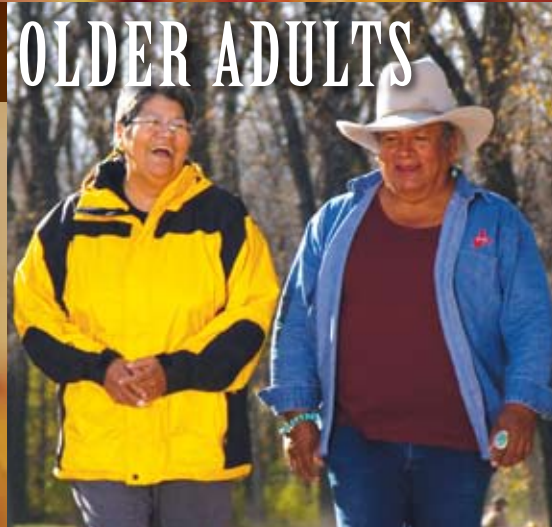


PHYSICAL ACTIVITY KIT (PAK)

staying on the active path in native communities ... a Lifespan approach!

BOOK #7 **OLDER ADULTS**



CONTENTS

Physical Activity Kit (PAK) Overview	1
Physical Activity Recommendations.....	4

PAK FOCUS AREA COMPONENT: OLDER ADULTS

Introduction.....	11
Cardiovascular.....	13

OLDER ADULTS: CARDIO

Strength.....	26
---------------	----

OLDER ADULTS: FLEXIBILITY

Warm-up Activities	42
Cool-down Activities.....	61

OLDER ADULTS: DEMONSTRATION ACTIVITIES

Everyday Physical Activities.....	73
Helping Others.....	76
Line Dancing (Join The Line)	78
Traditional Pow Wow Dances.....	85
Native American Dance Aerobics	88



Physical Activity Kit (PAK) OVERVIEW

Physical Activity Kit (PAK): Staying on the Active Path in Native Communities...a lifespan approach!

The Physical Activity Kit (**PAK**) *Staying on the Active Path in Native Communities...a Lifespan Approach* strategy refines an effective and efficient method to package, implement, evaluate and disseminate culturally appropriate physical activity for American Indian/Alaska Native and other communities. The primary goal of the **PAK** is to increase the time spent in moderate to vigorous physical activity (MVPA) by promoting age and culturally appropriate physical activities across the life span of Native American communities. These physical activities are appropriate across age spans (Young People, Adults/Family, and Older Adults) and include various levels of activity: Warm-up (flexibility) cardiovascular, Strength, Cool-down (flexibility).

The **PAK** strategy is a collaboration/partnership with:

- University of New Mexico Prevention Research Center (UNM PRC)
- The Indian Health Service with representation from IHS Headquarters (Divisions of Office of Clinical and Preventive Services: Health Promotion & Disease Prevention, Head Start, Nutrition, and the Community Health Representatives) and IHS Area Offices (Albuquerque, Portland, and Oklahoma).
- PAK Field Teams with representation from:
 - Aberdeen Area Teams: **Rosebud Sioux Tribe**, SD and **Sisseton Wahpeton Oyate**, Agency Village, SD
 - Albuquerque Area Teams: **Isleta Pueblo**, NM and **San Felipe Pueblo**, NM
 - Bemidji Area Team: **Sault Sainte Marie Tribe of Chippewa Indians**, MI
 - Billings Area Team: **Northern Cheyenne**, MT
 - Navajo Area Teams: **Ft. Defiance/Navajo/Window Rock**, AZ and **Sheep Springs**, AZ
 - Phoenix Area Teams: **San Carlos Apache Tribe**, AZ
 - Portland Area Teams: **Plummer Coeur d'Alene Tribe**, ID and **Bellingham Lummi Tribe**, WA



Pictured: 2007 PAK teams and Partners

The **PAK** strategy includes: 1) create a “package” of physical activities that are culturally appropriate to American Indian and Alaskan Native communities; 2) train interested Field Teams from across the Nation to implement and field test the **PAK** in their communities; 3) conduct the **PAK** Summit/Reunion to collect information regarding the modification, acceptability and usability of the **PAK** in their communities; and 4) develop a strategy to distribute and disseminate PAK to American Indian and Alaskan Native communities across the United States.

Introduction of *PAK* Books

PAK promotes the building of positive attitudes towards fun and creative physical activity that reinforces the lifestyle of living in a Native American community.

PAK Young People Book #1 contains fun and interactive physical activities for school-age children that can be used in the classroom or group settings. The physical activities include individual, partner and group activities.

PAK Mt. Pathways¹ Challenge Book #2 focuses on participant's progress through five trails with increasing levels of physical activity.

PAK Modified American Indian Games¹ Book #3 contains traditional games that have been modified to provide more opportunity for activity while retaining the original nature of the games.

PAK Exercise Breaks Book #4 contains simple and short duration (2-10 minutes) activity breaks that can be done in a small space with no equipment and set-up.

PAK Young Children Book #5 contains physical activities and movement for infants, toddlers, and preschool children.

PAK Adult/Family¹ Book #6 contains a variety of physical activities that can be done as a family. Activities include a community event which evolves around the Great Race as participants learn about the race between the two-legged and four-legged.

PAK Older Adults Book #7 contains physical activities from the **Healthy Body Awareness²: Ats'iis' Baa'a'hwon dzin** (English translation –*Healthy Body Awareness*) a physical activity and nutrition education program for Navajo elders.

PAK Resources Book #8 contains titles, descriptions and web links for physical activities resources.

Native American Aerobic Dances: Native American dance has been with us for as long as the beat of the drum has been heard. When we hear the beat we feel it in our feet and hearts. Dances can be done almost anywhere and with any number of people and are in **PAK Young People Book #1**, **PAK Adult/Family Book #6** and **PAK Older Adults Book #7**.

¹ Pathways – Obesity Prevention Program for American Indian Schoolchildren. <http://hsc.unm.edu/pathways>

² Healthy Body Awareness: Ats'iis' Baa'a'hwon dzin (English translation –Healthy Body Awareness)

Traditional Pow Wow Dances: Pow-wow dancing is a great way to meet new friends and enjoy the company of others. It is a great form of exercise for anyone no matter what their fitness level and is located in **PAK Young People Book #1, PAK Adult/Family Book #6** and **PAK Older Adults Book #7**.

OLDER ADULTS

PHYSICAL ACTIVITY RECOMMENDATIONS

It is recommended that older adults participate in at least **30 minutes of moderate intensity physical activity on 5 or more days of the week.** (Centers for Disease Control and Prevention, <http://www.cdc.gov/nccdphp/dnpa/physical/>).

Cardiovascular endurance, strength, balance, and flexibility exercises should all be part of a physical activity program for older adults. No one type of activity will bring about all the benefits of physical activity. It is important to include all of them. The following is a sample schedule:

- Cardiovascular: Participate in moderate-intensity aerobic activities 3-5 days a week for at least 30 minutes each session.
- Flexibility: Stretch every day.
- Strength training: Do strength-building activities 2-3 days per week.

What is “moderate-intensity physical activity?”

Moderate-intensity physical activity refers to any activity that burns 3.5 to 7 Calories per minute (kcal/min) (Ainsworth et al., 2000). These levels are equal to the effort a healthy individual might burn while walking briskly, mowing the lawn, dancing, swimming for recreation, or bicycling.

What is “vigorous-intensity physical activity?”

Vigorous-intensity physical activity refers to any activity that burns more than 7 Calories per minute (kcal/min) (Ainsworth et al., 2000). These levels are equal to the effort a healthy individual might burn while jogging, engaging in heavy yard work, participating in high-impact aerobic dancing, swimming continuous laps, or bicycling uphill.

Warm-up Activities (Flexibility)

- Warm-up activities should be done before any other kind of cardiovascular or strength activities. They get your body ready to work a little harder. They help protect you from getting hurt while doing other activities.
- Walk a few slow laps inside or outside before starting these warm-up activities.
- Hold a chair or wall lightly for balance if you are doing these activities standing up.
- Many of the warm-up activities are light stretches. Do not over stretch or lock your joints and muscles.

Cardiovascular Activities

- Cardiovascular activities help your heart, lungs and blood vessels work better.
- These activities will probably make you sweat, get hotter, have a red face, and have a faster or heavier breathing than normal and a faster heart rate.

- Guidelines suggest getting 30 minutes of cardiovascular activity on most days of the week. These 30 minutes can be broken down into 3-10 minute sessions.
- If you have not been doing much activity, start with only about 5 minutes of cardiovascular activity. Increase your time by 5 minutes a day each week as you feel comfortable.
- Cardiovascular activities should be done after warming up.
- Everyone has a different level of effort that they need to work in order to get benefits from cardiovascular activities. You will get used to your body's response to these activities. You should always make sure that you can still talk during these activities – this is called the “talk test.” If you cannot talk, you are probably working too hard and should slow down and take a break.
- After you have been doing these activities for a while, you may want to make them more difficult. You can do the following things to make activities more difficult but still stay safe:
 - Stand during the activities instead of sitting.
 - Increase the time that you do each activity.
 - Increase the intensity, or speed for each activity. For example, march more quickly, or punch your arms forward more quickly. Note that you should increase the time of the activity before trying to increase the intensity.
 - Add arm movements to activities that involve only your legs.

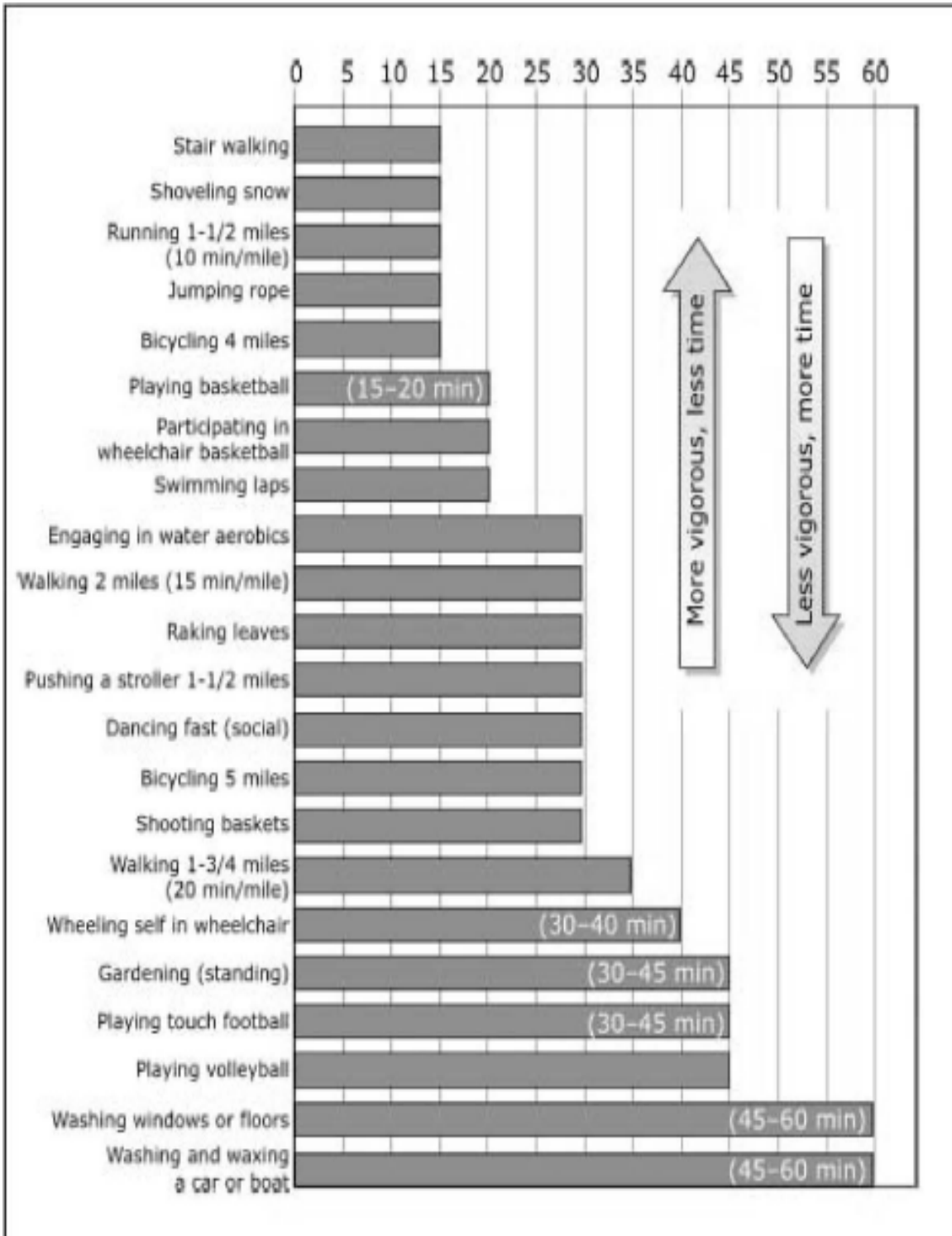
Strength Training

- Exercising your muscles will help you be able to keep doing the activities that you have to do everyday.
- Strength activities should be done slowly and smoothly. Don't lock your joints when you are lifting weight.
- Do not hold your breath when you are doing strength activities! This is very important because holding your breath will make your blood pressure go up.
- Breathe out when you are lifting or pushing and breathe in as you relax.
- Cut lengths of exercise bands about 3 feet (36 inches) long both thin and medium bands. The medium ones will make the activity a little harder for those who want that.
- Your muscles may be a little sore when you start doing strength activities. If they are very sore, though, you probably overdid it. Rest for a few days and start more slowly.
- A “set” is one group of 8-15 repeated movements. You should rest for about 1 minute between each set.
- At first, you should only do 1 set of each activity. Work up to 3 sets after a few months.
- When you can easily do a movement 15 times, you should lift more weight when you do the movement. Easy weights that you can find at home are Frisbees, small cans of food, small bottles filled with water or dirt.

