

Northwest Indian War Canoe Racing

By: Sandra Bura,
Nooksack Healthy Heart/Physical Fitness Challenge

Stommish Race 1952

Canoes from North to South waiting for the gun to start their race.

Diabetes and heart disease were not common in Indian peoples until the 1950's. This is likely because of changes in activity and diet. Traditional foods such as wild plants rich in nutrients were replaced with modern foods such as refined processed grains, soda pop and sugary snacks that are high in refined carbohydrates, sugar and unhealthy fats.



Modern day War Canoes single man race-11 man race

Cultural traditions are a route to healing.
Many tribes are working on revitalizing
cultural traditions and increasing traditional
foods to improve health of their communities



Growing your own food is a good way to be healthy

While it may be hard to get traditional foods, practices such as gardening and gathering provide healthy food choices and incorporate traditional food principles used by native ancestors. Foods from the garden can be planted, harvested, processed and prepared together



Berries & Basket

Salmonberries, blackberries, and huckleberries are native to the Pacific Northwest and are high in heart healthy nutrients. Ancestors gathered these in baskets made of cedar.



Nooksack youth training for war canoe races in April

The War Canoe races are one tradition that is popular today among Northwest Indian tribes. Participants train daily in preparation for races that are held between tribes throughout the spring and summer months. Participants are required to follow a specific diet which omits pop, snack foods such as candy, chips and fatty foods such as fried foods, fast foods like McDonalds. and encourages water to drink.



Physical fitness

The canoe diet encourages water to drink, fish, clams, oysters, mussels, fresh fruits and vegetables, broiled, baked and boiled chicken and meat..

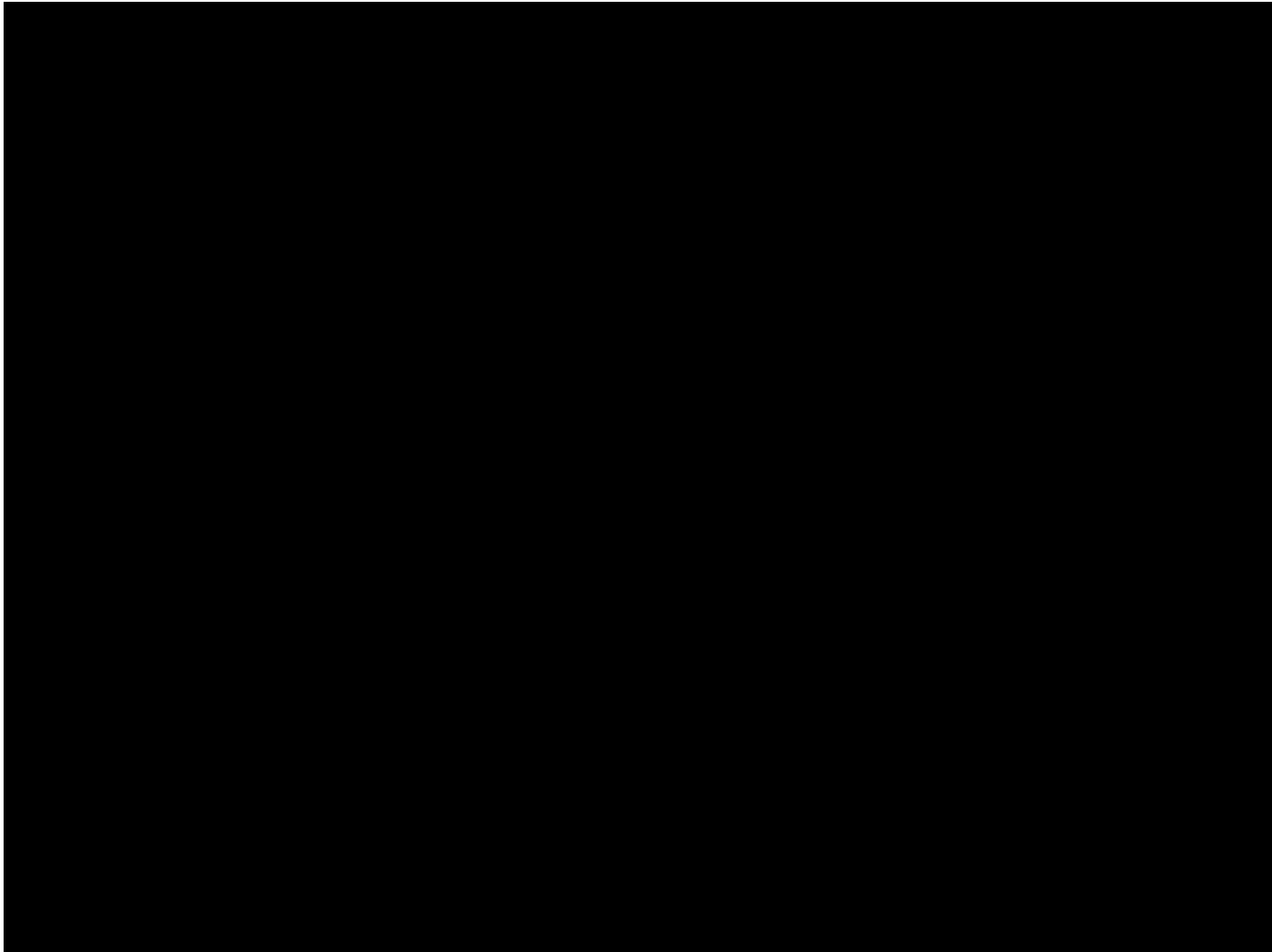


This is a 6 Man Race 5 pullers and one Skipper

With the increase in activity and healthy food choices, some of the participants have been able to lose weight, lowering their risk for diabetes and heart disease.



Stommish Race 2012



📢 “Teach Me How To Paddle”

- Song & Lyrics By Sindick Bura & Kayleasha Davis



The End