

# Iskwēwak Mīwayawak: “Women Feeling Healthy”



## Role Modelling & Passing on Culture



*“It means a lot because I wanted to raise my kids in the cultural tradition of dancing powwow 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.”*

*“they’re good role models for me and they lived a healthy lifestyle.”*

## Healthy Food Choices & Time Barriers

*“Well 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”*



*“Some days its so hectic, with work and looking after children and grandchildren. I don’t take the time to eat properly, to take care of myself.”*



*“I feel good and it’s just all about choices and what you’re going to eat and what you’re going to put into your body”*

## Strength & Resilience

*“I have a lot of pride in who I have become in spite of the way I grew up, in spite of all the obstacles that came my way. I have a lot of good things that happened in my life and that’s what I want to concentrate on for the rest of my life.”*

## Healthy Body Image

*“especially with young girls there’s such a pressure you know, to be a certain way but I think as long as you’re healthy and you feel comfortable in your own skin then you know, that’s healthy.”*



*“...it’s a view of an ongoing trail and also you can look at it as you know, a long road down ... a long life from being healthy and ... you know taking care of yourself and your body. That’s how I see it.”*



*“I love soccer. This picture represents the feeling that, you know: ‘Here I am in my backyard. I am just going to make a fool of myself kicking this ball and I don’t care who sees me’”*

## Cultural & Spiritual Connections



*“I was nice and slim here. I was happy to be dancing because its so healing for me. It is empowering for me and I do a lot of praying too.”*

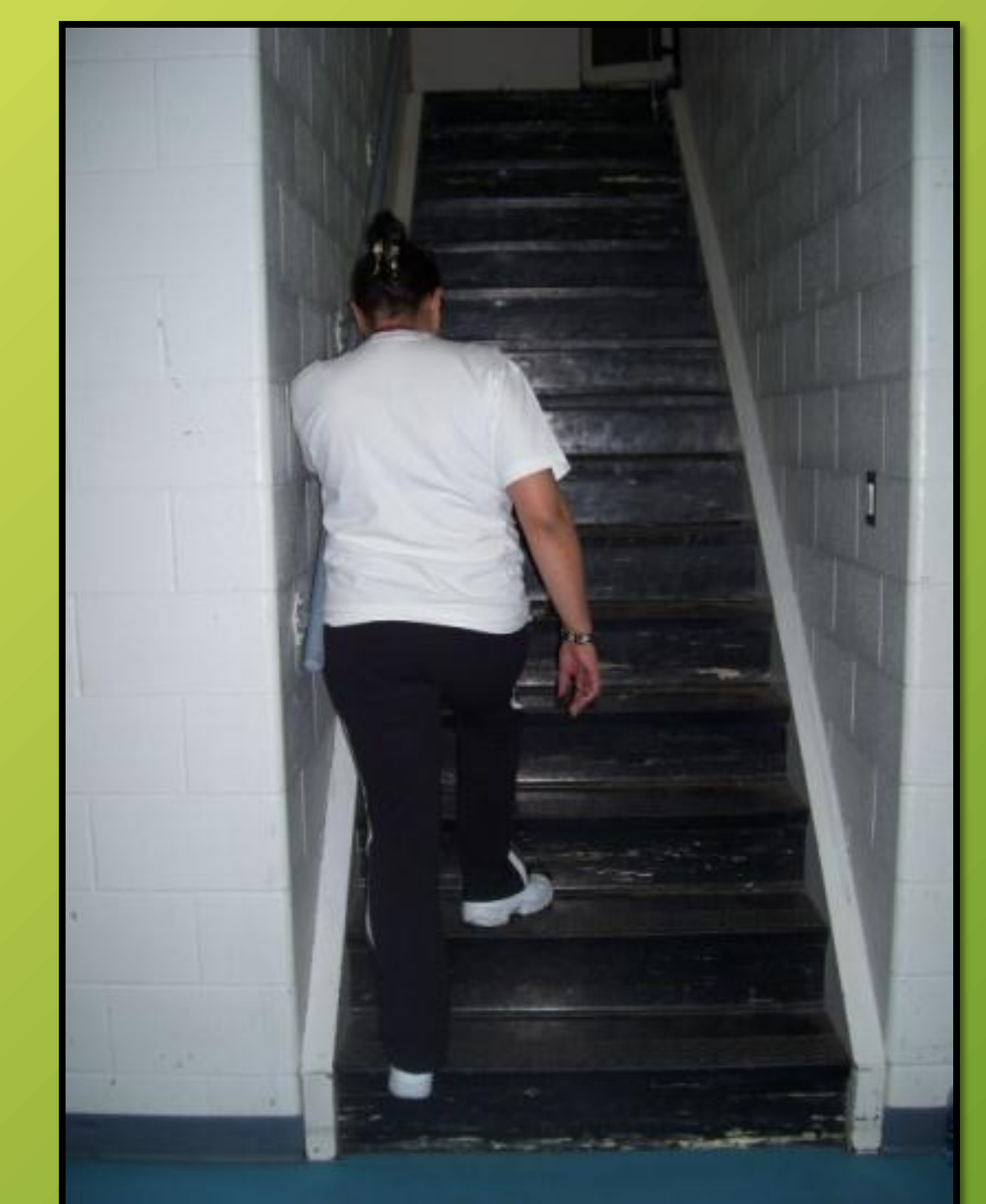


*“when I’m dancing that’s like my escape from realities and .. just a blissful place where I feel untouchable and invincible.”*

*“I think it’s healthy like to be a part of powwow dancing like for like physically and spiritually ...It’s just healthy like you get exercise from it and at the same time you’re like connecting with your culture and praying.”*

## Physical Activity & Motivations for Good Health

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



*“I needed to start doing something on my own first, you know the process... what I’ve been through, I didn’t want to be in front of a bunch of people... I want to be feeling good about myself”*