

Benefits of Jigging

Here's what cardio does for your health:

1. Gets your blood pumping
2. Lowers your blood pressure
3. Strengthens your immune system
4. Helps to improve your sleep
5. Improves your mental health
6. Helps to regulate blood sugar
7. Contributes to a healthy weight
8. Boosts your brain power



North Island Métis (NIMA) publishes a monthly newsletter.

Go to NIMA's website (www.nimetus.com/newsletters) to read current and past newsletters.

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North Island Métis

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Jigging



History

The Métis people are known for their love of music and dance. Métis jigging is believed to have started in the mid-1800s, in the Red River area. The first recorded reference to the Red River Jig was in 1860 and today it is played at almost all Métis gatherings. Other more popular dances include the Broom Dance and the Sash Dance.

The Métis jig is a combination of First Nations dancing, and Scottish and French-Canadian step-dancing. The "Red River Jig", or "oayache mannin," is the most famous Métis dance. This jig is a special fiddle tune that is played at almost all Métis functions and has two parts. In the first part, a traditional jig step, or the basic step, is done when the fiddle plays the higher notes, then the fiddle switches to the lower notes, and the fancy step is performed. There are well over 100 different fancy steps between traditional and contemporary. Métis fiddle music is known as crooked music, which means that the number of bars or beats of music is different than what's expected.

Southern Michif

Fiddle – aen vyayloon

Red River Jig – oayache mannin

Family – faamii

Friend – aen naamii

Kitchen Party – aen party di chwiizinn

Sash – sayncheur flayshii



Jigging provides the added bonus of creating a sense of community, culture, and connection.

The University of Saskatchewan is currently undergoing a three-year study to look at the health benefits of jigging versus other forms of cardio!
