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|  | BEnefits of cardio 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.nimetis.com/newsletters) to read current and past newsletters.  FOLLOW NIMA ON SOCIAL MEDIA:  Facebook @northislandmetisassociation  Instagram @northislandmetis @youthnima  YouTube  North Island Métis  *FUNDING FOR THIS PROGRAM*  *PROVIDED BY INDIGINOUS HEALTH INITIATIVE PROGRAM*  October 2022 |  |
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|  |  |  | Jigging |
|  |  | C:\Users\Rachel L\AppData\Local\Box\Box Edit\Documents\DfiiCygktUaQ+KOsR_4c0g==\NI Metis Artwork long side.jpg  **A124 – 740 Robron Road**  **Campbell River, BC V9W 6J7**  **250-287-7417**  **www.nimetis.com** |  |
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|  | History The Métis people are well-known for their love of music and dance. Originating in the Red River area, Métis jigging is believed to have started in the mid-1800s. The first recorded reference to the Red River Jig was in 1860 and today it is played at almost all Métis gatherings. A couple of the other more popular dances include the Broom Dance and the Sash Dance.  The Métis jig is a combination of First Nations dancing, Scottish and French-Canadian step-dancing. The "Red River Jig", or as it is known in Michif, "oayache mannin," is the most famous Métis dance. This jig is a special fiddle tune that is played at almost all Métis functions and is danced in two parts. In the first part, a traditional jig step is performed while the fiddle plays a high section, then the fiddle switches to a lower section, and the second fancy footwork part of the dance is performed. 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 or customary. |  | southern michif Fiddle – aen vyayloon  Red River Jig – oayache mannin  Family – faamii  Friend – aen naamii  Kitchen Party – aen party di chwiizinn  Sash – sayncheur flayshii |  | Native American, Indigenous, Tribal, Metis Medicine Wheel – Soul Curiosity |
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|  |  |  | ***Jigging provides the extra 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!*** |