A photograph of a gym interior. In the foreground, there is a silver metal rack with a barbell and several weight plates (green, yellow, and red). To the left, a rack of dumbbells is visible. The background shows a large mirror reflecting the gym equipment and a window with blinds. A dark grey circular graphic with a dotted border is overlaid on the left side of the image.

ti sqaləx^w ʔə tił
wələx^wildubutčəl
The circle of our
strengthening.

wələx^wildubut Strength Training

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ʔub čəł gwəkʷədačibid
ti sʔəb.

Its okay for us to take
our weights.





ʔibəš čələ tiʔtələwil čələ sax^{wəb}!

We walk and we jog and sprint and jump!






ᑭᓄᓱᑦ ᑦᑦ ᓄᓱᑦᑦᑦᑦᑦ ᑦᑦ ᑦᑦᑦᑦᑦᑦᑦ.

It is important for us to fix every part of our body.









ti sqaləx^w ʔə tił
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