. It builds awareness about second-hand smoke and how to make the home a smoke-free space. When you smoke inside your home or car, it gets trapped in the fabric and carpets. Inside|Out creates a space to engage communities. It is a resource to be set up at community gatherings, such as health fairs, with an information booth and interactive resources.


Tobacco Podcast Series

FNHA has launched a tobacco-cessation podcast that shares the journey of a respected northern First Nations leader as she commits to quitting commercial cigarettes. The three-part podcast, "Smokestack Sandra," tracks Sandra Teegee, Deputy Chief of Takla Lake First Nation, over a series of weeks. This was a journey she recommends to others who are using commercial tobacco. Listen to this podcast at: <https://soundcloud.com/firstnationshealthauthority/sets/smokestack-sandra>

Using Your Daily Organizer's Day Journal

Having a Day Journal is a great way to help you plan and monitor your weekly activities, including your Wellness Journey's goals.

In order to get the best use of your Organizer's Day Journal, follow these simple steps:

1. Go back to each **Wellness Stream** and identify the goal(s) you have committed to in each area.
2. Use **"THIS WEEK I WILL:"** and the writing area associated with each day to document your goals and help you plan your activities for the week.
3. At the end of the week, use **"MY WEEK IN REVIEW"** to document your Connecting to Culture, Family Time, Total Duration of Physical Activity, Total Steps/Total Distance, and Body Weight.
4. Use **"MY WEEKLY WELLNESS CHECK-UP"** to reflect on and refine your Wellness Journey. Then use the Wellness icons (e.g. ) to track and log the completion of your goals. Use **"I'm grateful for..."** to remind yourself of those things you appreciate and give meaning to your life.

Note:

If you have other goals that do not fit into any of the areas covered by the Wellness Streams, just adjust the Daily Organizer so it fits to your needs. Then, use the five (5) unlabelled boxes in **"MY WEEK IN REVIEW"** to summarize the activities, indicators or biometrics you have identified as a part of your plan to maintain and achieve a healthy lifestyle. Examples include:

- Total Hours of Sleep
- Number of Meals Prepared
- Number of Meals with Veggies
- Number of Days with Activity
- Number of Cigarettes




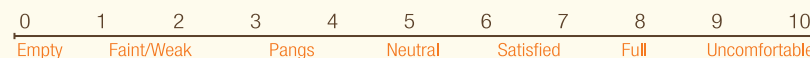
On your Wellness Journey, remember that each human being will achieve health and wellness in a different way and no two journeys are alike. Getting from point A to point B will be unique for every individual so refrain from comparing yourself to others, especially if it leads you to feeling deflated.

Food Journal

The purpose of the food journal is to provide you with a record of your regular eating habits and help you track any dietary changes you want to make.

In order to get the best use of your Organizer's Food Journal, follow these simple steps:

1. Simply record your daily intake of all food and drinks for your meals and snacks. If you add condiments like butter, sour cream or ketchup, make sure to list these too.
2. If you live with diabetes and keep track of your blood sugar levels using a blood glucose meter, use the Blood Glucose Level ( **BGL**) area to write down your numbers.
3. In the "Other" column, use this area to keep track of such things as:
 - **Energy Level** - Gaining an understanding of your energy level is valuable when you want to learn more about the types of food that help you feel good and give you energy.
 - **Fibre Intake**
 - **Your portions** - If you are interested in not over eating, use this area to rate your hunger and fullness before and after your meals. This will allow you to see how your hunger and portion sizes relate to the amount of food you actually eat.
4. Keep track of the amount of water you drink. It is recommended you drink eight (8) glasses of water a day.



- Home Prepared Meals
- Take-out Meals
- Meals with Veggies



To better understand the uses of this Wellness Diary here are some excerpts from users in our communities:

- 'I use the diary daily to track my food. I notice how much I eat fast food. I also see how little water I drink. . . it has helped me become more aware.'
- 'I read the wellness tip to my family every week'
- 'I have been tracking my activity. I can see how much exercise I have done this week.'
- 'When writing it (food) down you can see the changes'
- 'Feels good at the end of the week to total the amount of exercise. I can see I am active most days!'

