

KEY MESSAGES ON INDIGENOUS PERSPECTIVES

MESSAGE 1

Physical activity and the reduction of sedentary behaviour are linked to good health. The *Common Vision* aims to guide and stimulate coordinated and collaborative policies and action to increase physical activity and reduce sedentary behaviours among all Canadians, across their lifetime.

MESSAGE 2

Federal, provincial and territorial governments are committed to co-developing policies and culturally relevant opportunities for physical activity among Indigenous peoples, including those distinct to the needs of First Nations, Inuit and Métis peoples.

MESSAGE 3

The *Common Vision* builds on current policies, frameworks and strategies already in place at all levels, including those for Indigenous peoples, relating to sport, recreation and healthy living, while advancing new and emerging approaches in policies and programming.

MESSAGE 4

Perspectives from multiple sectors were included in the development of the *Common Vision*, including those of policy leaders; parents; Indigenous communities, northern, rural and remote communities; as well as non-governmental organizations.

MESSAGE 5

The *Common Vision* has been informed by the United Nations Declaration on the Rights of Indigenous Peoples (2008).

MESSAGE 6

The *Common Vision* has been guided and inspired by relevant principles of *Honouring the Truth, Reconciling for the Future: Final Report of the Truth and Reconciliation Commission, 2015*. The *Common Vision* takes into account the culturally relevant opportunities for physical activity among Indigenous peoples.