

Iskwewak Miwayawak:

"Women Feeling Healthy"



“Sometimes the things we don't want to do are the best things for us.”



“I think there needs to be more appreciation to water”

“I don't think it's so much the picture itself that I have of us tanning hide it was the stories that went into the tanning hide”



“definitely, she not only motivated me, she disciplined me without saying a word...”

“I think well it's me, I have to accept where I'm at and if I want to be healthier I have to lose weight ... I'm not going to expect a glamour figure, a model's, that's not what I have in my mind anymore. Now it's like reality. I want to be healthy...”



“Playing the guitar makes me feel good”

*“I don't know, ‘I'm alive’, ‘I'm free’,
I'm ‘kicking’... and then I
collapsed... just for the heck of it.”*



*“When you’re playing a drum
it’s kind of like Mother Nature’s
heartbeat you know and just
songs that you could sing with
it or you know good healing
songs you know that could
really help you”*

“It’s really important to believe in yourself”



“I was like, ‘we’re number one’ we are yelling. ‘we’re number one’”.



“... it is so easy to buy a large pizza that costs 35.00 ... That is 35.00 worth of fruit and look how far that will go. Pizza, two nights maybe..”

*“That’s important too - happiness
and your family”*



“He’s changed my life...”

“They know the value of volunteering. Those are some of the values I try and teach my kids - that money isn't everything and when you do something from the heart to help another person, you feel good about it.”

"You find that it's healing, you know, it's always been sort of healing, the cultural part of being native."



"People getting together and they are all happy. It's good to see, you know? It's really something else."



“it’s more than just a game, you know you’re building bonds with friends, your relationships”

“The past and the present”



“A healthy body to me is a being able to live your life without being held back by an unhealthy body which could be a result from unhealthy eating not enough exercise or drug or alcohol abuse.”



"I weight lift everyday with my arms"

“I like being in nature, because when you’re native you appreciate nature. It used to be calming for me so I used to just go out there and walk”



“If you’re not going to deal with certain issues, you remain where you are but if you’re willing to deal and start making changes then you can possibly start making changes with your weight. Because it will reflect your thinking and what you are willing to deal with”



"I share a lot of my life with other women, even, even lots of time for men that have family problems, problems, they come see me"

*“Yeah well I just think well it's
life you know why not share
your experiences with other
people and let them know that
there's other people out there
like you are going thru similar
things”*

"She enjoys doing that and I said 'leave her alone' I said 'let her do it anyways' ... 'she likes it, that's why she's a child'"





“It makes me feel good because I was actually at the Pow-wow ... helping me because when I dance it's healing, it's so healing for me. I feel so good when I dance.”

“Hauling water... we had our own garden and like from carrots to onions”

“Going to sweats, feasts, Sun Dancing ... all my traditional ... I respect”

“I wanted to raise my kids in the cultural tradition of dancing Pow-wow and I’m doing it.”



“It meant a lot for me to role model to my son to dance and show him that it’s ok to dance and to be proud of who he is.”

“Like Mother/Daughter love relationship”



“I think we need to stay active in our self-image and how we conduct ourselves in the community as well as being involved in programs like this to help send that message out.”



“I think it's so healthy to eat fruit everyday”



“I thought this is a healthy meal, we should take a picture of it, cause a lot of times when we don't have time to cook we have something really fast ... cheap and easy to warm up, you know, faster stuff.”

“There has to be some work done on the reserves concentrating on the positives instead of the negatives.”



“I see our young people having low self image and low self esteem and I think as a community we need to work more on that.”



“Yeah, there was racism. It could have been that but I think there was just the thought, the image that Barbie portrayed to be perfect - tiny and skinny and slim. That’s not the reality for some of us First Nation gals.”



“You know people will say ‘oh, boy you’re looking good’ or ‘boy you look nice today’ but then just seeing this chin just wipes it away.”

“Everything is so fast food now and actually taking the time to cook is a big commitment and I think that’s one of the barriers for myself that it’s easier to just order take out.”



“They're good role models for me and they lived a healthy lifestyle”

“You know there’s a high rate of diabetes in our people and that kind of pretty much comes from unhealthy eating and not enough exercise. And I think you know healthy living really needs to be encouraged in the communities”

“Just a beautiful day”




“I took up cross country skiing this winter and I really enjoyed it ... I made my own trail.”



*“Cherished family moments,
cherished moments with your
family and special occasions.”*

*“Just... a blissful place where I feel
untouchable and invincible.”*





*“I think as long as you're
healthy and you feel
comfortable in your own
skin then you know,
that's healthy”*

“You just got to believe in yourself ... you can do it”



“I did it and anyone can do it ... education is key”

“When my Grandma talks to them, some Cree words they understand her... but with my little ones I don't talk Cree, nobody says words in Cree.”



“Each time I need to think about something I just go for a walk back there and just think about it and just look at the scenery.”

“It’s corn on the cob and I just thought, like our bodies ... there’s all these ... layers and you’re like overweight on our bodies and then if you ... work at exercising, like work hard on it, like corn on the cob you can remove those layers and then there is something good in the middle.”