Planning Your Journey to Wellness

A Road Map

Commitment

What is your present level of commitment to addressing any changes needed that relate to your lifestyle?

Rate from 0 to 10, 10 being fully committed:

0 1 2 3 4 5 6 7 8 9 10

Strength

What behaviours or lifestyle habits do you currently engage in regularly that you believe support your health?

Are there any behaviours or lifestyle habits you currently engage in that do not contribute to your wellness?

Support

Who do you know that will sincerely and consistently support you with the beneficial lifestyle changes that you will be making?

Manage

What is your present level of stress (psychological, physical, workplace)?

Rate from 0 to 10, 10 being totally stressed out.

0 1 2 3 4 5 6 7 8 9 10

What do you love to do?

Wellness Self Assessment

How often have you been physically active this week (30 minute intervals of moderate (walking) to intense activity)?

0 1 2 3 4 5 6 7

How many 8 oz (1 cup) glasses of water did you drink yesterday?

0 1-3 4-7 8-10

How many servings of fruit/vegetables did you have yesterday (1 serving = 1 half cup)?

0 1-3 4-7 8-10

How many servings of traditional foods have you had this past week?

0 1-3 4-7 8-10

Do you need to quit smoking?

Yes No

Self Assessment Where Am I?

Use the guiding questions below to fill in your wellness wheel. While examples are provided, this is your journey, feel free to interpret each quadrant as you see fit.

Physical

PHYSICAL HEALTH
Do you have any health conditions that currently are affecting you? If you have no health concerns you would shade in 100% of the slice.

FUN/RECREATION
Are you satisfied with the amount of time you have for your hobbies and sports?

Spiritual

CULTURE/TRADITION
Are you satisfied with the amount of participation you engage in your culture or your traditions?

NURTURING YOUR SPIRIT
Are you taking care of your spirit? (ceremonies, religion, meditating, creative expressions etc).

Emotional

SIGNIFICANT OTHER
Are you satisfied with the intimate relationship you are in?

FAMILY & FRIENDS
Are you satisfied with the relationships you have in your life?

Mental

CAREER
How satisfied are you in your job/career? Are you achieving an ideal work/life balance?

STRESS MANAGEMENT
Are you managing your stress? (yoga, deep breathing, physical activity, being on the land, etc).

