

Circular Letter No.: WIG/EVENT/115/2026 | Date: 12th April 2026

To
All Members of WIG/
Supportive Members of WIG/
Partners of WIG

Subject: Global Indigenous Fitness Challenge – 2026

Respected Sir/Madam,

Greetings from the **World Council of Indigenous Games (WIG)**.

We are pleased to inform you that **WIG is organizing the “Global Indigenous Fitness Challenge – 2026”**, a global awareness initiative encouraging people to adopt healthy lifestyles through **indigenous fitness practices and traditional physical activities**.

Event Title: Global Indigenous Fitness Challenge – 2026

Record Category: Longest Duration Performing Indigenous Fitness Activity

Organized by: World Council of Indigenous Games (WIG), India

This initiative is designed to create awareness for **International Wellness Day** and promote the importance of **physical fitness, mental well-being, and indigenous cultural practices**.

The programme is also conceptually aligned with global sustainability frameworks including:

- **United Nations Convention to Combat Desertification (UNCCD)**
- **Green Climate Fund (GCF)**
- **United Nations Sustainable Development Goals (SDGs)**

1. Background & Rationale: Modern lifestyles have increasingly reduced physical activity levels, leading to rising health challenges across communities worldwide. At the same time, indigenous cultures have preserved traditional fitness systems through martial arts, traditional sports, dance, and endurance practices. Indigenous communities historically promoted wellness through:

- **Traditional martial arts and self-defense systems**
- **Community physical activities and sports**
- **Nature-based lifestyles**
- **Holistic physical and mental well-being practices**

These traditional knowledge systems provide valuable pathways for improving health, promoting cultural heritage, and strengthening community resilience.

Through this initiative, WIG aims to revive and promote indigenous fitness practices as a global wellness movement.

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2. Objectives

1. To promote global awareness on health, fitness, and well-being.
2. To revive and showcase indigenous physical culture and traditional sports.
3. To encourage youth participation in active and healthy lifestyles.
4. To integrate cultural heritage with modern wellness initiatives.
5. To strengthen global collaboration through indigenous sports and fitness activities.



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3. Thematic Alignment with UNCCD, GCF & SDGs: This programme contributes to international sustainability and development priorities by promoting healthy communities and environmental awareness.

The initiative supports key themes including:

- Community resilience and sustainable lifestyles
- Recognition of indigenous knowledge systems
- Environmental responsibility and climate awareness

The programme contributes toward the following United Nations Sustainable Development Goals (SDGs):

- SDG 3 – Good Health and Well-Being
- SDG 4 – Quality Education
- SDG 5 – Gender Equality
- SDG 10 – Reduced Inequalities
- SDG 11 – Sustainable Cities and Communities
- SDG 13 – Climate Action
- SDG 15 – Life on Land
- SDG 17 – Partnerships for the Goals

4. Programme Highlights

- Global Indigenous Fitness Challenge participation
- World Record attempt – Longest Duration Performing Indigenous Fitness Activity
 - Participation through any indigenous or fitness activity performance
 - Promotion of traditional sports and martial arts
 - Community wellness awareness campaign
 - Global participation from schools, sports academies, and indigenous communities

How to Perform: Participants may perform any indigenous or fitness-related activity continuously, such as:

- Martial arts punches or kicks
- Silambam or traditional stick movements
- Squats, push-ups, or jumping exercises
- Indigenous dance movements
- Yoga and balance exercises
- Any traditional indigenous physical activity

Participants may perform individually or in groups as part of the global challenge.

Participant Recognition: All participants will receive a WIG Signed United World Records Certificate, recognizing their contribution to the Global Indigenous Fitness Challenge – 2026.

5. Expected Outcomes

- Increased global awareness on health and wellness
- Revival and promotion of indigenous sports and physical culture
- Strengthened community participation in fitness activities
- Greater recognition of traditional knowledge systems
- Contribution toward global wellness and sustainability initiatives

6. Request for Support: In view of the above, we humbly request your esteemed office to kindly extend:

- Official support / endorsement
- Participation of institutional representatives
- Technical guidance related to wellness and community health
- Publicity and awareness support
- Any other suitable collaboration



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Kindly send all the relevant details via email (Email: info@indigenousgames.org), including the latest photos, participant name list (Below Format), and any supporting information or documentation related to the programme.

S.No	Name of the Participants	Activity Performed	Country	Organization Name

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This information will help us in compiling the official records and documentation for the Global Indigenous Fitness Challenge – 2026 organized by the World Council of Indigenous Games (WIG), India.

Your support will greatly strengthen the impact of this global wellness awareness initiative.

We look forward to your valuable association in promoting healthy lifestyles, indigenous wisdom, and sustainable global well-being.

With highest respect and regards,

Yours sincerely,


Dr. Ramya (She/Her)
General Secretary
World Council for Indigenous Games (WIG)



Copy to:

- UNCCD, Germany
- CSO Panel Representative Asia (UNCCD)
- WIPO
- GCF
- President of WIG
- Regional President of WIG

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