



Phone: 1-204-583-0728 - [lemoncree@gmail.com](mailto:lemoncree@gmail.com) - [www.lemoncree.com](http://www.lemoncree.com)

## Our Mission

We are committed to keep Fitness and wellness programs running for Indigenous communities of all age groups. Our belief is: in order to build a fit, healthy community, you must start with the individual. Together we can work to “Shape Our People and, Build Our Nation.”

## Programs

**Bounce Fit** is a mixture of workouts with Resist A Balls, Bands and weights to build muscle, strong cardio vascular for a strong healthy heart, gain energy, better restful sleep, gain energy, promotes weight loss, combat diabetes, strengthening core. Each class ends with a stretch and meditation.

**Kokum Bounce Fit** - Same as above but modified for elders

**Stretch and Flex Classes** - Decrease your risk of injuries and increases muscle blood flow while you increase your range of motion and gain strength and develop muscles to keep strong and flexible for everyday mobility.

**Introduction into Healthy Eating** - Introduction of what is healthy to eat and what is not. Importance of label reading and other important information to bring awareness of how foods effect our mind and body.

**Life Changing Food** - Foods that heal specific ailments not only physically but emotionally and spiritually.

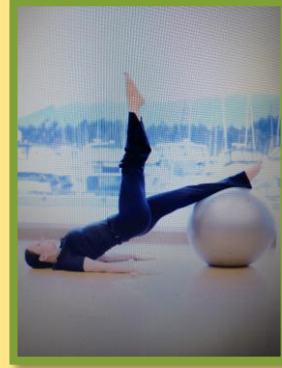
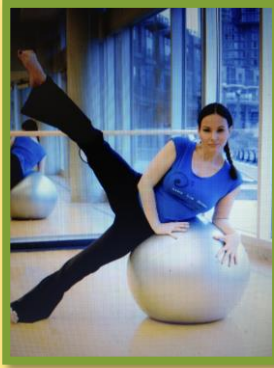
**Sound Therapy and Meditation** - Soothing healing sounds of **Hz Music** to promote healing by genetic signaling. It reduces stress, anxiety and starts to heal the body and mind by the sound frequencies. It helps slow down heart rate and blood pressure the first class.

**Fitness and Wellness Advocate Program** - 1 week program to train instructors to keep Bounce Fit continuing in their communities, with follow ups to maintain successful fitness and wellness programs.

**Visual Entertainment Bounce Fit** - Bounce Fit with Projection Mapped Visual Projections where the participant becomes part of a visual journey. The projected images and videos will inspire and create a fun innovative fitness experience with breathtaking visual panoramic natures scenes to the stars or a fun disco party.



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**Guest Speaker** - Theresa Ducharme, Red River Metis/Cree, originally from Manitoba, growing up in the North end of Winnipeg she became an International Couture Model, paving the wave for other Indigenous Models in the 80s and 90s. Theresa also created the first Indigenous Modelling agency in Edmonton, Alberta in the early 90s. Helping promote and encourage other youth to engage in the arts of all forms through modelling, dance and her creative entrepreneurial spirit. After her international Modeling tours, she was contracted by the former Internal and External Affairs of International Trade of Canada. This contract took her around the world promoting Indigenous culture through dancing and drumming. She is currently working on a documentary to inspire our youth further and busy promoting fitness and wellness programs to communities across Canada.

### Testimonies:

Eddie Diamond Former Director General of the Cree Regional Authority of the Eeyou Itschee people of the James Bay Cree Nation in Northern Quebec.

“Lemon Cree has done excellent work and still does in our communities since 2009 to present. They have left behind a huge, awakened consciousness of the importance of fitness and wellness in combatting the health problems that have long plagued our communities including diabetes, obesity, heart disease and depression.”

**Dr. Deron Tilbrook MD CCFP** - Webique First Nation in Ontario.

“So many of my patients have told me excitedly that they have lost weight around their abdomen and they are eating better and feeling healthier. Its not just diabetes and weight that has been helped by Lemon Cree, I had patients tell me that their chronic pain has improved, example back and knee pain. I have been lucky to witness and participate in the fitness classes and I was impressed how she could provide an array of exercise of fitness levels simultaneously. Everyone was able to participate and gain benefit. The classes were fun, effective and hard work! The atmosphere was very motivating.”