



MARCH 22ND 2019

SPIRITFIT WELLNESS ASSOCIATION

SFWA Wellness Workshops

Laura McNab-Coombs, a Metis pre-medical student, fitness instructor, and founder of the SFWA, has partnered with the McLeod Lake Indian band to design and deliver multiple health-related mini-workshops that are culturally relevant to the Tse'Khene peoples and their unique health concerns.

Join us for a day of free mini-workshops at the McLeod Lake Indian Band Hall Gymnasium, #61 Sekani Drive. The day will begin with a prayer from local Elders, with workshops offered throughout the day, with a main lunch for all participants. Snacks and participant materials will be provided.

Pre-registration would be appreciated, although it is not mandatory, via Jodi Medley at jsharp@milib.ca or 250-750-4415 ext. 853.

OPENING PRAYER 9:00am

Leaders in Health & Wellness 9:30am-10:30am

Functional Nutrition 10:45am-11:45am

LUNCH 12:00-12:30pm

Significance of Sleep & Sleep Hygiene Essentials 12:30pm-1:15pm

Nutrition for Warriors: Nutrition for Athletes & Fundamentals of Exercise Physiology 1:30pm-2:30pm

SPIRITFIT WELLNESS ASSOCIATION

Prince George BC

<https://www.spiritfitwellnessassociation.com>

Workshop Overview

Leaders in Health & Wellness: This workshop is designed to provide community leaders with the tools to promote healthy behaviors in themselves, in their families, and within their communities as a whole. Participants will work with the facilitator to define health given a holistic perspective relevant to their community, considering all dimensions of wellness, such as emotional, physical, spiritual, occupational, social and environmental. Participants will be introduced to the various models of behavior and change, taking into consideration how barriers and motivation play a crucial role in health-related behavioral modification.

Functional Nutrition: This workshop will provide a basic introduction to the Western theories of human nutrition, providing an understanding of what a “healthy” diet looks like in the modern world. Current nutritional habits will be examined, making considerations regarding deviations from traditional foods and physical activity patterns. Participants will gain tools as how to eat healthy on a budget, while also tackling considerations such as food availability, “picky-eaters” and the importance of nutrition for growth and development at all ages. Special topics such as nutrition for diabetes, weight-loss, and weight-gain can be addressed, time permitting.

Significance of Sleep & Sleep Hygiene Essentials: This workshop will provide an overview of the physiological significance of sleep in growth and development, athletic performance, memory and information retention, emotional and mental health, and overall well-being. Participants will learn the current theories of “sleep hygiene”, covering practices to combat mild insomnia and/or sleep disorders, and to promote better-quality sleeps.

Nutrition for Warriors: This workshop is designed for athletes, fitness leaders, coaches, PE instructors, and anyone wanting to learn more about nutrition for sport and physical activity. Participants will learn the fundamentals of human nutrition, examining both how macronutrients and micronutrients are required for optimal performance and recovery. Additional topics include hydration, determining athlete nutrient requirements, tracking macronutrients, safe weight-loss for athletes in weight-specific sports, and supplementation.

Attendance to all workshops is **not** mandatory, participants may select which workshops they would prefer to attend.

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