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## ISWO Wellness Warrior Application

A 'Wellness Warrior' embodies the spirit of... bravery, respect, generosity, responsibility, humility, compassion, leadership, peacemaking, and spirituality. These are the basic values that define the culture of many Indigenous peoples and tribes across Turtle Island (North America). Anyone can be a 'Wellness Warrior', as long as they 'embody the spirit' and strive for wellness and balance for themselves and for others.

The main goal of the campaign is 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. We want to share your story about your journey of achieving wellness, whether it be physical, mental, spiritual or all three.

To be profiled as a Wellness Warrior, you will need to complete the application form, answer the four (4) questions listed and provide a high-quality photo of yourself. Please submit your completed application and photograph to Abidah Shirazi at [Abidah.Shirazi@iswo.ca](mailto:Abidah.Shirazi@iswo.ca).



#ACTIVATINGWELLNESS





# ISWO Wellness Warrior Application

First Name:	Last Name:			
Indigenous Ancestry:	First Nation	Metis	Inuit	
Home Community:				
Mailing Address:				
City:	Postal Code:			
Email:	Phone Number:			
Age Range (please check one):				
18 - 21	22 - 30	31 - 45	46 - 60	60+

What is the role of sport/physical activity in your life?

How do you define wellness?

What are the things you do each day that make you a 'Wellness Warrior'?

Who or what is your inspiration?