Cool-down Activities (Flexibility)

- Cool-down activities are done after your muscles and joints have been warmed-up well during other activities.
- Cool-down activities are stretches to help you increase the flexibility of your muscles and joints. This is called increasing your “range of motion.” You can do these stretches as far as you are comfortable-no stretching should hurt while you are doing it.
- Stretching will also help you to not be sore from cardiovascular and strength activities.
- Stretching should be done smoothly without bouncing.
- Breathe out when stretching out.
- When bending forward, keep your back and shoulders straight, bending from the waist. Bend your knees slightly if you are bending forward or down.
- If you have had a hip replacement, check with your doctor before doing lower body stretching.

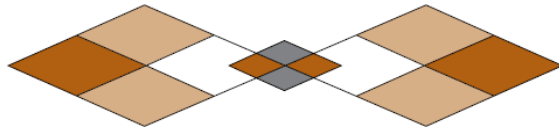
Number of Minutes of Activity Required to Burn 150 kcalories



* All information was gathered from the Centers for Disease Control and Prevention website, Physical Activity Recommendations, <http://www.cdc.gov>.

PHYSICAL ACTIVITY KIT

*Older
Adults*



INTRODUCTION

Healthy Body Awareness Ats'iis Ya at'eehgo Ba a' hwon dzin

Eating healthy foods and staying active can help keep you strong and prevent many health problems

The **Healthy Body Awareness (HBA)** program was developed with many supporting agencies and community planning partners. We would like to thank everyone who contributed to the preparation of this nutrition and physical activity program for the Navajo elderly.

The **HBA** program started as a research project with the Crownpoint Agency Senior Centers in 1998. It was initially called Healthy Path. The project began when the Crownpoint Indian Health Service Health Promotion and Disease Prevention director made a request to develop a program that would enhance the health of the Navajo elders. The University of New Mexico Prevention Research Center (UNM PRC) was eager to respond to an opportunity to assist the Crownpoint community, designing and tailoring a curriculum that would include cultural considerations. Pilot research projects and training activities were developed and tested in the following years. In 2004, a community planning partners committee was formed to assist UNM PRC in developing a culturally sensitive program. The planning partners renamed the program **Healthy Body Awareness (HBA)** to better reflect its focus as a training and education program rather than a research project. The Navajo name provided by the community partners, Ats'iis Ya at'eehgo Ba a' hwon dzin, translates to *Healthy Body Awareness* in English.

The **Healthy Body Awareness** program is based on these principles:

Social Learning Theory - Social behavior develops mainly as a result of observing others and of reinforcing specific behaviors.

Socio-Ecological Model - Acknowledges factors that influence an individual's ability and opportunity to modify behaviors. These factors include the physical, social, and work environments, as well as policies of community and institutional organizations.

Dietary Guidelines for Americans (DGA) - The lessons of the curriculum are consistent with the messages of the 2005 edition of the DGA.

Surgeon General's Recommendations - A recommendation for physical exercise at least 30 minutes a day.

Navajo Philosophy: Ats'iis Ya at'eehgo Ba a' hwon dzin or Healthy Body Awareness

Acknowledgements

Partnerships:

Arizona Nutrition Network (AzNN)
Indian Health Service, Crownpoint Service Unit
Navajo Area Agency on Aging (NAAA) and Navajo Senior Centers
Navajo Nation Council on Aging (NNCOA)
New Mexico State University, Cooperative Extension Service (NMSU CES)
University of New Mexico, Prevention Research Center (UNM, PRC)

Healthy Body Awareness Community Planning Partners:

Ruth Barbone	Baca Senior Center
Edith Beach	Hogback Senior Center
Bobby Begay	Rough Rock Senior Center
Sarah McCabe Begay	Cameron Senior Center
Laura Benally	Cove Senior Center
Agnes Bennett	Sawmill Senior Center
Jackie Burbank	Chinle Agency
Cassandra Calladitto	Baca Senior Center
Joe Cayaditto	Torreon Senior Center
Berniece Etcitty	Lake Valley Senior Center
Lorraine Herder	Hardrock Senior Center
Bessie Holiday	Oljato Senior Center
Murlee Hollowhorn	Crownpoint Agency
Brenda James	Chilchiltah Senior Center
Johnny Johnson	Fort Defiance Agency
Jeri King	Smith Lake Senior Center
Martha Lahti	Shiprock Agency
Beth Miller	Thoreau Senior Center
Ramona Nalwood	Pinon Senior Center
Tincer Nez	Tuba City Agency
Jamie Nodestine	Inscription House Senior Center
Priscilla Plummer	Red Rock Senior Center (formerly of)
Margaret Sheka	St. Michaels Senior Center
Ruth Secatero	Tohajiilee Senior Center
Laverda Tully	Whitehorse Senior Center
Anthony Wero	Beclahbito Senior Center
Jennie Wilson	Casamero Lake Senior Center
LaVerne Wyaco	Navajo Area Agency of Aging, Central Office

Cardiovascular

Overview of Cardiovascular Activities

- Cardiovascular activities help your heart, lungs and blood vessels work better.
- These activities will probably make you sweat, get hotter, have a red face, and have faster or heavier breathing than normal and a faster heart rate.
- Guidelines suggest getting 30 minutes of cardiovascular activity on most days of the week. These 30 minutes can be broken down into 3 - 10 minute sessions.
- If you have not been doing much activity, start with only about 5 minutes of cardiovascular activity. Increase your time by 5 minutes a day each week as you feel comfortable.
- Cardiovascular activities should be done after warming up.
- Everyone has a different level of effort that they need to work in order to get benefits from cardiovascular activities. You will get used to your body's response to these activities. You should always make sure that you can still talk during these activities - this is called the "talk test." If you cannot talk, you are probably working too hard and should slow down and take a break.
- After you have been doing these activities for a while, you may want to make them more difficult. You can do the following things to make these activities more difficult but still stay safe:
 - Stand during the activities instead of sitting.
 - Increase the time that you do each activity.
 - Increase the intensity, or speed for each activity. For example, march more quickly or punch your arms forward more quickly. Note that you should increase the time of the activity before trying to increase the intensity.
 - Add arm movements to activities that involve only your legs.



Cardiovascular

March and Press

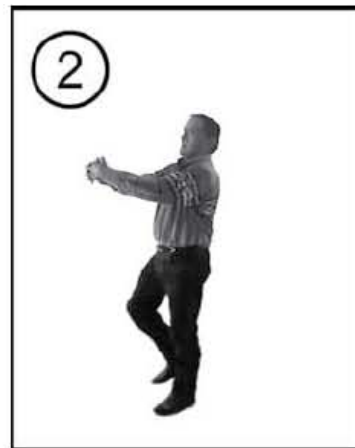
Position: Standing

Equipment: Chair is optional (for balance)

Approximate Time: 2 minutes

Instructions:

- Standing straight up, begin to march in place.
- As you are marching, bring both hands to your chest
- Press arms out in front of you as you march.
- Continue to press your arms in and out as you march in place.
- Continue for 2 minutes.



Cardiovascular

Heel Presses

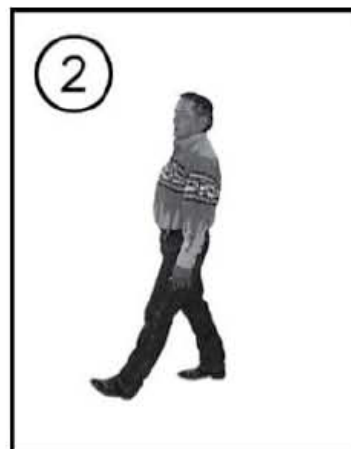
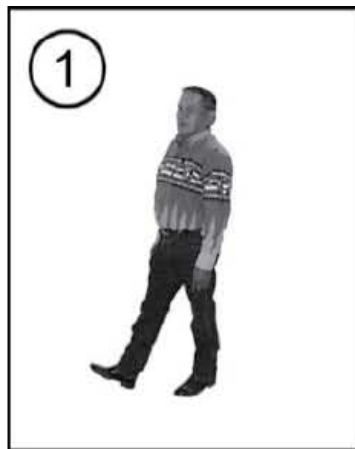
Position: Standing or sitting in a chair

Equipment: Chair is optional

Approximate Time: 2 minutes

Instructions:

- Reach your right foot out in front of you, pressing the right heel into the floor.
- Return your right foot to normal standing (or sitting) position.
- Reach your left foot out in front of you, pressing the left heel into the floor.
- Return your left foot to normal standing (or sitting) position.
- Continue, alternating feet, for 2 minutes.
- You can also extend your feet to the side, still pressing your heels to the floor and alternating sides.
- As you get used to this movement, you can extend your opposite arm forward (or to the side) as you reach with your feet.



Cardiovascular

Toe Presses

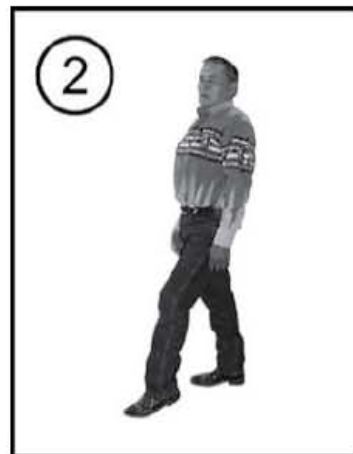
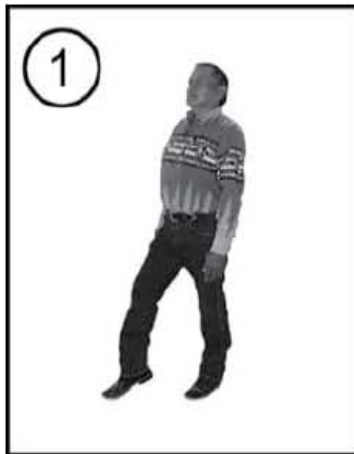
Position: Standing or sitting in a chair

Equipment: Chair is optional

Approximate Time: 2 minutes

Instructions:

- Reach your right foot out in front of you, pointing your toe and pressing it into the floor
- Return your right foot to normal standing (or sitting) position.
- Reach your left foot out in front of you, pointing your toe and pressing it into the floor
- Return your left foot to normal standing (or sitting) position.
- Continue, alternating feet, for 2 minutes.
- You can also extend your feet to the side, still pressing your toes into the floor and alternating sides.
- As you get used to this movement, you can extend the opposite arm forward (or to the side) as you reach with your toes.



Cardiovascular

Knee Lifts

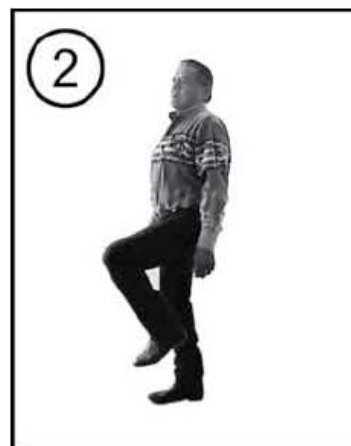
Position: Standing or sitting in a chair

Equipment: Chair is optional

Approximate Time: 2 minutes

Instructions:

- Lift your right knee up as high as you can, then put your foot back on the floor
- Lift your left knee up as high as you can, then put your foot back on the floor
- Continue for 2 minutes.
- If you do not have to hold onto a chair for balance, you can swing your arms as you lift your knees - left arm forward with right knee up, etc.



Cardiovascular

Kick-Ups

Position: Standing or sitting in a chair

Equipment: Chair is optional

Approximate Time: 2 minute.

Instructions:

- Stand (or sit) with feet shoulder width apart.
- Place hand on your hips, and kick your right foot into the air.
- Put your right foot back on the floor.
- Kick your left foot into the air & put your left foot back on the floor.
- Continue, alternating feet, for 2 minutes.



