

UCHUCKLESAHT PICTURE GALLERY



UCHUCKLESAHT TIMES

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FEBRUARY 2017

Uchucklesaht Tribe Peoples Assembly

When: Saturday March 18, 2017

Time: 9:00am-2:30pm

Location:

Uchucklesaht Tribe Cultural Center

Please be sure to inform the Uchucklesaht Administration of your attendance so that we can ensure that we have proper numbers for the caterer for snacks and lunch.

Keep your address and phone number updated with the Uchucklesaht Tribe so that we can continue to send out notices and information of the various events throughout the year.

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Do you have articles or news for the newsletter? Please send those to carla.halvorsen@uchucklesaht.ca

ARE YOU READY FOR WORK? JOIN US ON MARCH 9TH 2017

CAREER FAIR!

Nuu-chah-nulth Employment and Training Program is pleased to announce the

4th Annual Career Fair in Port Alberni, BC

Thursday, March 9, 2017 9am to 3pm

at ALBERNI ATHLETIC HALL

3737 Roger St, Port Alberni (across from ADSS)



- **Over 40 employers, education and community agencies in attendance**
- **Learn more about hiring incentives and supports you can access**
- **Open to all community members, whether you are working, unemployed or in school**
- **No cost to attend**



Nuu-chah-nulth Employment
& Training Program

Canada

Funding provided in part by the
Government of Canada

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HEALTHY TIPS

Regular exercise can improve cardiovascular health, boost your immune system, and increase your energy level but not everyone feels like they have the time to fit the recommended 45 minutes/per day of exercise into their daily routines.

Below are a few quick and easy exercises that you may want to try and incorporate into your daily routine.

1. **Sit Ups/Push Ups** - during the commercials when you are watching T.V.
2. **Take the Stairs or Go for a Walk**- after lunch and/or dinner to help digest and burn some of the calories
3. **Resistance Band** - exercises while at work on a break or while you are busy reading.
4. **Yoga** - during your breaks or after dinner.
5. **Clean the House** - sweep and mop the floors for 10-15 minutes
6. **Swimming** - go with your kids to the local pool and have some fun times. This is a good full body workout.
7. **Cycling** - go for a bike ride when the weather is nice out. Bike to work or across town on the weekends.
8. **Bowling** - is another fun workout that you can enjoy with friends.
9. **Play Ball** - throw the ball for the dogs or play a game of basketball
10. **Laugh often**. It tightens your stomach muscles, exercises your diaphragm, works your heart, relieves stress and gives you a better outlook on life.

Ditch the all-or-nothing attitude. You don't have to spend hours in a gym or force yourself into painful activities you hate to experience the physical and emotional benefits of exercise. A little exercise is better than nothing. In fact, adding just modest amounts of physical activity to your weekly routine can have a profound effect on your mental and emotional health.