“I like to see positive things on the reserve”



*“See, these are perfect bodies ...
to me that’s a perfect body and
I’ll never be happy until I
reach that.”*



"Healthy body image is basically a person feels good about their body, doesn't matter what size or shape it is that, that they feel they can enjoy life with the body that they have and fulfill their dreams, make themselves happy"

*“Healthy Choices are kind of like
healthy Paths”*





*“Don’t let anybody say
anything to make you feel
bad. You’re beautiful in your
own way”*



“Everyone is on a journey to be whole - happy ... family are essential to being whole”

*“I cherish her because she’s a elder,
she’s my grandma,
right she’s our lifeline.
That’s what I see, you know,
and from what she lived through
and all the stories she told me
and all the stories she still tells me,
I cherish those moments.”*

*“All of nature has shaped me ...
gives me sense of peace”*



“I want to help them help [themselves] too. I want to be the one for them to turn to”





The background features a warm color palette of reds, oranges, and yellows. A large, white, rectangular area with a scalloped border is centered on the page. The background is decorated with various patterns: a grid of small red dots in the bottom-left and top-right corners, and abstract, flowing white and red lines and swirls throughout. The overall aesthetic is bright and celebratory.

"I'm not attached to my weight"




“That’s about me, how I feel and look symbolically - old, broken and not looked after”

"I'm aware of what I'm capable of, it's just a matter of attitude change. It's just like a way of thinking, belief system"



“Intertaction, you’re not afraid to change... young or old, you know, you can still be who you are.”

“I took the picture of Pow-wow dancers just because I think it's healthy to be a part of powwow dancing ... physically and spiritually.”



*A picture is worth a
thousand words....*

Youth Photovoice Project



Barry Manalow



“Healthy means active and fit and muscles and eating right and having the big 4...the food groups”



Beckham

Wish for community: “I wish ... bigger stuff, more stuff. Because there’s really nothing”



Blues Lopez

What young girls need to learn:

“They, they need to learn how to respect them, like their body, you know what I mean?”



Bobby Joel

What does a healthy body look like? “It can look like anything but as long as you know like your trying to at least work out and stuff like that. I’m skinny and everything but if I was like chubby I know I would still be healthy as long as I’m just eating right like vegetables apples and stuff like that. You can look like anything”



Bugeye

What would you like to see
in your community:
“games! Like more
activities”



Elmo



Karryn



What does a healthy person do? “good things...they don’t do drugs and stuff...they look happy”

Larissa



**“...exercising your mind
so we took pictures of
um books...its good to
read”**



Marie



"I like the gym period...we play basketball"



Otis



How can we help girls like you?: “Accept...like that you can’t be perfect”

Ravyn



“healthy bananas...cause you need to eat healthy to be healthy”



Ronaldino

“Yeah ... well walking, walking is uh... walking is energetic and this right here is a family, she’s a home mom or something”



Shae Walker

What does a healthy body look like?: “It looks real, In terms of like, nothing’s perfect”



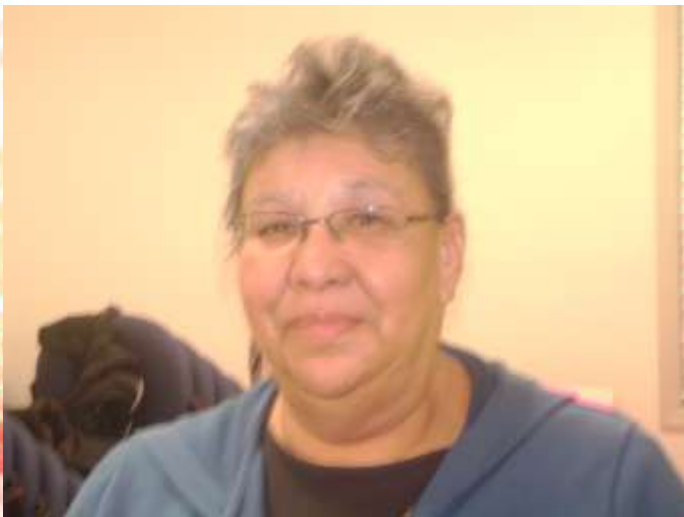
Simpson



“I like to play volleyball, soccer, sometimes basketball. Um... badminton, and ... lacrosse and that’s it”

Sodapop

“We ask our elders to pray for us and offer them tobacco or tea or something like that, as like thanks for them, and we have to do it. Or for like healing the body like pain and all that...once a year we have a feast on our graveyard for our passed on relatives and family. I took a picture of the elder because she prayed for us”.



Tay-Tay



“Stop at a stop sign...like stop eating junk...And um yeah keep exercising...don't stop”



Tibby Jones

“All I can say is that I’m the most healthiest in my family. Because no one eats vegetables and I eat tons and tons of vegetables. I eat tons and tons of lettuce”



Tiffany

“Healthy...like looking after myself cleaning myself eating right and not taking medication if I’m not sick and that”



Tom-Tom



“...my grandma said “if you pray to the Creator for good things to happen today and then tomorrow, it’ll like come, it’ll come to a good way for the bad stuff, if you like pray today” it’ll cleanse me and, to like make all the bad spirits and stuff go away, like stuff that you see and saw and talked about and just tell him to cleanse you and it’ll feel much better”



Tony



“I think that its healthy for people to have friends and not just be alone...the way that people treat them I think its like let them um just be friends with everybody and even if you don't like the person just try being friends with them cause its better that way”