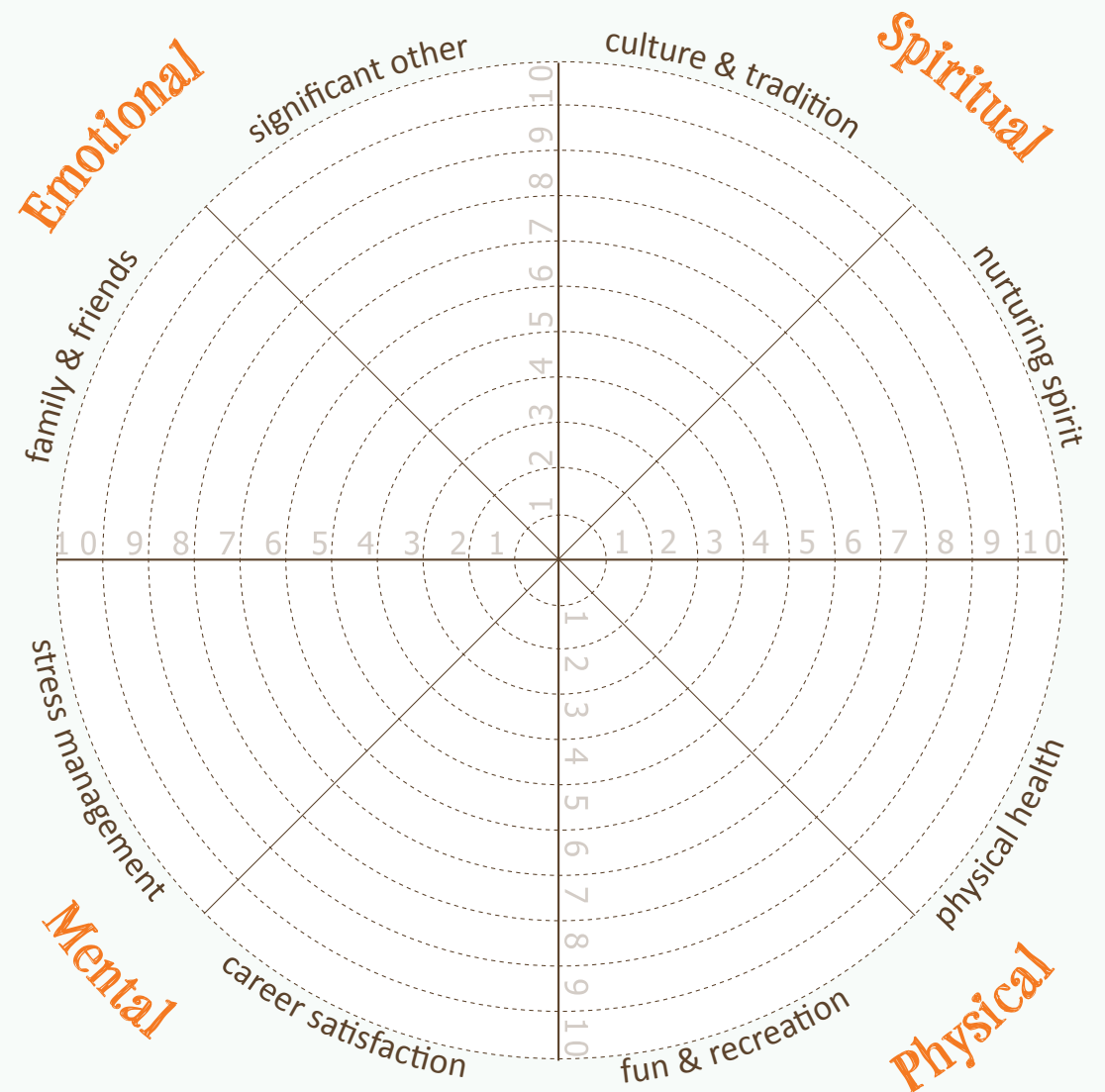
How balanced is your Wellness Wheel?

What does your wheel reveal how you spend your time? Do you find that you are focused only on your strengths? What aspects do you need to focus on to achieve balance?

Walking Your Inner Circle YOUR Wellness Wheel

Wellness is a balance of many factors. Using the circle below, shade your level of satisfaction in each area of your life. Use the considerations on the next page to determine your satisfaction in your physical, spiritual, emotional and mental health and wellness.

For example, if you are 60% satisfied in your career, shade the first six levels of the career slice. Do the same for each area, starting from the center point radiating outward.



What Do You Want to Achieve? Goal Setting

Listed below are a few questions that may assist you in thinking about some goals you may consider working towards this year.

Ask Yourself...

What do you want more of in your life?

If you had _____
how would that make you feel?

What physical activity, healthy eating,
mental wellness and spiritual wellness
activities will help you get more of what you
want?

My Goals

1. _____

2. _____

3. _____

It is important to identify the health and wellness goals you want to achieve on your Wellness Journey.

What goals would you like to achieve this year in terms of your personal health and wellness? A great way to set goals is to begin by writing them down. It's also a good idea to share your goals with trusted family and friends who will support you on your wellness journey.

Make SMARTER Goals that are

SPECIFIC I will walk every day.

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ATTAINABLE I will walk in the rain, snow or hail.

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EVERYBODY CARES I will share my goals and desired changes with trusted family and friends.

RESOURCES I will make a list of the things I need to add or take away from my routine in order to help me achieve my goals.

Specific
Measurable
Attainable
Realistic
Timeframe
Everybody Cares
Resources



MONTH

WEEK

WELLNESS TIP

Remember you are eating brain food the next time you eat kale, spinach, dandelion leaves or any green leafy vegetable.