Cardiovascular

Box Step

Position: Standing

Equipment: Chair is optional (for balance)

Approximate Time: 2 minutes

Instructions:

- Stand up straight, holding chair lightly for support if needed.
- Step to the right with the right foot, and then with the left foot (so feet are side-by-side again).
- Step back with the right foot, and then with the left foot (so feet are side-by-side again).
- Step to the left with the left foot, and then with the right foot (so feet are side-by-side again).
- Step forward with the left foot, then with the right foot (so feet are side-by-side again).
- Continue box step for 2 minutes.



Cardiovascular

Skate and Stretch

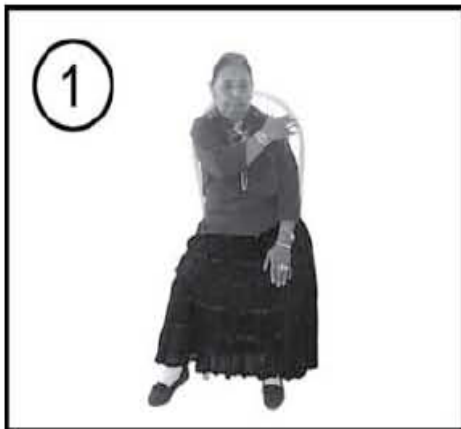
Position: Sitting in a chair

Equipment: Chair and frisbees

Approximate Time: 1 minute

Instructions:

- Begin by sitting up straight.
- Reach your right arm across your body to the left and slide your right leg out to your right side at the same time. Keep your toe on the floor as you slide your leg.
- Bring your right arm and leg back to the middle.
- Reach your left arm across your body to the right and slide your left leg out to your left side. Keep your toe on the floor as you slide your leg.
- Continue for 1 minute, alternating sides.



Cardiovascular

Galloping March

Position: Standing or sitting in a chair

Equipment: Chair and frisbees

Approximate Tune: 2 minutes

Instructions:

- Begin by standing (or sitting) up straight and holding a frisbee in each hand.
- March with your feet at a comfortable pace.
- While marching, lift your arms straight out to the sides so they are even with your shoulders.
- Raise and lower frisbees while continuing to march in place.
- Continue for 2 minutes.



Cardiovascular

Bouncing Steps

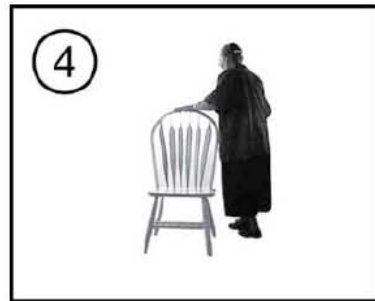
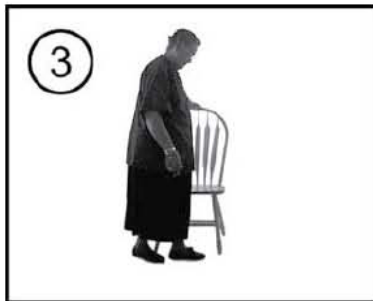
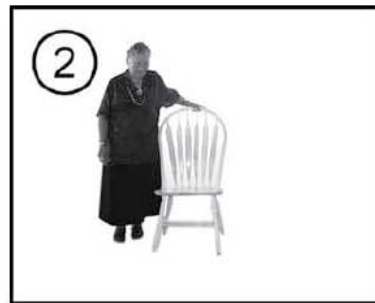
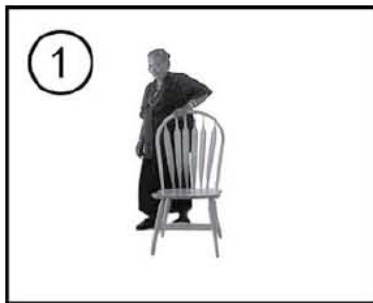
Position: Standing

Equipment: Chair is optional (for balance)

Approximate Time: 2 minutes

Instructions:

- Slowly walk around a chair (or in a circle).
- With each step, bounce once lightly on your toe.
- Do 1 minute in one direction.
- Continue in the other direction for 1 minute.



Cardiovascular

Dancing Jack

Position: Standing

Equipment: Chair is optional

Approximate Time: 2 minutes

Instructions:

- Step to the right with your right foot then bring your left foot to meet it. Repeat to the left.
- Keep going back and forth in place, moving feet side-to-side.
- During each step, lift arms to shoulders, and then lift arms above head.
- Continue moving arms up and down while you are stepping.
- Continue for 2 minutes.



Cardiovascular

Taps and Punches

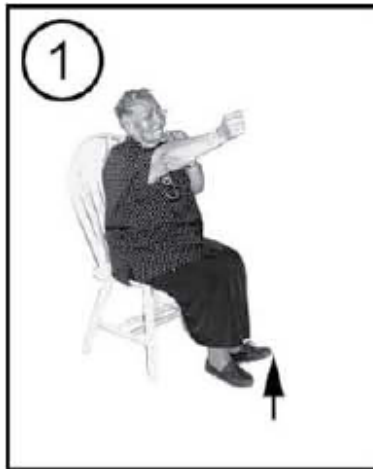
Position: Sitting in a chair

Equipment: Chair

Approximate Time: 2 minutes

Instructions:

- With both feet flat on the floor, raise the toes of your right foot, keeping your heel on the ground.
- Drop your right toes down to the floor
- Raise the toes of your left foot, keeping your heel on the ground.
- Continue lifting your toes, alternating feet in a quick, tapping motion. Keep your heels on the ground.
- Add alternating arm punches while tapping your toes. Reach out with your left fist when you raise your right toes. Reach out with your right fist when you raise your left toes.
- Continue for 2 minutes.



Cardiovascular

Seated Body Pulls

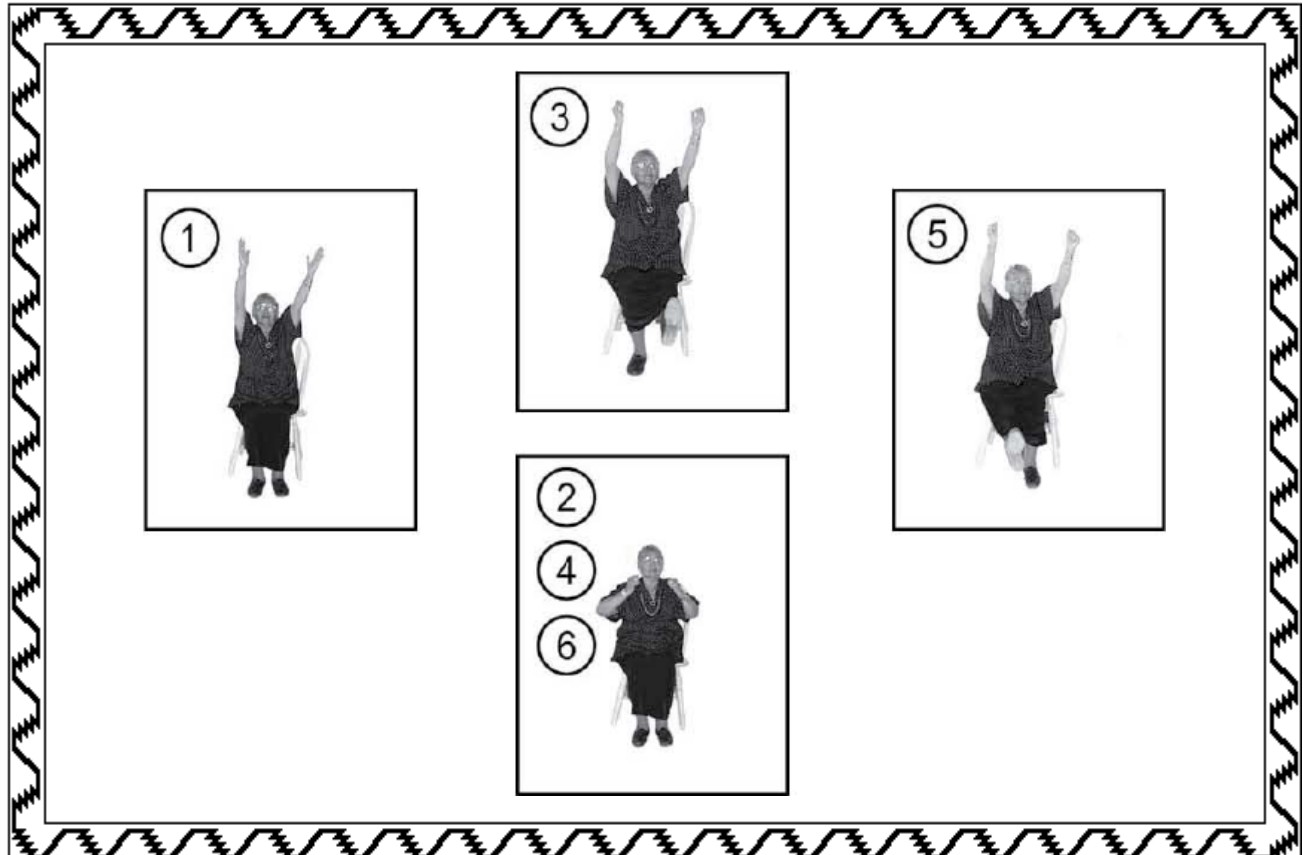
Position: Sitting in a chair

Equipment: Chair

Approximate Time: Chair

Instructions:

- With your hands in a fist, bend your elbows so your fists are in front of your shoulders.
- Reach fingers on both hands to the sky and pull down, making a fist again. Repeat this motion.
- While pulling arms up and down, lift your right foot up until your leg is straight and then put it down when you bring your arms down.
- Repeat with your left foot.
- Continue lifting feet and pulling arms together for 2 minutes.



Strength

Overview of Strength Training

- Exercising your muscles will help you be able to keep doing the activities that you have to do everyday (such as cooking, cleaning, dressing, bathing, taking care of grandchildren).
- Strength activities should be done slowly and smoothly. Don't lock your joints when you are lifting weight
- Do not hold your breath when you are doing strength activities! This is very important because holding your breath will make your blood pressure go up.
- Breathe out when you are lifting or pushing and breathe in as you relax.
- Cut lengths of exercise bands about 3 feet (36 inches) long. Find thin and medium bands. The medium ones will make the activity a little harder for those who want that.
- Your muscles may be a little sore when you start doing strength activities. If they are very sore, though, you probably overdid it. Rest for a few days and start more slowly.
- A "set" is one group of 8 - 15 repeated movements. You should rest for about 1 minute between each set.
- At first, you should only do 1 set of each activity. Work up to 3 sets after a few months.
- When you can easily do a movement 15 times, you should lift more weight when you do the movement. Easy weights that you can find at home are frisbees, small cans of food, small bottles filled with water or dirt.



Strength

Shoulder Rows

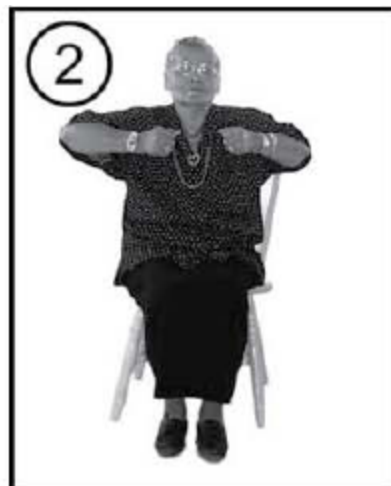
Position: Sitting in a chair

Equipment: Chair

Approximate Time: 30 seconds

Instructions:

- Drop arms and fists down at your side.
- Lift both fists up under your arms, pointing elbows out to your sides.
- Lower fists to your side and repeat lifting motion.
- Repeat 8-15 times. Rest for 1 minute. Do 1-3 sets.



Strength

Carding Wool

Position: Sitting in a chair

Equipment: Exercise band

Approximate Time: 1 minute

Instructions:

- Begin by sitting up straight in your chair and holding the exercise band with both hands about 6 inches apart.
- Lift your left arm out in front of you with your palm facing up, still holding the band.
- Bring your right hand over on top of your left hand, and then pull your right arm back, as if you were carding wool.
- You will feel the band stretch tightly as you pull your right arm back - pull back as far as you can comfortably.
- Repeat this motion slowly 8-15 times.
- Switch hands and repeat the motion of carding wool 8-15 times.
- Do 1-3 sets.



Strength

Wrapping Yarn

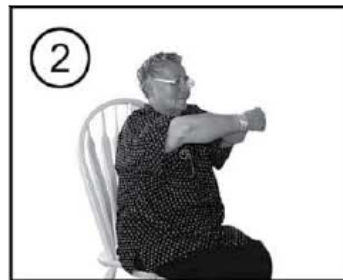
Position: Sitting in a chair

Equipment: None

Approximate Time: 1 minute

Instructions:

- Make a fist with both hands and lift your arms in front of you, bent at the elbows so that your forearms are overlapping.
- Move your hands in circles around each other quickly in front of you as if you were wrapping yarn onto a spool. Continue quickly for 30 seconds.
- Now unwrap the yarn by going the other way for 30 seconds.
- Do 1-3 sets



Strength

Fans for All

Position: Sitting in a chair

Equipment: Chair, frisbees or paper plates

Approximate Time: 30 seconds

Instructions:

- Begin by sitting up straight in your chair and holding frisbees in your hands.
- Fan yourself with the frisbees for 15 seconds.
- Fan someone sitting beside you for 15 seconds.
- Fan someone on the other side of you for 15 seconds.



