

## The Situation is Desperate

Over 40% of Aboriginal children are overweight or obese. Drugs and alcohol are often prevalent at a young age together with high incidences of crime and teen suicides. Academic achievement is a huge challenge with 50% not graduating from high school. The economic costs alone are in the \$Billions.

## Empowering Youth through Sports

Study after study highlight the many positive effects of children who are active: lower rates of obesity and diabetes; higher academic performance; lower rates of juvenile delinquency; increased self-confidence, better time management. Everybody wins!

## Updates

You can follow Don's journey on Twitter @spiritrinnerapp and [spiritride.ca](http://spiritride.ca)

## Donations

100% of all donations go to supporting the amazing GEN7 and local YMCA programs.

To donate, go to [spiritride.ca](http://spiritride.ca) and click on Donations.

Your donations **make a huge difference** in supporting kids and building communities.

**Every kid deserves a chance!**



"The only thing necessary for tranquility in the world is that every child grows up happy" - Chief Dan George

*Spirit Runner* is a FREE app that tracks physical activity and honours Aboriginal culture.

*Spirit Runner* was designed & tested based on the input of Aboriginal youth, artists and youth leaders.

*Spirit Runner's* technology engages young minds and encourages them to continue an active lifestyle:

- Records over 30 types of activities
- Provides GPS, Pedometer and Stopwatch functions
- Includes hundreds of motivational quotes
- Email\text\tweet workouts & quotes to coaches & friends
- Achievement badges are awarded when goals are met

Available through the App Store and [www.spiritrinnerapp.com](http://www.spiritrinnerapp.com)



In support of



A program of

Motivate Canada



## Journey

Don Patterson is undertaking another 7,000 km cross Canada ride, this time going North South across our beautiful country. He'll be starting in Inuvik, North West Territories, on June 21, 2015 (National Aboriginal Day) and finishing at the southern tip of Canada, which is Point Pelee, Ontario. Don is planning to average 250 kms a day and complete the trip on July 18, 2015. He'll be visiting numerous communities during the ride and sharing his message.

## Background

Don is a 61 year old grandfather of 4 who passionately believes that EVERY child should have the opportunity to participate in sports irrespective of their physical abilities, financial resources or cultural background. This was his message when he first rode West East across Canada in 2012. Following the ride, Committed to improving the lives of Aboriginal youth, Don's philosophy is based on a collaborative approach to fitness and respect for culture.

## Objectives

Working with Motivate Canada's GEN7 Aboriginal Role Model Program and YMCAs across Canada, the objectives are to:

- Increase awareness on the importance of physical activity for our Aboriginal youth
- Raise funds in support of youth leadership & sports activities
- Develop sustainable community bike programs

## Spirit Ride 2015



**GEN7** encourages Aboriginal youth to live an active and healthy lifestyle through sport and physical activity. Through the Aboriginal Role Model program, youth discover their confidence and build the leadership skills needed to make a difference in their community.

**The YMCA** is about building healthy communities and improving the lives of children, teens and young adults. Financial assistance is provided to those who would otherwise be unable to afford the benefits from proven programs and services.

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