FOOD JOURNAL



ORGANIZER

THIS WEEK I WILL:

MONDAY _____

FRIDAY _____

TUESDAY _____

SATURDAY _____

WEDNESDAY _____

SUNDAY _____

THURSDAY _____

MY WEEK IN REVIEW

Connecting to Culture	Family Time	Total Duration of Physical Activity	Total Steps Taken/ Total Distance

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
BGL							
LUNCH							
BGL							
DINNER							
BGL							
WATER							
SNACKS							
OTHER							
OTHER							

MY WEEKLY WELLNESS CHECK UP:

I'm grateful for...	

MONTH

WEEK

WELLNESS TIP

By being physically active you are being a great role model for those around you.

FOOD JOURNAL



ORGANIZER

THIS WEEK I WILL:

MONDAY _____

FRIDAY _____

TUESDAY _____

SATURDAY _____

WEDNESDAY _____

SUNDAY _____

THURSDAY _____

MY WEEK IN REVIEW

Connecting to Culture	Family Time	Total Duration of Physical Activity	Total Steps Taken/ Total Distance

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
BGL							
LUNCH							
BGL							
DINNER							
BGL							
WATER							
SNACKS							
OTHER							
OTHER							

MY WEEKLY WELLNESS CHECK UP:

I'm grateful for...	

MONTH

WEEK

WELLNESS TIP

Traditional foods such as cranberries, rosehips and blackberries are high in Vitamin C and help boost your immune system.

FOOD JOURNAL



ORGANIZER

THIS WEEK I WILL:

MONDAY _____

FRIDAY _____

TUESDAY _____

SATURDAY _____

WEDNESDAY _____

SUNDAY _____

THURSDAY _____

MY WEEK IN REVIEW

Connecting to Culture	Family Time	Total Duration of Physical Activity	Total Steps Taken/ Total Distance

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
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LUNCH							
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DINNER							
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WATER							
SNACKS							
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MY WEEKLY WELLNESS CHECK UP:

I'm grateful for...	

MONTH

WEEK

WELLNESS TIP

Monitor how much TV you watch. If it's too much, create a plan to cut back.

FOOD JOURNAL



ORGANIZER

THIS WEEK I WILL:

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MY WEEK IN REVIEW

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LUNCH							
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SNACKS							
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MY WEEKLY WELLNESS CHECK UP:

I'm grateful for...	

MONTH _____

WEEK _____

WELLNESS TIP

The majority of Canadians are consuming too much salt! The maximum daily amount should be no more than 2300mg, while the average intake is 3400mg. Be aware of where salt is hidden in processed and packaged foods.

FOOD JOURNAL



ORGANIZER

THIS WEEK I WILL:

MONDAY _____

Horizontal lines for Monday notes

FRIDAY _____

Horizontal lines for Friday notes

TUESDAY _____

Horizontal lines for Tuesday notes

SATURDAY _____

Horizontal lines for Saturday notes

WEDNESDAY _____

Horizontal lines for Wednesday notes

SUNDAY _____

Horizontal lines for Sunday notes

THURSDAY _____

Horizontal lines for Thursday notes

MY WEEK IN REVIEW

Connecting to Culture	Family Time	Total Duration of Physical Activity	Total Steps Taken/ Total Distance

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
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MY WEEKLY WELLNESS CHECK UP:

I'm grateful for...	

MONTH

WEEK

WELLNESS TIP

At your local recreation centres, such as the YMCA, look into what types of exercise programs they have that may suit your needs. Consider trying a weight training program.

FOOD JOURNAL



ORGANIZER

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MY WEEK IN REVIEW

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DINNER							
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MY WEEKLY WELLNESS CHECK UP:

I'm grateful for...	

MONTH

WEEK

WELLNESS TIP

Natural whole foods are rich in vitamins and are essential to good health.

FOOD JOURNAL



ORGANIZER

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SNACKS							
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MY WEEKLY WELLNESS CHECK UP:

I'm grateful for...	

MONTH

WEEK

WELLNESS TIP

Sleep allows your body to recover, regenerate and strengthen from physical and mental work.