Strength

Tummy Tighteners

Position: Sitting in a chair

Equipment: Chair

Approximate Time: 30 seconds

Instructions:

- Begin by sitting up straight toward the edge of your chair.
- Hold the sides of the chair with both hands.
- Lean back slightly.
- Lift your right leg slowly, and then lower it
- Lift your left leg slowly, and then lower it
- Repeat 8-15 times & do 1-3 sets.



Strength

Triceps Press

Position: Sitting in a chair

Equipment: Chair and exercise band

Approximate Time: 30 seconds

Instructions:

- Hold one end of the exercise band with your left hand against your chest.
- Hold the band with the right hand, 6-8 inches from the left hand).
- Keep the right arm at shoulder level and push the right hand forward, pulling the exercise hand tight.
- Slowly return to the starting position.
- Repeat 8-15 times with one 8III, then switch arms and repeat 8-15 times.
- Do 1-3 sets.



Strength

Frisbee Raises

Position: Standing or sitting in a chair

Equipment: Frisbees or paper plates (chair is optional)

Approximate Time: 2 minutes

Instructions:

- Your arms should be hanging down to the side of your body.
- With frisbees in hands, lift both arms up at your sides to shoulder level.
- Hold for 5 seconds.
- Lower arms slowly back down to your sides.
- Repeat 8-15 times. Do 1-3 sets.



Strength

Wall-Ups

Position: Standing close to a wall

Equipment: A wall

Approximate Time: 1 minute

Instructions:

- Begin by standing up straight facing the wall. Stand about arms-length from the wall.
- Place your hands straight out in front of you on the wall.
- Keep hands a little more than shoulder width apart.
- Bend elbows and lower body toward the wall like doing a push-up
- Breathe in as you lean towards the wall and breathe out as you push your body away from the wall.
- Do 8-15 wall-ups slowly. Rest for 1 minute. Do 1-3 sets.



Strength

Arm Curls

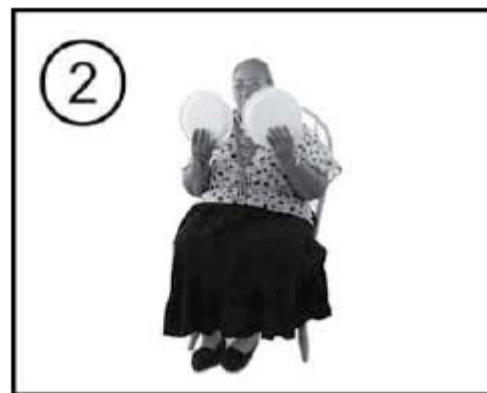
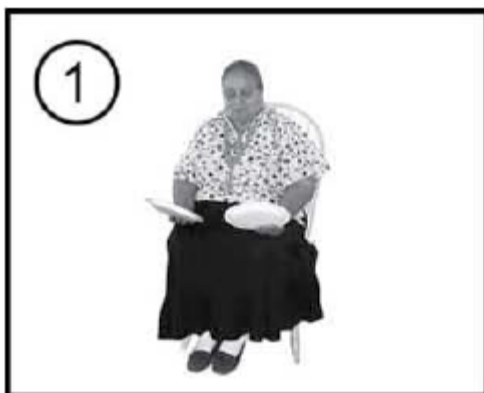
Position: Standing or sitting in a chair

Equipment: Exercise bands (or paper plates, or a bottle filled with water or dirt, or a small can of food can be used)

Approximate Time: 2 minutes

Instructions:

- Put the right foot in the middle of the band and hold one end of the band in each hand (or hold a bottle or can of food in your right hand).
- Sitting (or standing) up straight, pull the band (or bottle/can) toward your chest with your right hand. If you are using a band, keep your left hand in the same place, still holding the other end of the band.
- Hold for 2 seconds, and then slowly lower the band (or bottle/can).
- Do this exercise 8-15 times with the right hand.
- Transfer the exercise band to your left foot (or hold a bottle/can in your left hand), and pull the band (or bottle/can) toward your chest with your left hand.
- Hold for 2 seconds, and then slowly lower the band (or bottle/can).
- Do this exercise 8-15 times with the left hand.



Strength

Shearing Sheep

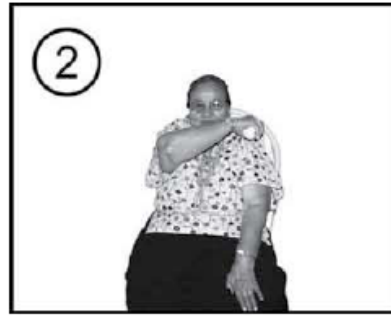
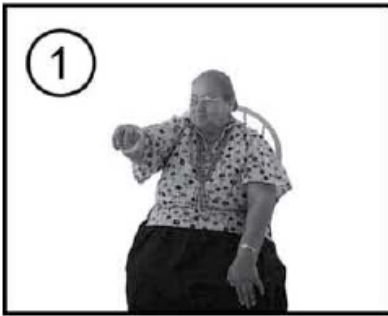
Position: Standing or sitting in a chair

Equipment: Squeeze balls (chair is optional)

Approximate Tune: 2 minutes

Instructions:

- Your arms should be hanging down to the side of your body.
- With a squeeze ball in your right hand, lift your right hand to the front of your body to chest level.
- Moving your hand from the right to the left side of your body in front of you, squeeze the ball firmly and quickly as if you were shearing sheep with your right hand.
- You will squeeze the ball with your right hand about 10 times as you move it across the front of your body to the left.
- Repeat this exercise with your left hand, moving it across the front of your body to the right and squeezing 10 times.
- Do 1-3 sets.



while you squeeze ball



Strength

Flies

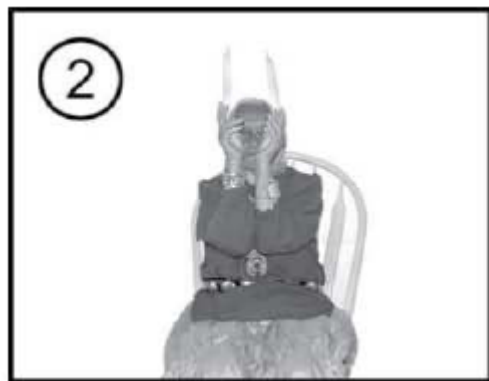
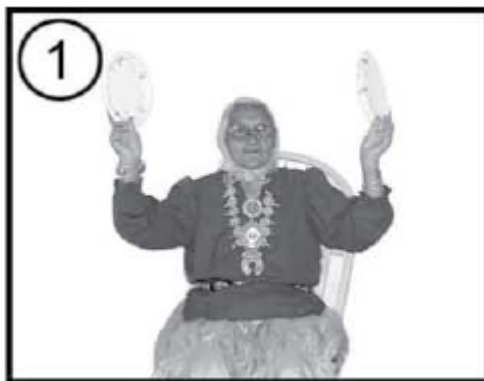
Position: Standing or sitting in a chair

Equipment: Frisbees or paper plates (chair is optional)

Approximate Time: 2 minutes

Instructions:

- Begin by standing or sitting up straight, holding one frisbee in each hand.
- Raise arms at your sides up to shoulder height.
- Bend your arms at the elbows, with your hands/frisbees pointed toward the ceiling
- With your arms still bent, bring elbows together in the front of your body.
- Open arms back out to the side, keeping your elbows bent.
- Repeat this flying motion 8-15 times. Do 1-3 sets.



Strength

Scarecrow

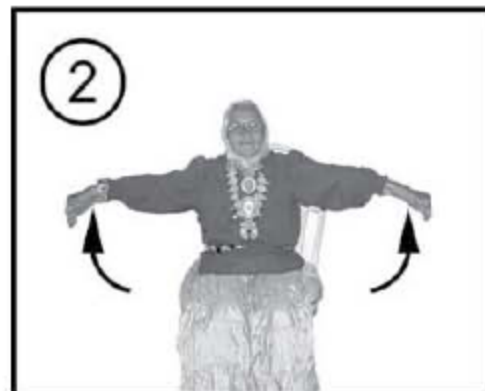
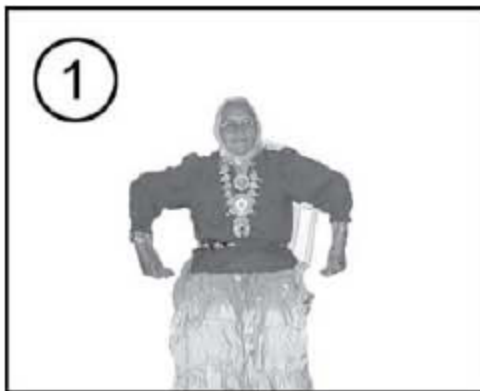
Position: Standing or sitting in a chair

Equipment: Chair and frisbees or paper plates are optional

Approximate Time: 1 minute

Instructions:

- Lift your elbows up and out to your sides, letting your forearms and hands hang loosely towards the floor (like a scarecrow). Your palms are facing backward. If you want to, you can hold a frisbee in each hand - the frisbee will be pointing down.
- Straighten your arms to the sides with your palms still facing backward - hold your arms out for 2 seconds.
- Let your forearms hang loosely again.
- Repeat this movement 8-15 times. Do 1-3 sets.



Strength

Palm Presses

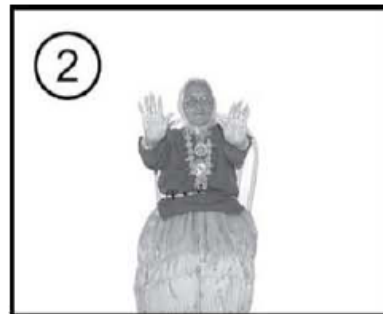
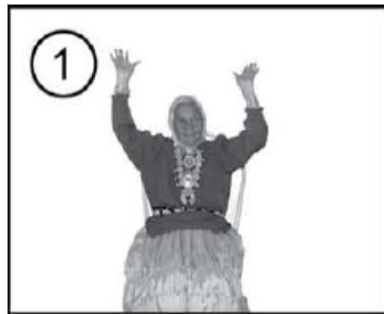
Position: Standing or sitting in a chair

Equipment: Chair is optional

Approximate Time: 2 minutes

Instructions:

- Press both palms straight up, as if you were lifting something heavy above your head.
- Press both palms forward with your fingers pointing up, as if you were pushing something away from you.
- Press both palms to the side as if you were pushing something away from both sides of you.
- Press both palms straight down.
- Repeat 8-15 times. Each "push" should take 2 seconds.
- Do 1-3 sets.



Strength

Chest Press

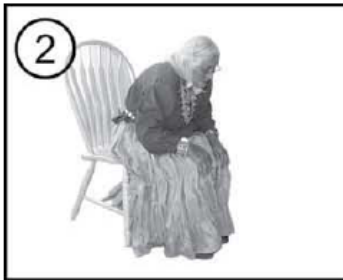
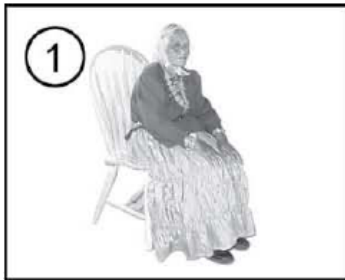
Position: Sitting in a chair

Equipment: Chair

Approximate Time: 1 minute

Instructions:

- Sit up straight in your chair, with feet flat on floor.
- Place your hands on your thighs.
- While breathing out, bend elbows and lower your chest toward your knees.
- Hold for 5 seconds, then slowly press your body up to a sitting position.
- Do this exercise 8-15 times, and then rest for 1 minute.
- Do 1-3 sets.



Strength

Brake Push

Position: Sitting in a chair

Equipment: Chair and exercise band

Approximate Time: 1 minute

Instructions:

- Put your right foot in the middle of the band and hold one end of the band in each hand.
- Lift right foot off the ground and pull the band tight around the foot
- Point your right toe against the resistance of the band (like a driver stepping on the brakes).
- Relax the foot, then point the toe again. Repeat 8-15 times.
- Repeat exercise with left foot
- Do 1-3 sets.



