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## Keeseekowenin First Nation

### Keeping Physical Activity in the Family

Grandma serves the ball, Dad bumps it up and little Johnny gets it over the net! Volleyball is inter-generational in Keeseekowenin, thanks to the CDPI in the community. “We look for things the whole community can do, where whole families can come,” said Lenore Delorme, CDPI committee member on the reserve. Family Fun days are held with a variety of activities to include all ages. Delorme said the volleyball tournament attracted 10 teams of four, with the oldest participant a grandmother in her 50s and the youngest a child of three. There is also a lot of baseball going on in Keeseekowenin and the community had a community broomball tournament in the winter time. “If we want people to be active we have to find activities that everybody, from grandparents to grandchildren, can do,” said Delorme.

Delorme said a gardening workshop also turned out really well and encouraged good eating habits. There is a community garden where people are given seeds and can make use of a prepared plot and shared

gardening tools. People are mostly planting basic vegetables like potatoes, carrots and cucumbers, said Delorme, but she has noticed more and more people making gardens on their own yards.

A square dance teacher has been lined up to give jigging lessons as well as other dance techniques. These lessons will conclude with a dance where participants “will be able to show off their stuff,” said Delorme.

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## *Take Note*

### **Did You Know?**

A person weighing 80 kg can burn 516 calories during an hour of volleyball, which burns more calories than softball, golf, or doubles tennis.

[http://www.basketballmanitoba.ca/index.php?option=com\\_content&task=view&id=1065&Itemid=](http://www.basketballmanitoba.ca/index.php?option=com_content&task=view&id=1065&Itemid=)