FOOD JOURNAL



ORGANIZER

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MY WEEKLY WELLNESS CHECK UP:

I'm grateful for...	

MONTH

WEEK

WELLNESS TIP

Eat fish to improve your brain power!

FOOD JOURNAL



ORGANIZER

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SNACKS							
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MY WEEKLY WELLNESS CHECK UP:

I'm grateful for...	

MONTH

WEEK

WELLNESS TIP

Look for herbal tea that you enjoy and keep a box at your desk or in your kitchen.

FOOD JOURNAL



ORGANIZER

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MY WEEKLY WELLNESS CHECK UP:

I'm grateful for...	

MONTH

WEEK

WELLNESS TIP

Did you know that mussels, clams and oysters are an excellent source of iron?

FOOD JOURNAL



ORGANIZER

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MY WEEKLY WELLNESS CHECK UP:

I'm grateful for...	

MONTH

WEEK

WELLNESS TIP

Cut the sugar! – Whenever you are craving something sweet reach for a fresh piece of fruit.

FOOD JOURNAL



ORGANIZER

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MY WEEKLY WELLNESS CHECK UP:

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MONTH

WEEK

WELLNESS TIP

Be physically active by working on your garden, yard or the land.

FOOD JOURNAL



ORGANIZER

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MY WEEKLY WELLNESS CHECK UP:

I'm grateful for...	

MONTH

WEEK

WELLNESS TIP

You don't have to cook fancy or complicated recipes – just cook good food from fresh ingredients.

FOOD JOURNAL



ORGANIZER

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MY WEEKLY WELLNESS CHECK UP:

I'm grateful for...	

MONTH

WEEK

WELLNESS TIP

Have at least one meal a day that is homemade and is made from natural ingredients.

FOOD JOURNAL



ORGANIZER

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THURSDAY _____

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MY WEEKLY WELLNESS CHECK UP:

I'm grateful for...	

MONTH

WEEK

WELLNESS TIP

Whole grains are a natural source of protein.

FOOD JOURNAL



ORGANIZER

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MY WEEK IN REVIEW

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MY WEEKLY WELLNESS CHECK UP:

I'm grateful for...	

MONTH

WEEK

WELLNESS TIP

A good night's sleep will keep you healthy, reduce your stress, make you more alert and may even assist in decreasing your desire for eating extra food.

FOOD JOURNAL



ORGANIZER

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MY WEEKLY WELLNESS CHECK UP:

I'm grateful for...	

MONTH

WEEK

WELLNESS TIP

The more variety of fruits, vegetables, meats and grains you eat, the more types of vitamins you will consume.

FOOD JOURNAL



ORGANIZER

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WEDNESDAY _____

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THURSDAY _____

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MY WEEKLY WELLNESS CHECK UP:

I'm grateful for...	

MONTH

WEEK

WELLNESS TIP

Did you know a glass of orange juice has 8 tsp of sugar and a can of coke has 10 tsp? It is recommended that individuals consume no more than 6-12 tsp of added sugar per day.

FOOD JOURNAL



ORGANIZER

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MY WEEKLY WELLNESS CHECK UP:

I'm grateful for...	

MONTH

WEEK

WELLNESS TIP

Use beans, lentils and other legumes instead of meat or in addition to meat in soups, stews and chili.

FOOD JOURNAL



ORGANIZER

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THURSDAY _____

MY WEEK IN REVIEW

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MY WEEKLY WELLNESS CHECK UP:

I'm grateful for...	

MONTH

WEEK

WELLNESS TIP

Traditional foods high in calcium include rhubarb, mustard greens and fish with bones such as sardines and salmon.

FOOD JOURNAL



ORGANIZER

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TUESDAY _____

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WEDNESDAY _____

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THURSDAY _____

MY WEEK IN REVIEW

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SNACKS							
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MY WEEKLY WELLNESS CHECK UP:

I'm grateful for...	

MONTH

WEEK

WELLNESS TIP

“Our future, and the well-being rests with the kind of relationships we build today.”
- Chief Dr. Robert Joseph

FOOD JOURNAL



ORGANIZER

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TUESDAY _____

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THURSDAY _____

MY WEEK IN REVIEW

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MY WEEKLY WELLNESS CHECK UP:

I'm grateful for...	