Flexibility

Overview of Warm-up Activities

- Warm-up activities should be done before any other kind of cardiovascular or strength activities. They get your body ready to work a little harder. They help protect you from getting hurt while doing other activities.
- When you can, walk a few slow laps to warm up your muscles before starting these warm-up activities.
- Hold a chair or wall lightly for balance if you are doing these activities standing up.
- Many of the warm-up activities are light stretches. Do not over stretch or lock your joints and muscles



Flexibility

Pendulum

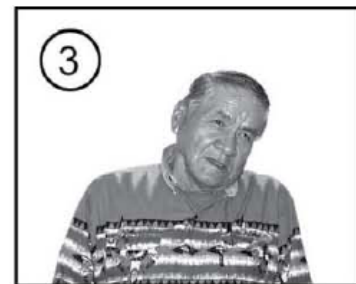
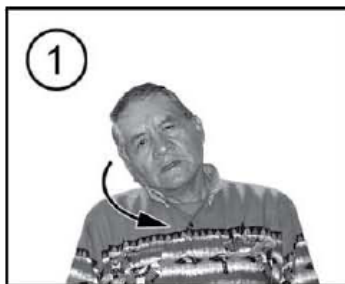
Position: Standing or sitting in a chair

Equipment: Chair is optional

Approximate Time: 30 seconds

Instructions:

- Begin with head in upright position.
- Drop right ear to shoulder.
- Roll head slowly down toward chest and slowly back to left side.
- Left ear should now be dropped to the left shoulder.
- Continue to roll head slowly from side to side. Do not make a full circular motion (head should never drop backwards).
- Repeat 5 times.



Flexibility

Neck Rotation

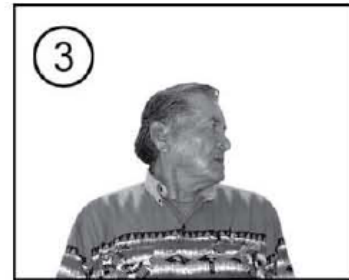
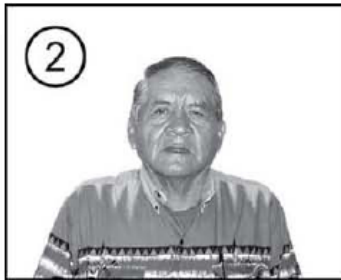
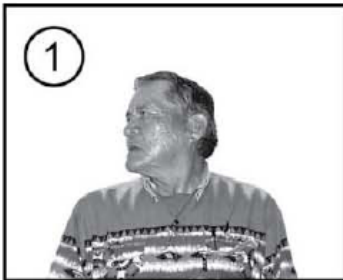
Position: Standing or sitting in chair

Equipment: Chair is optional

Approximate Time: 30 seconds

Instructions:

- Begin with head in upright position.
- Slowly turn your head to the right, looking over your right shoulder.
- Turn your head as far as you are comfortable. It should not hurt!
- Slowly turn your head back so you are looking straight ahead.
- Slowly turn your head to the left, looking over your left shoulder.
- Repeat 5 times.



Flexibility

Shoulder Rolls

Position: Standing or sitting in a chair

Equipment: Chair is optional

Approximate Time: 30 seconds

Instructions:

- Slowly roll both of your shoulders up, back, then down and around again to the front.
- Slowly roll both shoulders in the backwards direction 8 times.
- Change directions, and roll both shoulders up, forward, then down and back.
- Slowly roll both shoulders forwards 8 times.



Flexibility

Shoulder Shrugs

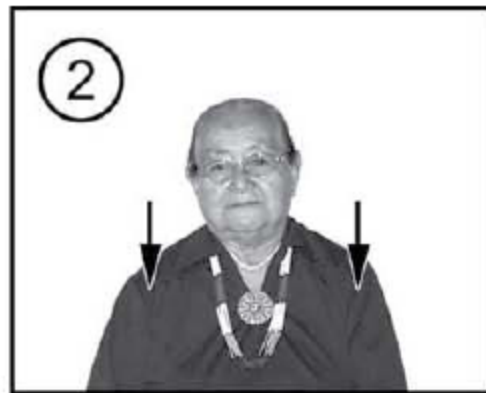
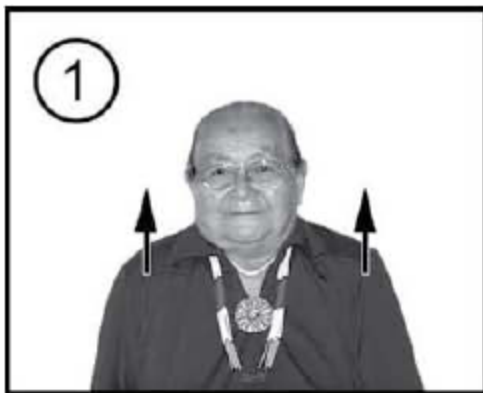
Position: Standing or sitting in a chair

Equipment: Chair is optional

Approximate Time: 45 seconds

Instructions:

- Slowly lift both shoulders up to your ears, then go back to your normal position.
- Slowly press both shoulders down towards the floor, then go back to your normal position.
- Repeat 5 times.



Flexibility

Arm Reaches

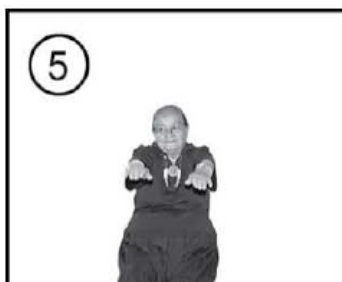
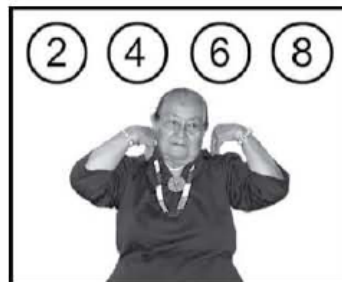
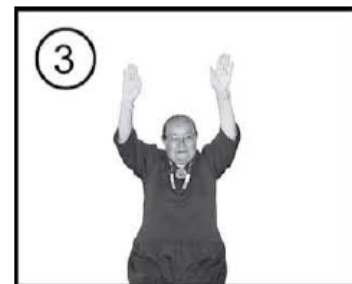
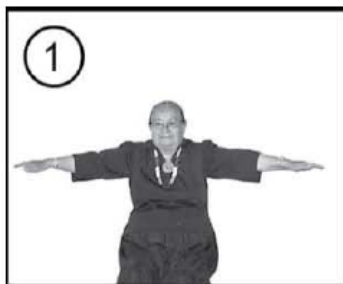
Position: Standing or sitting in a chair

Equipment: Chair is optional

Approximate Time: 1 minute

Instructions:

- Reach arms straight out to the side, parallel with the floor.
- Bring your arms in to touch your shoulders with your hands.
- Reach your arms up over your head.
- Bring your arms down to touch your shoulders with your hands.
- Reach your arms forward in front of you.
- Bring your arms in to touch your shoulders with your hands.
- Reach your arms down towards the ground.
- Bring your arms in to touch your shoulders with your hands.
- Remember to move slowly and reach as far as you can for each direction.
- Repeat twice.



Flexibility

Arm Curl & Shoulder Touch

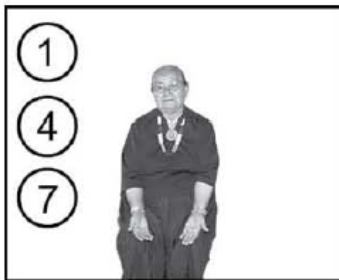
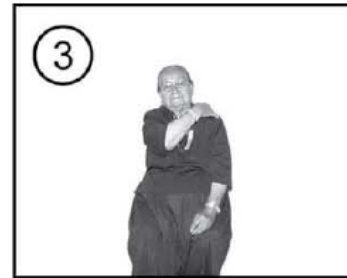
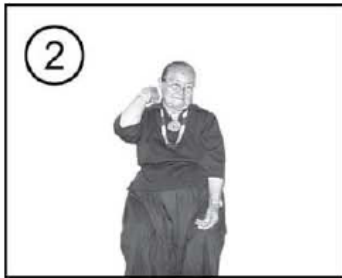
Position: Sitting in a chair

Equipment: Chair

Approximate Time: 45 seconds

Instructions:

- Put your hands in your lap with palms facing up (one hand on each leg).
- Bring your right hand up to touch your right shoulder.
- Then touch your right hand to your left shoulder.
- Touch your right hand back to your right shoulder then put the hand back on your leg, palm facing up.
- Next, bring your left hand up to touch your left shoulder.
- Then touch your left hand to your right shoulder.
- Touch your left hand back to your left shoulder then put the hand back on your leg, palm facing up.
- Repeat 5 times.



Flexibility

Wrist Circles

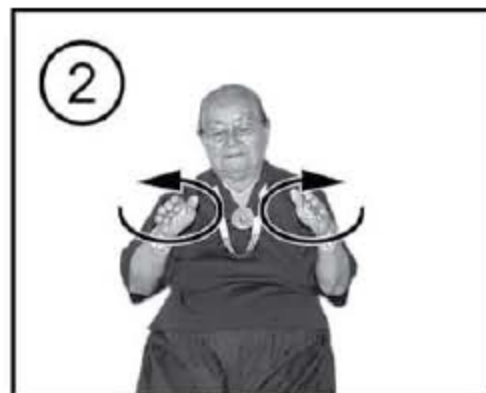
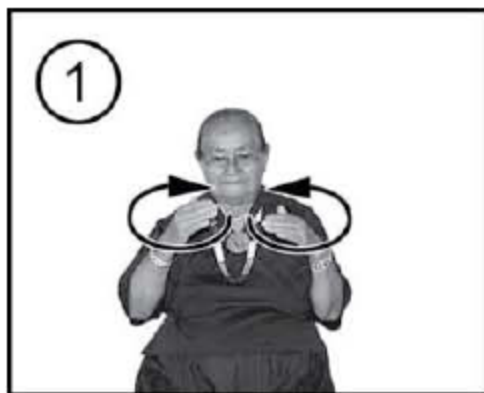
Position: Standing or sitting in a chair

Equipment: Chair is optional

Approximate Time: 30 seconds

Instructions:

- With your hands open and slightly in front of your body, slowly move your wrists in circles.
- Circle your wrists one way 8 times. Go the other way 8 times.
- Make a fist with both hands and slowly move them in circles again.
- Circle your fists one way 8 times. Go the other way 8 times.



Flexibility

Finger Fan

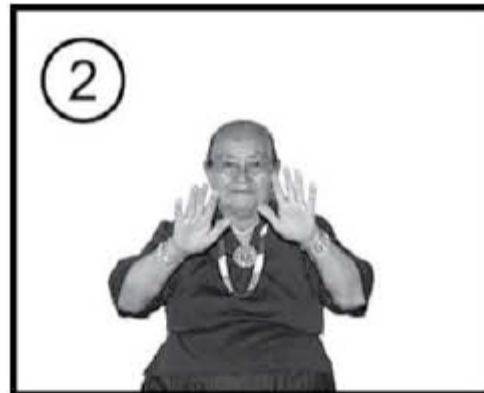
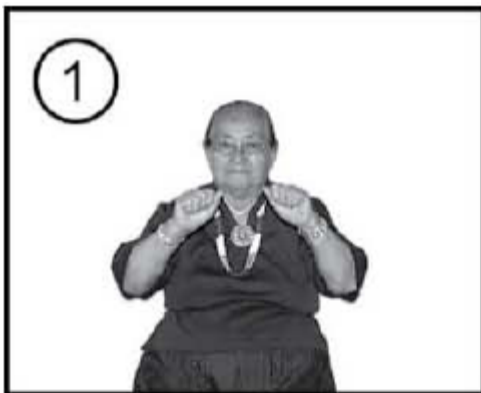
Position: Standing or sitting in a chair

Equipment: Chair is optional

Approximate Time: 30 seconds

Instructions:

- Warm up fingers by squeezing hands closed and then opening them repeatedly.
- Repeat 10 times.
- Next, bring hands together in front of your body.
- Push fingers together to stretch.
- Hold for 5 seconds, then release.
- Repeat 3 times.



Flexibility

Arm Circles

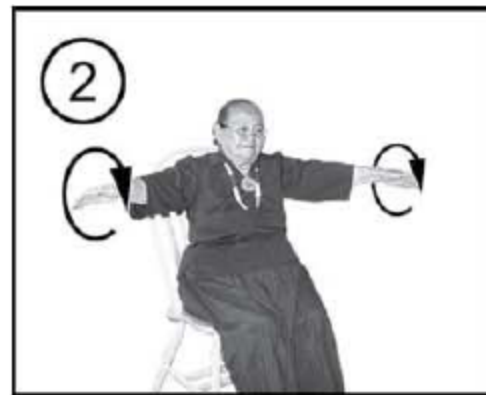
Position: Standing or sitting in a chair

Equipment: Chair is optional

Approximate Time: 30 seconds

Instructions:

- Put both arms out to the side, even with your shoulders.
- Make 10 little circles in the forward direction with your hands, bending your elbows slightly.
- Make 10 little circles in the backward direction with your hands, bending your elbows slightly.
- Repeat 3 times.



