



Quick Facts about Indigenous Sport & Wellness Ontario (ISWO)

- ISWO was formerly known as Aboriginal Sport and Wellness Council of Ontario.
- ISWO is primarily funded through the Ministry of Tourism, Culture and Sport.
- ISWO serves all Indigenous Peoples and communities across the province of Ontario, including First Nations, Inuit and Metis, living on and off-reserve, in rural and urban settings, and 29 Friendship centres, encompassing approximately 300,000 Indigenous Peoples across Ontario.
- ISWO promotes and creates opportunities for participation in sport and cultural activities that promote wellness and positive lifestyles for Indigenous peoples across Canada.
- ISWO provides opportunities for youth to develop their physical literacy and competitive sport skills by creating sport development pathways, designed specifically for Indigenous youth.
- ISWO focuses on building capacity in Leadership, Community, and Sport.
- ISWO believes that while sport, physical activity and recreation are important factors in improving health, increasing confidence, developing skills, enhancing social and community connections, and celebrating culture, is equally needed.
- ISWO has developed and is continuously working on community development strategies such as a Health and Wellness Strategy, Far North Strategy and an Urban Indigenous Strategy.
- The Wellness Warrior campaign was developed to create opportunities for wellness through dialogue, engagement and action, within an Indigenous framework.
- The 'Wellness Warrior' campaign allows for the reclaiming and celebration of the true 'Warrior Spirit', with the goal of achieving wellness through culture, traditions and teachings.
- ISWO's Sport Development Pathway aims to reach Indigenous people at each stage of their life and provide continuing opportunities in the areas of sport and recreation.
- ISWO is recognized by the Aboriginal Sport Circle and the North American Indigenous Games Council, and is the designated sport body for the development, selection and management of Team Ontario.
- Team Ontario participates in the National Aboriginal Hockey Championships (NAHC) and North American Indigenous Games (NAIG).