MONTH

WEEK

WELLNESS TIP

Colour your table with green, red, yellow/orange and blue/purple fruits and vegetables. Aim for at least 2 different colours on the table.

FOOD JOURNAL



ORGANIZER

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MONDAY _____

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SUNDAY _____

THURSDAY _____

MY WEEK IN REVIEW

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MY WEEKLY WELLNESS CHECK UP:

I'm grateful for...	

MONTH

WEEK

WELLNESS TIP

Did you know sugar can make it harder for you to concentrate?

FOOD JOURNAL



ORGANIZER

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MONDAY _____

FRIDAY _____

TUESDAY _____

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SUNDAY _____

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MY WEEK IN REVIEW

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MY WEEKLY WELLNESS CHECK UP:

I'm grateful for...	

MONTH

WEEK

WELLNESS TIP

Aim to drink 8 glasses of fluid per day. The healthiest choices are water, milk, and herbal tea.

FOOD JOURNAL



ORGANIZER

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SUNDAY _____

THURSDAY _____

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MY WEEKLY WELLNESS CHECK UP:

I'm grateful for...	

MONTH

WEEK

WELLNESS TIP

Plan a fun physical activity day with family and friends.

FOOD JOURNAL



ORGANIZER

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MY WEEKLY WELLNESS CHECK UP:

I'm grateful for...	

MONTH

WEEK

WELLNESS TIP

Fibre helps reduce weight, lower blood pressure, stabilize blood sugar, regulate hormones and reduce the risk of certain cancers.

FOOD JOURNAL



ORGANIZER

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MY WEEKLY WELLNESS CHECK UP:

I'm grateful for...	

MONTH

WEEK

WELLNESS TIP

Increase Vitamin C rich foods in your diet such as broccoli, mango, bell peppers, and citrus fruits such as oranges and grapefruit.

FOOD JOURNAL



ORGANIZER

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MY WEEKLY WELLNESS CHECK UP:

I'm grateful for...	

MONTH

WEEK

WELLNESS TIP

Traditional foods such as wild fish help your memory because they are high in Omega 3 essential fatty acids (good fats).

FOOD JOURNAL



ORGANIZER

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MY WEEKLY WELLNESS CHECK UP:

I'm grateful for...	

MONTH

WEEK

WELLNESS TIP

Sugar can cause headaches, bad moods, low energy, cavities and pimples.

FOOD JOURNAL



ORGANIZER

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MY WEEKLY WELLNESS CHECK UP:

I'm grateful for...	

MONTH

WEEK

WELLNESS TIP

Did you know root vegetables such as sweet potatoes, squash, turnips and carrots are traditional foods that are high in fibre?

FOOD JOURNAL



ORGANIZER

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MY WEEKLY WELLNESS CHECK UP:

I'm grateful for...	

MONTH

WEEK

WELLNESS TIP

Monitor your sleep each night. The average sleep required for adults is 7 to 9 hours per night.

FOOD JOURNAL



ORGANIZER

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MY WEEKLY WELLNESS CHECK UP:

I'm grateful for...	

MONTH

WEEK

WELLNESS TIP

Jump start your day with a healthy breakfast. Your energy will increase and you will be able to pay attention better!

FOOD JOURNAL



ORGANIZER

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MY WEEKLY WELLNESS CHECK UP:

I'm grateful for...	

MONTH

WEEK

WELLNESS TIP

Make it a past-time to meet a friend to do a physical activity on the weekend.

FOOD JOURNAL



ORGANIZER

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WATER							
SNACKS							
OTHER							
OTHER							

MY WEEKLY WELLNESS CHECK UP:

I'm grateful for...	

MONTH

WEEK

WELLNESS TIP

Did you know some types of juice have the same amount of sugar as pop?! Drink water.