Flexibility

Windshield Wipers

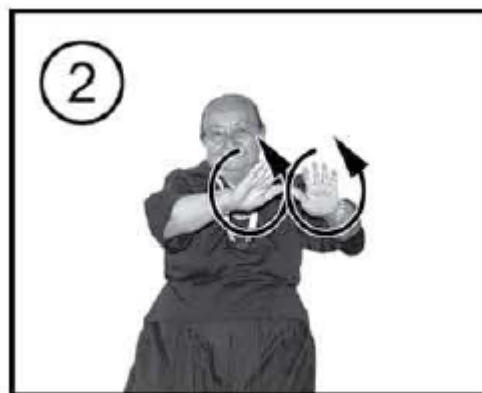
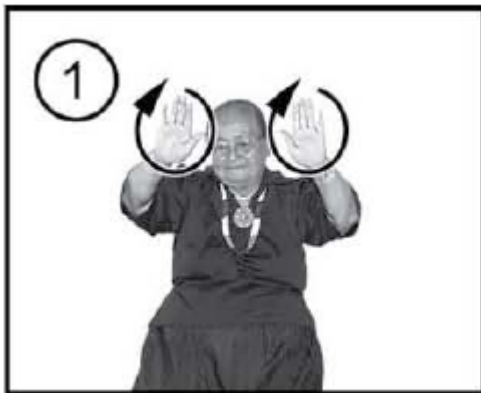
Position: Standing or sitting in a chair

Equipment: Chair is optional

Approximate Time: 30 seconds

Instructions:

- Put both arms up in front of you with your elbows bent and palms facing forward.
- Make 10 little circles to the right with your palms. This will look like a windshield wiper from the front.
- Make 10 little circles to the left with your palms. This will look like a windshield wiper from the front.
- Repeat 2 times.



Flexibility

Foot Circles

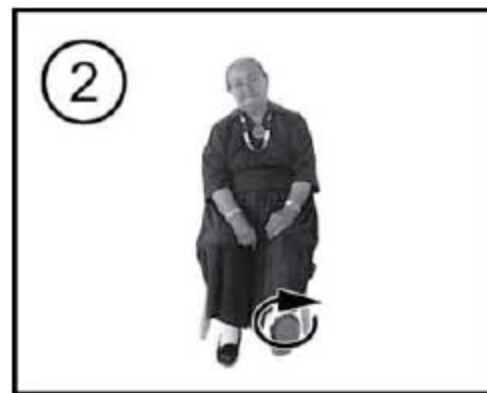
Position: Standing or sitting in a chair

Equipment: Chair is optional

Approximate Time: 30 seconds

Instructions:

- Lift right leg up in front of you, straightening your knee.
- Point your toe, then circle foot around 5 times in one direction and 5 times in the other direction.
- Lift left leg up in front of you, straightening your knee.
- Point your toe, then circle foot around 5 times in one direction and 5 times in the other direction.
- Repeat twice.



Flexibility

Leg Raises

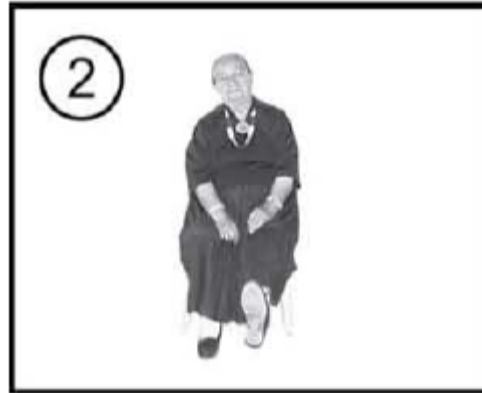
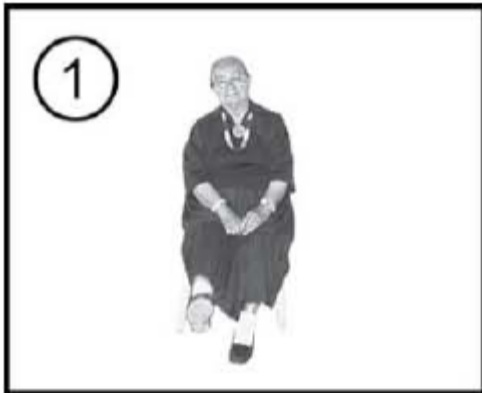
Position: Sitting in a chair

Equipment: Chair

Approximate Time: 30 seconds

Instructions:

- Sit up straight in your chair & make sure to keep your back straight.
- Slowly lift your right thigh up in front of you, keeping your knee bent, then slowly put your foot back on the ground.
- Slowly lift your left thigh up in front of you. Then slowly put it back on the ground.
- Each lift should take 2 counts.
- Repeat 8 times.



Flexibility

Lift and Point

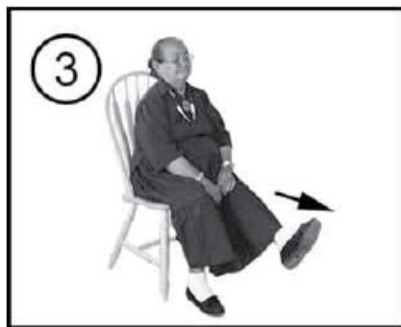
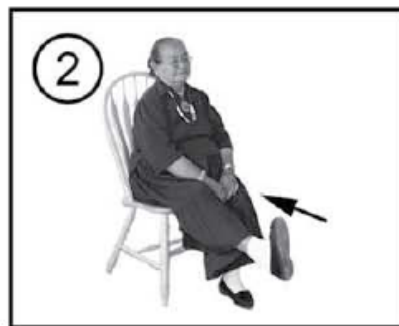
Position: Sitting in a chair

Equipment: Chair

Approximate Time: 30 seconds

Instructions:

- Sit up straight in your chair & make sure to keep your back straight.
- Slowly lift your right foot up in front of you, straightening your knee.
- Point your toe forward, then slowly pull your toe back towards you.
- Slowly lift your left leg up in front of you, straightening your knee.
- Point your toe forward, then slowly pull your toe back towards you.
- Repeat 5 times.



Flexibility

Toe Curls

Position: Standing or sitting in a chair

Equipment: Chair is optional

Approximate Time: 30 seconds

Instructions:

- Keeping your heels on the floor, curl your toes down like you are gripping the floor.
- Next, pull your toes up and back (off the floor). Still keep your heels on the floor.
- Repeat 8 times.



Flexibility

Toe Taps

Position: Sitting in a chair

Equipment: Chair

Approximate Time: 30 seconds

Instructions:

- Keeping your heels on the floor, quickly tap your toes. You can alternate feet or do both at the same time.
- Pull your toes as far up as you can for each tap.
- Tap quickly for 30 seconds.



Flexibility

Marching in Place

Position: Standing

Equipment: Chair or wall is optional (for balance)

Approximate Time: 2 minutes

Instructions:

- Do a simple march step (lift left foot, then right foot, etc.) in place.
- For variety: March slowly in a circle around the building.
- Lift knees higher with each step if you can.
- Repeat for 2 minutes.



Flexibility

Heel Touches

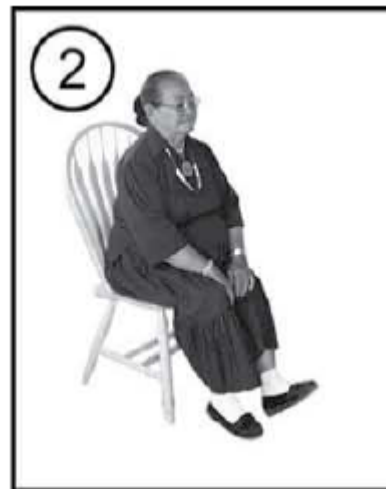
Position: Standing or sitting in a chair

Equipment: Chair or wall is optional (for balance)

Approximate Time: 30 seconds

Instructions:

- Pick up your right foot and lightly touch your right heel to the floor in front of you.
- Bring your right foot back to the starting position.
- Next, pick up your left foot and lightly touch your left heel to the floor in front of you.
- Bring your left foot back to the starting position.
- Do 15 "touches" with both feet



Flexibility

Toe Touches

Position: Standing or sitting in a chair

Equipment: Chair or wall is optional (for balance)

Approximate Time: 30 seconds

Instructions:

- Pick up your right foot and lightly touch your right toe to the floor in front of you.
- Bring the right foot back to the starting position.
- Next, pick up your left foot and lightly touch your left toe to the floor in front of you.
- Bring the left foot back to the starting position.
- Do 15 "touches" with both feet.



Flexibility

Overview of Cool-down Activities

- Cool-down activities are done after your muscles and joints have been warmed-up well during other activities.
- Cool-down activities are mostly stretches to help you increase the flexibility of your muscles and joints. This is called increasing your "range of motion." So, unlike the warm-up stretches, you can do these stretches as far as you are comfortable - no stretching should hurt while you are doing it
- Stretching will also help you to not be sore from cardiovascular and strength activities.
- Stretching should be done smoothly without bouncing.
- Breathe out when stretching out.
- When bending forward, keep your back and shoulders straight, bending from the waist. Bend your knees slightly if you are bending forward or down.
- If you have had a hip replacement, check with your doctor before doing lower body stretching.



Flexibility

Rag Doll Stretch

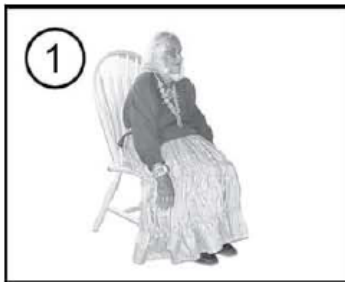
Position: Sitting in a chair

Equipment: Chair

Approximate Time: 30 seconds

Instructions:

- Begin by sitting up straight in your chair.
- Your feet should be shoulder width apart.
- Slowly bend forward, letting your hands fall slowly towards the ground.
- Relax and let your arms hang at your side loosely.
- Your body should be relaxed and hands should be dangling.
- Hold for 10 seconds. Rest and shake out your arms.
- Repeat 3-5 times.



Flexibility

Body Twist

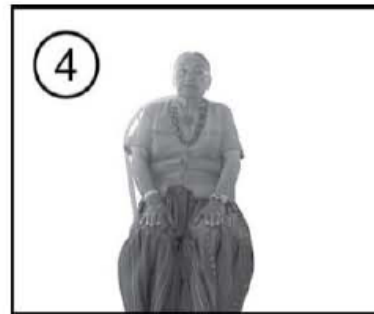
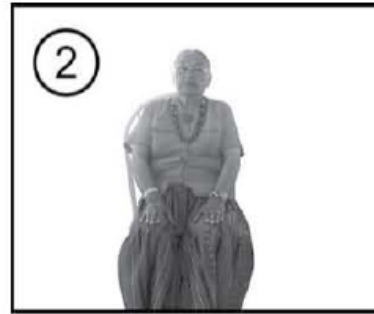
Position: Sitting in a chair

Equipment: Chair

Approximate Time: 30 seconds

Instructions:

- Place your hands on your thighs.
- Gently rotate your head and shoulders to the right until you feel a stretch in your back. Hold for 10 seconds.
- Turn your body back to the center.
- Then, rotate head and shoulders to the left side and hold for 10 seconds.
- Repeat 3-5 times.



Flexibility

Shoulder Shrugs

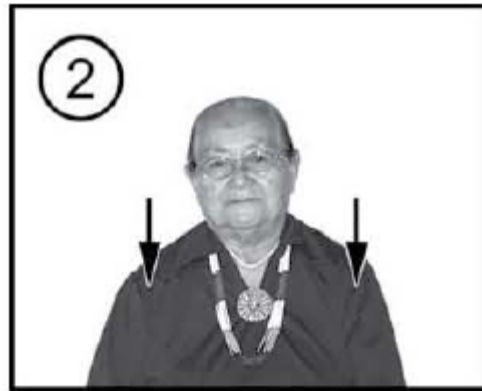
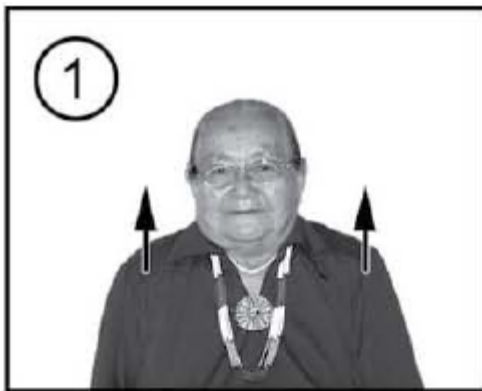
Position: Standing or sitting in a chair

Equipment: Chair is optional

Approximate Time: 1 minute

Instructions:

- Slowly lift both shoulders up to your ears and hold for 10 seconds. Go back to your normal position.
- Slowly press both shoulders down towards the floor and hold for 10 seconds. Go back to your normal position.
- Repeat 3-5 times.



