

TO LEARN MORE VISIT

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**Brain
Health
PRO**

**McMaster
University** 

CCNA
Canadian Consortium
on Neurodegeneration
in Aging



CCNV
Consortium canadien en
neurodégénérescence
associée au vieillissement

Active Body, Active Mind

We take care of our bodies
when we connect to the land.
The land is medicine.
When we step outside
barefoot the medicine can
travel through us.



Our body is also made up of
medicine - water! The more
you move the more you
lubricate your joints. Starting
to get active can be hard, but
staying active is a lot easier.



Doing physical activities as a
group is a great way to stay fit
and socialize. Everyone can
do the same movements in
their own way. All that matters
is that everyone is moving!

**Source: FHQTC Community Research
Advisory Committee**



FHO

Tribal Council

**Physical
Activity
and Brain
Health**

The Benefits of Physical Activity on the Brain

The brain uses up 20% of the body's blood and oxygen. Staying physically active keeps your brain fed with nutrients.

Physical activity increases brain growth factors, which keep your brain healthy.

Staying active can help you to think clearly by improving sleep.

Physical activity can also reduce the risk of cognitive decline by preventing chronic diseases like type 2 diabetes.

Source: Brain Health PRO

Pow Wow Dancing



Traditional Dancing

Traditional dancing is a great way to be active. Dancers of all ages can try to stay on their feet for as long as they can.



Jingle Dancing

Jingle dancing keeps the body and mind active. Dancers must keep moving to the beat of the drum. When the drum stops the dancers do too.



Fancy Dancing

Fancy dancers must have a lot of stamina to achieve their long and intense performances.

Source: FHQTC Community Research Advisory Committee

Sources of Physical Activity

Playing with Kids

Keeping up with kids is a fun opportunity to jump, run, stretch and lift.

Picking Medicine

Going out to the bush or gardening is a chance to walk, bend, and reach.

Homemaking

Homemaking can include a lot of physical activities, such as carrying laundry, chopping wood, and going up and down stairs.

Source: FHQTC Community Research Advisory Committee