

# NMPH Fitness Center

Wendy Strack, NMPH Fitness Coordinator  
wendys@nimiiipuu.org 208.843.2271 ext. 2847

## Attendance is up at NMPH fitness center!

The NMPH fitness center attendance increased in March which is great! With the varied fitness center fitness challenges in full swing and the Biggest Loser Challenge (sponsored by community health) just starting, people are flocking to the gym. Seeing clients motivated and committed to their goals makes a fitness coordinator proud!

Speaking of fitness challenges, I would like to take a moment to brag up the NMPH Fitness Stars participants. On March 10th we had a blank poster-size graph on our wall and now it has come alive with many colorful foil stars. In fact, I'll go out right now and count exactly how many stars are there. Hang tight, I'll be right back.

I have returned to report that there are 202 stars on our chart and that's been done in 21 days minus weekends. Out-



A temporarily quiet moment in the NMPH fitness center. Note the new additions (DVD player, plants, mini pilates balls, etc).

standing work participants! There are 2,248 blank spaces remaining so you do the math. How long do *you* think it will take before our star chart fills completely up with foil stars? Put on your thinking cap and send in your guess. It doesn't cost anything and you could win a prize.

The Native Nike Fitness

Challenge had 24 people sign up. The 6-week exercise logs need to be turned in April 22nd. If they are complete with the minimum requirements of 30 minutes physical activity for 3 days a week each week then plan on purchasing a pair of Native Nike shoes. Checks for \$45 will be accepted shortly after that date.

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### Special Mention

Lapwai Elementary 3rd, 4th and 5th graders have made huge steps walking the Nez Perce Trail, a pilot project created by the Diabetes Prevention program. The students' task is to cover 1,170 miles, the distance of the historic trail. During designated phys. ed. classes led by Mrs. Dawn Melton, kids track their steps in class with pedometers then convert footsteps to miles.

### Inside this issue:

More from page 1	2
Comments	2
Kamahia Visit	2
Class & Consult Schedule	2
Nothing	4
Nothing	5
Nothing	6

## More from the above article

Rumor has it there will be quite a few \$15 off coupons towards the purchase of the Native Nikes. Coupons will be drawn after I receive and review exercise logs. Being that the Native Nike Fitness Challenge is an independent kind of chal-

lenge, some folks might need a little help along the way. If you're one of those people, contact me and I will be happy to assist. I want all 24 participants to come out winners!

With more fitness center usage there comes a time

when a fitness coordinator has to give a pep talk about policies and such. Please be aware that the NMPH fitness center is not available for community-wide usage. It is, first and foremost, a controlled environment with limitations.

## Guess what? More from the last article on page 1.

If you are a NMPH client, whether you live in the community or not, this facility is for you. If you are a Tribal employee but not a client then you are more than welcome to come in between the hours of noon and 1PM. Remember, employee hour is not exclusive to employees. Clients of Nimiipuu are allowed access and can use the fitness center during employee hour also. Regardless of who uses the equipment, whether it be exercise balls to free weights to cardio machines, every person MUST read and sign a consent form. If you don't know what I'm talking about then you probably haven't signed

one. Stop by my office to inquire—it will take you less than a minute to complete this business.

The last point I need to make is with regard to school children entering the fitness center to access other areas within the clinic. Parents, family members and/or friends of these lovely children, please remind your charges to use the clinic's primary entrance on the south side of the building. Safety is (and should be) a priority at Nimiipuu and the fitness center is not an exception. Please help me in maintaining a high standard of safety by complying with the policies.



Aaahhh ... Let's remember to chill.

## Comments worth sharing

With permission from Daneta Jabeth, part-time fitness center monitor: "I really like the fitness stars challenge because I never got stars when I was in school. Everybody else would get stars but I didn't. Now I'm getting a lot of foil stars!" Daneta is one of the star chart's top contenders and has come in every day to work out. Her motivation? To earn a star. She's going to be a tough one to beat!

With permission from Patricia Carter, fitness center user, (not verbatim but pretty close): "I love using the rowing machine, I think it's great. It really works my entire body in only 20 minutes."

Wendy anticipates visiting Kamiah Thursday, Apr. 9th.

Comments are always welcome. Please share yours with me and others today!

## April Exercise Class & Consultation Schedule

- **Mondays, 5PM** in fitness center: **Leslie Sansone walking workouts**. Beg level.
- **Tuesdays, 12PM** in nurses station: **exercise ball classes**. There will be a rotation of Bender Ball, pilates mini ball and big exercise ball workouts. (Limit 6 per class) **Int level**.
- **Tuesdays, 4-6PM** in fitness center: Walk-in body comp assessments & fit. consults.
- **Wednesdays, 5PM** in fit ctr: **DVD-led dance**. All levels.
- **Thursdays, 12PM** in nurs stn: **Intensive circuit trng course**. (Limit 6 per class). **Int-adv levels**.
- **Thursdays, 3-5PM** in fit ctr: Walk-in body comp assess. & fit. Consults.



• **Mo n & Wed., 1:15 S r . exercise class.**

**Come to class, get a punch card, enter a monthly drawing when your card is full, win something maybe. THE END**