Flexibility

Neck Stretch

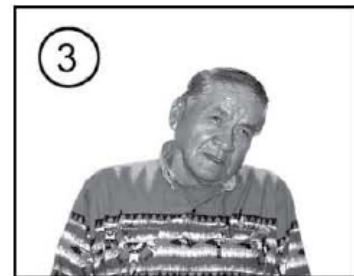
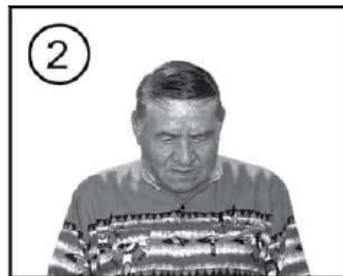
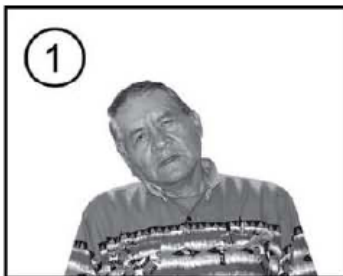
Position: Sitting in a chair

Equipment: Chair

Approximate Time: 1 minute

Instructions:

- Begin by sitting up straight in your chair
- Slowly lower your chin to your chest, feeling a stretch in the back of your neck and your upper back. Hold for 10 seconds.
- Slowly raise your head to center.
- Tilt your right ear toward your right shoulder, and stretch the left side of your neck. Hold for 10 seconds
- Bring your head back to center.
- Tilt your left ear toward your left shoulder, and stretch the right side of your neck. Hold for 10 seconds.
- Repeat 3-5 times for both sides.



Flexibility

Triceps Stretch

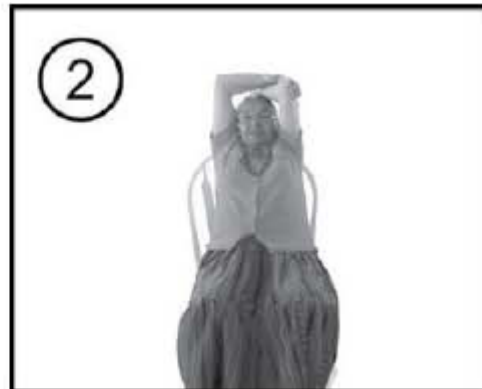
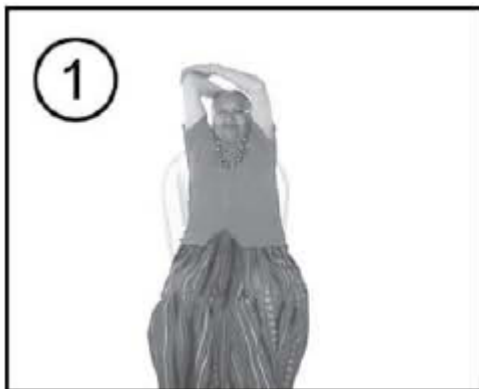
Position: standing or sitting in a chair

Equipment: Chair is optional

Approximate Time: 1 minute

Instructions:

- Lift right arm straight above head.
- Bend your elbow and drop your right hand behind your head.
- Reach your left arm up and grab your right elbow. Pull your right elbow back gently and hold for 10 seconds.
- Repeat with left arm.
- Repeat 3-5 times on each arm.



Flexibility

Seated Calf Stretch

Position: Sitting in a chair

Equipment: Chair (exercise band is optional)

Approximate Time: 30 Seconds

Instructions:

- Begin by sitting up straight in your chair.
- Stretch your right leg out straight; pull your toes back toward your knee.
- Hold this stretch for 10 seconds.
- Stretch your left leg out straight; pull your toes back toward your knee.
- Hold this stretch for 10 seconds.
- Note: to deepen the stretch, place an exercise band around your foot, and use it to pull your foot back toward the knee during the stretch.



Flexibility

Wrist Stretch

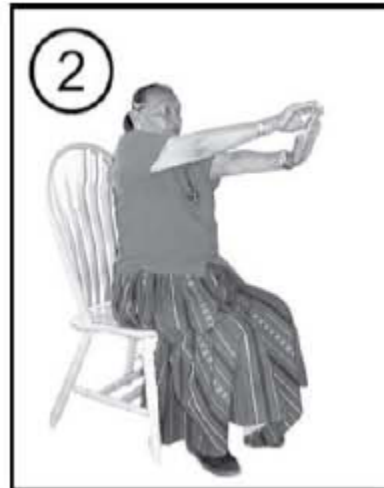
Position: Standing or sitting in a chair

Equipment: Chair is optional

Approximate Time: 30 Seconds

Instructions:

- Lift your right arm in front of your body to shoulder level.
- Bend your wrist and point your fingers to the ceiling.
- Using your left hand, gently stretch your fingers on your right hand back toward your face.
- Hold for 10 seconds, then release.
- Repeat stretch with left arm and wrist.
- Repeat 3-5 times.



Flexibility

Hamstring Stretch

Position: Standing

Equipment: None

Approximate Time: 30 Seconds

Instructions:

- Begin by standing straight with feet a little more than shoulder width apart.
- Slowly reach down towards your right toes. Be careful to bend at the waist, keep your back straight, and keep your knees slightly bent.
- Hold for 10 seconds.
- Stand up, then slowly reach down towards your left toes. Again, be careful to bend at the waist, keep your back straight, and keep your knees slightly bent.
- Hold for 10 seconds.
- Repeat 3-5 times.



Flexibility

Arm Stretch

Position: Standing or sitting in a chair

Equipment: Chair is optional

Approximate Time: 30 seconds

Instructions:

- Lift your right arm in front of the body to shoulder level.
- Bending your elbow, bring your right arm across your chest and lightly grab your left shoulder.
- Use your left hand to pull your right elbow toward you. This will stretch your shoulder more.
- Hold for 10 seconds.
- Release and repeat with left arm.
- Repeat 3-5 times.



Flexibility

Seated Leg Stretch

Position: Sitting in a chair

Equipment: Chair

Approximate Time: 30 seconds

Instructions:

- Put your right leg straight out in front of you.
- Slowly reach your right hand toward your right foot
- Try to keep your back as straight as possible as you lean forward, bending from your hips.
- Hold this stretch for 10 seconds.
- Put your left leg straight out in front of you.
- Slowly reach your left hand toward your left foot
- Hold this stretch for 10 seconds.
- Repeat 3-5 times with each leg.



Flexibility

Calf Stretch

Position: Standing

Equipment: Chair or a wall

Approximate Time: 30 seconds to 1 minute

Instructions:

- Stand behind the chair or facing a wall.
- Place both hands on the chair or wall for balance.
- Put your right foot back behind you and put your left foot slightly in front of your body.
- Try to press your right heel to the floor while slightly leaning forward on your left leg, bending your left knee.
- Hold stretch for 10 seconds.
- Bring your right leg forward and your left leg back; stretch your left calf for 10 seconds.
- Repeat 3-5 times with each leg.
- Be careful! If you use a chair, don't put a lot of weight on it. It is only used for balance and may slide forward if you lean too hard on it.



Everyday Physical Activities



Directions

1. Underline each physical activity that you have ever done.
2. Circle those activities that you enjoy doing the most.

Walking
Riding a bike
Tag
Swimming
Hoing
Stacking wood
Herding sheep
Push ups
Skate boarding
Softball
Dancing
Aerobics
Hide and seek
Soccer
Hiking
Basketball



Frisbee
Running
Hackeysack
Kickball
Track and field
Volleyball
Lacrosse
Field hockey
Jump rope
Jogging
Riding horses
Roller skating
Rollerblading
Sit ups
Climbing rocks
or trees





walking
riding a bike
tag
swimming
hoeing
stacking wood
herding sheep
push ups
skate boarding
softball
dancing
aerobics
hide and seek
soccer
hiking

basketball
Frisbee
running
hackesack
kickball
toka
volleyball
lacrosse
field hockey
jump rope
jogging
riding horses
roller skating
rollerblading
sit ups

climbing rocks or
trees
hunting
chopping wood
carrying water
fishing
building a shelter
herding cattle
playing active
outdoor games
cooking outside
making a shade
house
carrying wood
picking berries

Everyday Physical Activities

Walking
Riding a bike
Tag
Swimming
Hoing
Stacking wood
Herding sheep
Push ups
Skate boarding
Softball
Dancing
Aerobics
Hiking
Hide and seek
Soccer
Basketball

Working Muscles

Breathing Hard

Sweating

Warm Face

Faster Heartbeat

Frisbee
Running
Hacky sack
Kickball
Track and field
Volleyball
Lacrosse
Field hockey
Jump rope
Jogging
Riding horses
Roller skating
Roller blading
Sit ups
Climbing rocks

Helping Others

Arrange for a visit to where participants can demonstrate and lead the exercise breaks/American Indian Games.

- A. Inform participants that they will be leaders by demonstrating and leading other participants on how to do fun exercise breaks/American Indian Games.
 - 1. Explain that they will work together in their teams and need to think of whom to select to introduce their demonstration.
 - 2. Instruct teams on the time frame for teams to be able to lead their activity within a ten-minute period of time.
 - 3. Tell teams the location and procedures for visiting other participants.

- B. Ask teams to prepare for their demonstration.
 - 1. Encourage teams who have chosen an American Indian Game to share the history of the game by reading the information about their game which is in the American Indian Games section.
 - 2. Allow time for teams to select the equipment needed for their demonstration.

- C. Encourage participants to be leaders and show a helping attitude towards others.

- D. Ask participants to select one or two persons who can introduce the purpose of their demonstration after all the teams have introduced themselves.
 - 1. Provide the Prompter Card to the participants to review and practice reading as follows:

*Physical Activity is important for you to do.
It makes you healthier,
It makes you stronger,
It makes you have more energy, and
it's really fun!!*

*We are going to share our exercise breaks and
American Indian Games with you.
Are you ready?
Let's get started!!*

Adapted from the PATHWAYS Project

*To do an exercise break, stand with enough room between you and others.
Be careful not to bump others.*

2. Explain that to do an American Indian Game *will* require more space and teams may have to demonstrate with a smaller participating number of participants or go outside to lead these games.
- E. Allow time for teams to do their demonstration and then lead the exercise breaks! American Indian Games in the selected area.
- F. Congratulate all the participants when they have completed this activity.

Line Dancing (Join The Line)

Description and Set-up: Exercise is not only important for health and weight control, it can also be a fun family activity. Families can participate in a fun activity and begin to think about how to add more exercise to their lifestyles.

Line dancing is demonstrated and taught to all willing participants. Participation will be encouraged, although it is not mandatory.

Line dancing is only an example of a physical activity each site may use. Each site should research and develop a culturally appropriate form of physical activity. Choose an activity that all family members can perform (Le. traditional tribal dance, square dancing).

SHORT MESSAGE: EXERCISE CAN BE FUN!

Purpose: To encourage physical activity that is fun!

Handouts: (Attached) Handouts which illustrate the benefits of exercise and provides helpful hints such as "There Are Many Fun Activities To Keep Yourself Active," "Exercise and You," "How Do I Get Started With Exercise?" "Tips for Exercising," "My Exercise Plan," and "Steps to 2-Steppin'."

Materials/props: Copies of handouts
Audio media equipment, extension cord
A large open space



There are many fun activities to keep yourself active





Exercise and You



How does exercise help you?

You may have heard that exercise lowers your risk of heart disease and helps control your blood pressure and your cholesterol level.

Exercise also helps you to:



Control your weight



Feel good about yourself



Relax and sleep better



Improve your muscle tone and strength



Reduce your risk of illness





How do I get started with exercise?

Choose fun exercises that you enjoy.

Do you like to exercise indoors or outdoors?

Indoor ideas:



running in place



dancing



jump roping



aerobics



cleaning house



Outdoor ideas:



walking



playing soccer



bicycling



jogging



gardening


Do you like to exercise alone or with someone else?


An exercise buddy can support and encourage you.

Important tips for exercising


1. Start slowly if you have not exercised for awhile.
2. Remember to "warm up" before exercising and "cool down" after exercising.




 *Warm up* includes stretching your muscles and beginning slowly, building up to a faster pace.

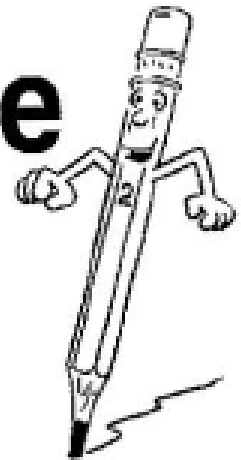
 *Cool down* includes stretching your muscles and slowing down your pace until you are relaxed.

3. To help you stick with the type of exercise you choose, remember to:

 Choose a time you are more likely to stick with exercising.

 Reward yourself for exercise.

My Exercise Plan



Sometimes "getting started" with an exercise routine is the hardest part. It helps to have an exercise plan!

I will begin my exercise routine: _____
(day of week you will exercise)

What's your favorite exercise? _____

How many days a week will you exercise? _____

At what time will you exercise? _____
(time of day)



Good Luck!