FOOD JOURNAL



ORGANIZER

THIS WEEK I WILL:

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THURSDAY _____

MY WEEK IN REVIEW

Connecting to Culture	Family Time	Total Duration of Physical Activity	Total Steps Taken/ Total Distance

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
BGL							
LUNCH							
BGL							
DINNER							
BGL							
WATER							
SNACKS							
OTHER							
OTHER							

MY WEEKLY WELLNESS CHECK UP:

I'm grateful for...	

MONTH

WEEK

WELLNESS TIP

Eat foods from Mother Earth that are not processed, such as berries, carrots, lettuce, fruit, nuts, fish and rice.

FOOD JOURNAL



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BGL							
WATER							
SNACKS							
OTHER							
OTHER							

MY WEEKLY WELLNESS CHECK UP:

I'm grateful for...	

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WELLNESS TIP

Walking outside in nature for just 15 minutes is a great way to reduce stress.

FOOD JOURNAL



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OTHER							

MY WEEKLY WELLNESS CHECK UP:

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WELLNESS TIP

Wild meats are a healthier choice than store bought meats.

FOOD JOURNAL



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WATER							
SNACKS							
OTHER							
OTHER							

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WELLNESS TIP

It is important to monitor your nutrition, physical activity and stress level.

FOOD JOURNAL



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OTHER							

MY WEEKLY WELLNESS CHECK UP:

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WELLNESS TIP

Routine visits to a doctor or other health provider is part of healthy living. If it has been a while since your last check-up, consider scheduling your next appointment soon.

FOOD JOURNAL



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MY WEEKLY WELLNESS CHECK UP:

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WELLNESS TIP

The tobacco plant can use used in traditional ways to strengthen the spirit and strengthen ties to your culture.

FOOD JOURNAL



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MY WEEKLY WELLNESS CHECK UP:

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WELLNESS TIP

Keeping a healthy body weight requires good food choices and regular physical activity.

FOOD JOURNAL



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MY WEEKLY WELLNESS CHECK UP:

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WELLNESS TIP

Stress is unavoidable, but if it is managed well it can improve your overall health and wellness.

FOOD JOURNAL



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WELLNESS TIP

A small reduction in weight can significantly lower your blood pressure.

FOOD JOURNAL



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WELLNESS TIP

“We are as much alive as we keep the earth alive.”
- Chief Dan George

FOOD JOURNAL



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WELLNESS TIP

Many people do not feel when their blood sugar and blood pressure is high. Ask your doctor or health care provider about getting checked for one or both of these numbers.

FOOD JOURNAL



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WELLNESS TIP

Try adding fresh fruit, vegetables, or herbs to water to make it more nutritious and delicious. Lemons, oranges, melon, berries, mint, basil, and cucumber are all great options!

FOOD JOURNAL



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WELLNESS TIP

Manage your stress by laughing daily and connecting with others!

FOOD JOURNAL



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WELLNESS TIP

Be creative in how you make your exercise more convenient.

FOOD JOURNAL



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WELLNESS TIP

Each day consider taking a 5 minute break for de-stressing.

FOOD JOURNAL



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MY WEEKLY WELLNESS CHECK UP:

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WELLNESS TIP

Remember, every minute of activity counts!

FOOD JOURNAL



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MY WEEKLY WELLNESS CHECK UP:

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WELLNESS TIP

Spend time on the land. Get active or just hangout - but get outside!

FOOD JOURNAL



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OTHER							

MY WEEKLY WELLNESS CHECK UP:

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WELLNESS TIP

Small changes can make a big impact on your health! Take the stairs, drink water (instead of pop) or salad (instead of fries).

FOOD JOURNAL



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MY WEEKLY WELLNESS CHECK UP:

I'm grateful for...	

Get Connected

As First Nations people we share a connectedness with the land, each other, ourselves, and generations past and future. This 'connectedness' we experience helps us gain relationships with each other and the land; gain wisdom from the generations past and future; and helps establish respect for ourselves, each other, and the land. When we feel connected it helps us achieve wellness through a healthy mind, body, and spirit.

On our path of health and wellness it is important to look at the relationships we have and to nourish the connectedness we experience.



First Nations Health Authority
Health through wellness
