



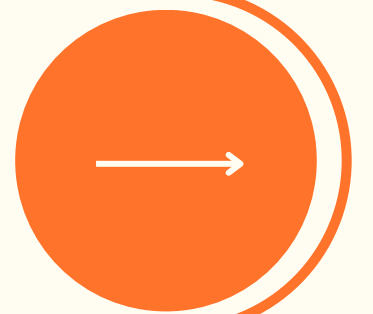
GLOBAL INDIGENOUS FITNESS CHALLENGE - 2026

ORGANIZED BY WORLD COUNCIL OF INDIGENOUS GAMES (WIG)
WIG WORK IN ALIGNMENT WITH UNCCD, GCF AND UN SUSTAINABLE GOAL



**BALANCE. MIND.
BODY. SOUL.**

**UN INTERNATIONAL
WELLNESS DAY CELEBRATION**



WWW.INDIGENOUSGAMES.ORG

INTRODUCTION

- **THE GLOBAL INDIGENOUS FITNESS CHALLENGE - 2026 IS A GLOBAL WELLNESS INITIATIVE ORGANIZED BY WORLD COUNCIL OF INDIGENOUS GAMES (WIG). IT PROMOTES INDIGENOUS PHYSICAL ACTIVITIES, TRADITIONAL FITNESS PRACTICES, AND SUSTAINABLE LIFESTYLES THROUGH WORLDWIDE PARTICIPATION.**



OBJECTIVE

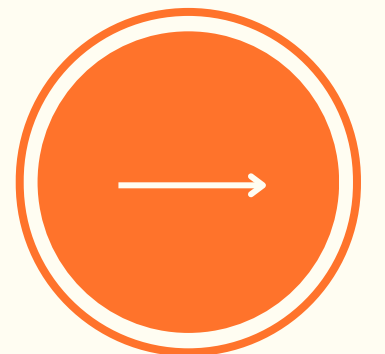
- **PROMOTE GLOBAL HEALTH AND WELLNESS AWARENESS**
- **ENCOURAGE PARTICIPATION IN INDIGENOUS FITNESS PRACTICES**
- **REVIVE AND PRESERVE TRADITIONAL PHYSICAL ACTIVITIES**
- **SUPPORT ENVIRONMENTAL SUSTAINABILITY AND CULTURAL HERITAGE**



PROGRAMME OVERVIEW



- **THE GLOBAL INDIGENOUS FITNESS CHALLENGE - 2026 WAS SUCCESSFULLY CONDUCTED AS AN INTERNATIONAL INITIATIVE ENCOURAGING INDIVIDUALS AND INSTITUTIONS TO ENGAGE IN INDIGENOUS PHYSICAL ACTIVITIES.**
- **PARTICIPANTS FROM VARIOUS REGIONS PERFORMED TRADITIONAL AND FITNESS-BASED ACTIVITIES, CONTRIBUTING TO A GLOBAL AWARENESS MOVEMENT FOCUSED ON HEALTH, CULTURE, AND SUSTAINABILITY.**
- **DURATION OF THE PROGRAM: 12TH APRIL TO 30TH APRIL-26**



ACTIVITIES CONDUCTED



PARTICIPANTS PERFORMED:

- MARTIAL ARTS PUNCHES AND KICKS
- TRADITIONAL STICK MOVEMENTS
- INDIGENOUS DANCE MOVEMENTS
- YOGA AND BALANCE EXERCISES
- PHYSICAL FITNESS ACTIVITIES (SQUATS, PUSH-UPS, JUMPING EXERCISES)

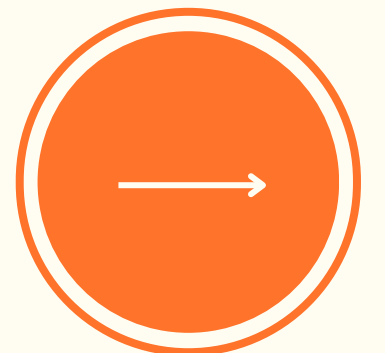
PARTICIPATION WAS CARRIED OUT IN BOTH INDIVIDUAL AND GROUP FORMATS.



PARTICIPATION DETAILS



- **TOTAL PARTICIPANTS: 536**
- **COUNTRIES REPRESENTED: 10**
- **INSTITUTIONS INVOLVED:**
 - **NIGERIA INDIGENOUS PEOPLES AND PASTORALISTS FORUM (NIPPF)**
 - **MYKARATE INTERNATIONAL**
 - **UNITED WORLD RECORDS**
- **MODE: INDIVIDUAL / GROUP PARTICIPATION**



GLOBAL ALIGNMENT

THE PROGRAMME CONTRIBUTED TO INTERNATIONAL FRAMEWORKS SUCH AS:

- UNITED NATIONS CONVENTION TO COMBAT DESERTIFICATION
- UNITED NATIONS SUSTAINABLE DEVELOPMENT GOALS
- GREEN CLIMATE FUND

FOCUSING ON HEALTH, SUSTAINABILITY, AND ENVIRONMENTAL AWARENESS.



OUTCOMES & IMPACT



- INCREASED AWARENESS ON INDIGENOUS FITNESS AND WELLNESS
- STRENGTHENED CULTURAL PRESERVATION EFFORTS
- ENHANCED COMMUNITY PARTICIPATION GLOBALLY
- PROMOTED ECO-FRIENDLY AND SUSTAINABLE LIFESTYLES
- ENCOURAGED YOUTH ENGAGEMENT IN TRADITIONAL PRACTICES



CONCLUSION

THE GLOBAL INDIGENOUS FITNESS CHALLENGE - 2026 WAS SUCCESSFULLY COMPLETED, ACHIEVING ITS OBJECTIVES OF PROMOTING HEALTH, INDIGENOUS KNOWLEDGE, AND SUSTAINABILITY AT A GLOBAL LEVEL. THE PROGRAMME HAS CREATED A STRONG FOUNDATION FOR FUTURE INITIATIVES INTEGRATING TRADITIONAL WISDOM WITH MODERN WELLNESS PRACTICES.

“Healthy People – Indigenous Wisdom – Sustainable Planet”



WWW.INDIGENOUSGAMES.ORG





WWW. INDIGENOUSGAMES.ORG PHOTOS





WELLNESS IS A LIFELONG JOURNEY

A HEALTHY MIND IN A HEALTHY BODY

WWW.INDIGENOUSGAMES.ORG