Sault Sainte Marie Tribe of Chippewa Indians
Traditional Pow Wow Dances

Pow-wow dancing is a great way to meet new friends and enjoy the company of others. It is also a great form of exercise for anyone no matter what their fitness level. As part of our women's health initiatives, the Sault Tribe of Chippewa Indian's Community Health and Fitness departments have teamed up for the Niim-Ikwe work-out.

During this work-out participants will have the opportunity to move to the pow-wow beats. The workout is about a half hour and participants dance to about 8 songs. We start with a *Grand Entry song* to get us warmed up and moving. Next we dance to a women's traditional dance followed by a round dance. These dances represent the lowest level of intensity. During the dances participants are taught about the various styles and steps often performed by people from differing tribes and communities.

The next two songs include a basic *Jingle dress song* and a side step. Again with information during the song about the different step variations, origins of the dance, etc. This is at intermediate intensity as it is faster and demands a little more of the dancer. Participants new to this dance style working on coordination and timing or participants with limited physical abilities are encouraged to do what they can and choose a style or step that is comfortable for them and their fitness level.

Following the jingle dress songs, we dance *fancy shawl* and then a crow hop. This is the highest level of intensity. Steps are wider, legs kick higher, and there is full upper body participation. Some participants use shawls for added resistance. If there are participants that are not ready for these dances they are encouraged to watch and keep dancing to the step that is comfortable to them.

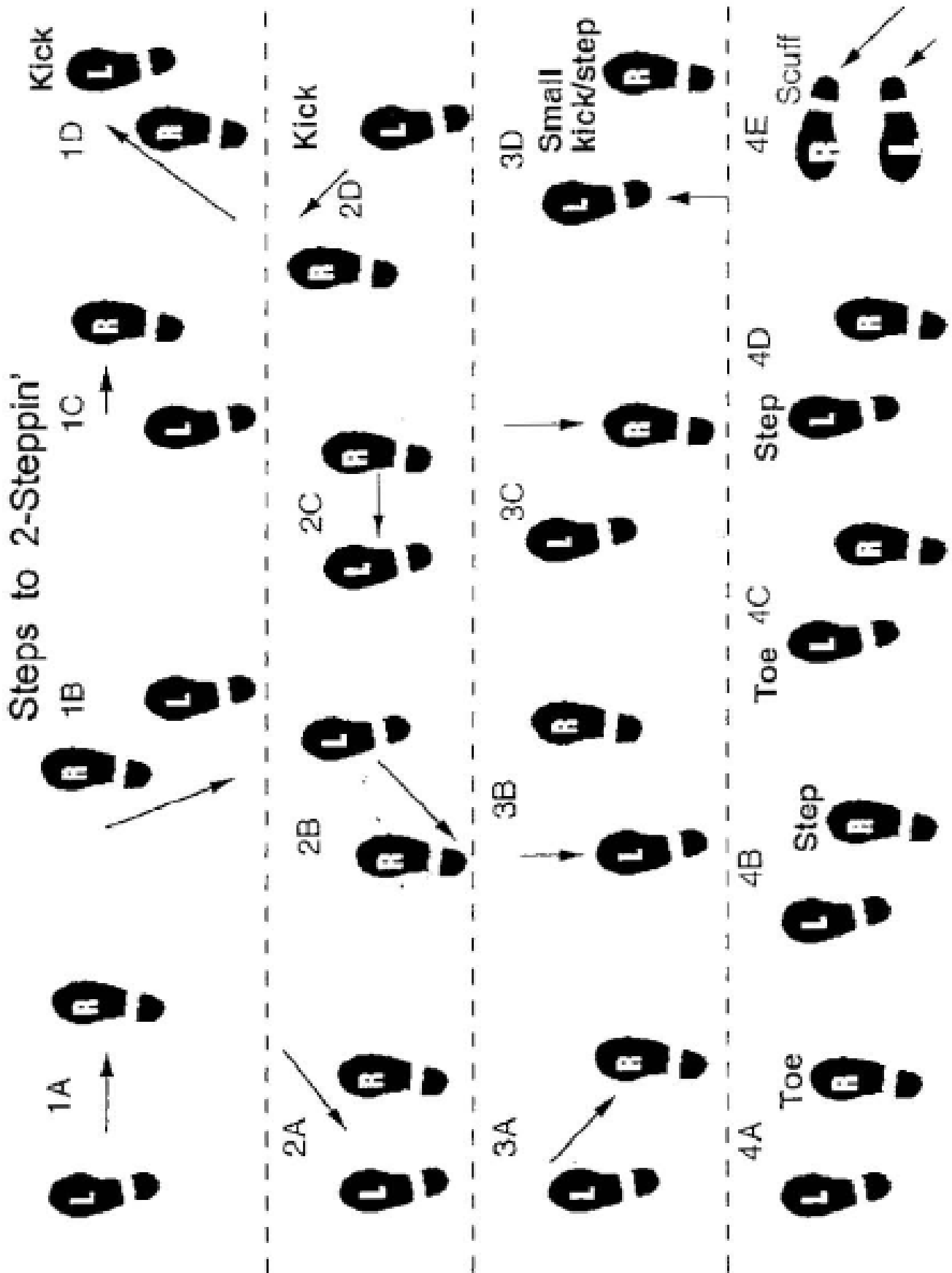
The important thing is movement and working up to higher levels of intensity as it is comfortable to your body.

The last song is generally a ***flag song*** or ***victory song*** to cool down before closing.

Other notes:

We do stretching in between many of the dances to help keep the muscles limber and ready to go.

- Women on their moon-time are still allowed to participate as no one is in full regalia and there are no sacred items present during the workout. Shawls and moccasins are also optional. Towels or blankets may also be substitutes for shawls.
- We like using the dance room for this workout because of the padded floors and mirrors. Some of the ladies participating are coming for the exercise and some are attended to practice their dance moves, so we like the mirrors to check our stepping.



Native American Dance Aerobics

Native American dance has been with us for as long as the beat of the drum has been heard. When we here a beat we feel in our feet.

This program/activity allows participation in a group or alone. These dances can be done almost anywhere and with any number of people.

GOAL: To get people moving.

OBJECTIVE: Getting enough people moving, often enough, to make a healthy impact on mental and physical well being.

NEEDS:

- Instructor/leader, and it could be different for each dance; a class member can also be the instructor/leader for the dances.
- Participants - all ages
- Music with a significant drum best
- Place to hold event

EVALUATION: (see attached form for example)

- Record participant's age, and gender, length of time in activity per session, and how often sessions occur. Best success has been with programs that identify at the beginning, the length of time the dance class will be held, usually 4 to 8 weeks, 3 times a week.

SUGGESTION: Animal Dances (see attached animal footprints attachment)

- For children use the animal footprints to help teach the dance steps
 - Make animal prints large enough to put numbers on the footprints, then place them on the floor to show dance steps.
- Several foot prints are available for use with the dance steps.
- Children can also be creative and create new dance steps.
- Dance steps can be used in any variation of repeated motion.
- Marching in place between steps is a good pace setter, and transition step.

Contributed by Freda Carpitcher, IHS/HPDP Oklahoma Area

- Each of these steps can start slow and progress to a faster pace with each dance or with each session.

- All of the dance steps can include an arm movement.
 - Biceps curl and triceps curl can be added, as well as arms over head, and arms to the side repetitions.

Ideally your group will develop steps and names for themselves. Here are some suggestions to get the group started.

Round Dance (Good for warm-up and cool-down sessions)

1. Start with feet together
2. Side step
3. Feet together

This can be done in a movement from right to left, for example: 3 steps right and 3 steps left; in a circle pattern procession or in a stationary position. This step is a good transition between the animal dance steps and dances.

Fancy Toe Dance

1. Start with feet together hands on hips
2. Place your right toe in front of your left foot and return it to feet together
3. Place your left toe in front of your right foot and return to feet together
4. Do this in sets of 3 or 4 on each foot

This step can be done in a stationary position, in a traveling forward and backward motion, or a combination of all positions.

Thundering Herd

This step is done in a box style or four point/four direction combination.

1. Start with feet together
2. Right foot forward and stomp
3. Left foot forward and stomp
4. Right foot back and stomp
5. Left foot back and stomp
6. To add intensity, lift each knee higher before the stomp

Add arm movements of right foot forward, right arm punch forward; left foot forward left arm punch forward. Right foot back, pull right arm back; left foot back, pull left arm back. Arms can also be punched over head and to each side with each step.

Bunny Rabbit Dance

1. Start with feet together
2. Hop-hop-hop
3. Tap left foot three times
4. Tap right foot three times
5. Repeat

This can be done in a circle movement, from side to side or around the playground.

Deep Snow Dance

1. Start out with a walk step
2. The leader tells a story of the wind getting cold so you have to move faster and begin to march
3. Continue with the snow getting deeper and having to lift your legs higher and higher each time to take a step. Lift your arms to help you get those big steps in
4. Complete the dance by returning to the march and then the walk

Warm Blanket Dance

1. Start by moving feet in the toe-heel steps
2. Place arms in an curved outstretched position, as they would be if your had a blanket around you
3. Continue the toe-heel with the arms alternating in a one up and the other down motion. Right toe movement and the right arm is up, left toe movement and the left arm is up

This movement can be done in a traveling motion, circle motion or stationary position.

Crazy snake

This is a follow the leader type of activity.

1. The first person in the line picks the activity and the rest follow
2. When that set or repetition is complete the first person goes to the back of the line and the second person picks/leads the next step/activity

DATE	NAME	AGE	GENDER

Footprints



cat



gorilla



skunk



elephant



squirrel



dog



lion



toad



raccoon



rabbitt



grizzly bear



moose



horse



chipmunk



Healthy Body Awareness
Ats'iis Ya at'eehgo Ba a' hwon dzin

Eating healthy foods and staying active can help keep you strong and prevent many health problems

The *Healthy Body Awareness (HBA)* program was developed with many supporting agencies and community planning partners, We would like to thank everyone who contributed to the preparation of this nutrition and physical activity program for the Navajo elderly, The HBA program started as a research project with the Crownpoint Agency Senior Centers in 1998, It was initially called Healthy Path, The project began when the Crownpoint Indian Health Service Health Promotion and Disease Prevention director made a request to develop a program that would enhance the health of the Navajo elders, The University of New Mexico Prevention Research Center (UNM PRC) was eager to respond to an opportunity to assist the Crownpoint community, designing and tailoring a curriculum that would include cultural considerations, Pilot research projects and training activities were developed and tested in the following years, In 2004, a community planning partners committee was formed to assist UNM PRC in developing a culturally sensitive program, The planning partners renamed the program *Healthy Body Awareness (HBA)* to better reflect its focus as a training and education program rather than a research project, The Navajo name provided by the community partners, *Ats'iis Ya at'eehgo Ba a' hwon dzin*, translates to *Healthy Body Awareness* in English,

Partnerships:

- Arizona Nutrition Network (AzNN)
- Indian Health Service, Crownpoint Service Unit
- Navajo Area Agency on Aging (NAAA) and Navajo Senior Centers
- Navajo Nation Council on Aging (NNCOA)
- New Mexico State University, Cooperative Extension Service (NMSU CES)
- University of New Mexico, Prevention Research Center (UNM, PRC)

ACKNOWLEDGEMENTS



Pathways was made possible through collaboration with seven indigenous nations and five universities. The study was made possible by grants from the National Heart, Lung, and Blood Institute in Bethesda, Maryland. We would like to express our deepest appreciation and sincere thanks to the students, parents, leaders, school staff/administration, and American Indian communities in the following locations:

Gila River Indian Community (Akimel O'odham)
Tohono O'odham
Nation, Navajo Nation (Dine)
Oglala Sioux Tribe (Oglala Lakota)
Rosebud Sioux Tribe (Sicangu Lakota)
San Carlos Apache Tribe (Dee')
White Mountain Apache Tribe (Ndee')
And five universities:
Johns Hopkins University
University of Arizona
University of Minnesota
University of New Mexico
University of North Carolina

Plus all the staff who assisted in the development, implementation, and evaluation of the Pathways study.

The **Pathways** program promotes physical activity and healthful eating habits among children in Native American communities. Earlier in this century, heart disease was rarely noted among Native Americans. In recent years, however, heart disease has become the leading cause of death in Native Americans. Also, diabetes has become epidemic and is another leading cause of death. Several factors may be responsible for these dramatic increases, particularly the increasing prevalence of obesity. Obesity in childhood can impose a risk for obesity in adulthood. **Pathways** can be easily adapted in various communities and settings. **Pathways** targets changes in specific environmental, personal, and behavioral factors which influence health behavior.

Pathways is a school-based health promotion program that includes physical activity, nutrition/food service, classroom curriculum and family involvement. The primary purpose of the Pathways study was to prevent obesity among American Indian children by promoting increased physical activity and healthful eating behaviors. The **Pathways** intervention was conducted with 1,704 third through fifth grade children from 41 schools in seven American Indian Nations. More information about Pathways can be found at: <http://hsc.unm.edu/pathways>.