



UPDATE FROM CHIEF REG NIGANOBE

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Practicing some social distancing while enjoying the outdoors and getting some exercise. With In Motion Fitness Centre closed here on Mississauga it's important find alternative means of fitness. A jog, a walk, and even a bike ride might be a great way to get outdoors tomorrow and get some fresh air. Although we are in self isolation, doesn't mean you can't go out on your own and get fit.

If you can't get outside. Maybe find a great indoor workout on YouTube that suits your level of fitness and try it out. Heck, connect with a friend via video call and workout together! Become a creative native.

We still have a few weeks of social distancing and self-isolation to go. Might as well come out of hibernation being a little more physically fit.

If I see you out doing it tomorrow I'll make sure I give the new standard head nod or lip point to say hello.

Baamaapii and see you on the trails.

Chief Reg Niganobe