

FOOD-WAYS & EXERCISE - FACT SHEET**Early Osage Food-ways - Guide for Health Today**

Osage and many others today are making important connections between **food choices and personal health**.

Many realize the **loss of connection to land and food production** over the last 100 years has led to:

- Lack of exercise & routine physical fitness - sedentary lifestyle
- Lack of access to fresh fruits and vegetables
- Poor nutritional habits - processed foods high in sugar, fat, and calories
- Obesity and chronic disease such as diabetes



Therefore, the Osage Nation is making new commitments to **re-acquire tribal lands, and actively manage existing land**.

In addition to economic development, space for recreation, and other benefits, these **lands will enable the Osage people to actively:**

(1) Produce their own healthier food

(2) Get some GOOD EXERCISE doing it! - Let's look to the early Osage for ideas

**How did early Osage food-ways create a healthy, active lifestyle?**

Think of the three main activities from which Osage gained food: **growing, gathering, and hunting**. Look at the Factsheets on these. Think of the types of work involved in each.

For example, wild plant gathering might involve long hikes to plant sites, stooping, climbing, pulling, digging, carrying, etc.



Pick out five types of work/movement required in the growing, gathering, and hunting activities. Think of different stages: i.e. planting, weeding, harvesting. Or, hunting, processing, and preserving.

Record them in the following chart.

1. Was it part of growing, gathering, or hunting? Tell which.
2. What was the task's purpose?
3. What type of physical movement(s) did it require?
4. Place an X in the column if the activity was primarily
 - (a) **Aerobic** - continuous movement - promoting healthy heart and lungs, burning calories
 - (b) **Strengthening** - building and toning muscle groups



EARLY OSAGE FOOD-WAYS - EXERCISE				
Grow, Gather or Hunt	Task-Purpose	Type Physical Movement(s) - exercise	Aerobic	Strength
<i>Gather</i>	<i>Getting to the wild plant site</i>	<i>Walking</i>	X	

Q: How could YOU adopt new “food-ways” for a healthy, active lifestyle?

Obviously, we are not going to be going on a buffalo hunt anymore . . . But we could go fishing!

We probably don’t have access to wild areas where we could gather edible wild plants . . . But we could raise a garden!

If we don’t own land, we could use some space at a community garden space (i.e. in Bird Creek Farms), or volunteer to help in communal gardens.

In the chart below, list three types of work YOU could do that would both (1) help produce food, and (2) be good exercise!

MODERN FOOD-PRODUCING - EXERCISE			
Food Production Task-Purpose	Type Physical Movement(s)-exercise	Aerobic	Strength