

Fall Fitness Challenge 2024

Participant Informational Sheet

Anyone age 18 years or older can participate in the Challenge. Participants must be able to make the initial and final weigh in with the Community Health staff, Nimiipuu Health.

Participation fee must be paid by 4:00 p.m. on September 27th. Checks should be made payable to the Nez Perce Tribe. Payment can be made at weigh in or at the Executive Director's Office. Card payments can be made by calling the Tribe's Finance Office at (208) 843-7317.

There is some flexibility with the initial weigh in dates. If you need to weigh in at a different time, that is acceptable as long as the Community Health staff is available.

Initial weigh in schedule:

9/16 10am-12pm @ Tweepuu Center
9/16 1pm-3pm @ Wa-A'Yas Center
9/17 11am - 2pm @ Clearwater River Casino (private dining area @ Qeqiit)
9/19 10am - 3pm @ Lapwai NMPH
9/20 10am - 3pm @ Lapwai NMPH

All final weigh ins must be completed by November 22nd. If you cannot make a final weigh in date listed in the schedule, you may make arrangements to weigh in early but not late.

Final weigh in schedule:

11/18 9am-4pm @ Lapwai NMPH
11/19 10am-2pm @ Clearwater River Casino (private dining area @ Qeqiit)
11/21 10am-12pm @ Tweepuu Center
11/21 1pm-3pm @ Wa-A'Yas Center
11/22 9am-4pm @ Lapwai NMPH

Participants are advised to consult with a physician or health care provider before starting any new exercise program, dietary program, nutrition or supplementation program, particularly if you suffer from any medical condition or regularly use prescription or over-the-counter medications. If you are not experienced with exercise and strength training, it is also recommended that you consult with a qualified fitness trainer or coach.

Wellness Incentive Drawings (NEW):

Our incentive drawings will focus on wellness activities. We will draw at the end of the challenge. This year's drawing is expected to include over 40 different prizes and gift cards/certificates!

Participation is completely voluntary. Verification is appreciated but a few activities will be on the *honor system*. Each activity will gain you one ticket into the drawing.

- ✓ Wellness Check (mammogram, annual physical exam, PAP, colonoscopy, eye exam, dental exam, prostate exam, blood work, etc. – document with a note from your provider verifying a wellness exam)
- ✓ Bring your blood glucose meter to the clinic at 4 week intervals (twice during contest) to have the memory downloaded (document with a note from your provider)
- ✓ Bring your blood pressure meter to the clinic at 4 week intervals (twice during contest) to have the memory downloaded (document with a note from your provider)
- ✓ Flu Vaccine (document with a note from your provider)
- ✓ COVID Vaccine (document with a note from your provider)
- ✓ Meet with smoking cessation counselor (document with a note from your provider)
- ✓ Have the car seat experts at Community Health check to ensure your car seats are installed properly (document with a note from Community Health)
- ✓ One week with your kids/grandkids in appropriate car seats and all others wearing seat belts...every trip
- ✓ Children's Wellness (well child exam, ensure your children are up to date on shots/vaccines, annual physical exam or sports physical, eye exam, dental exam, etc. – document with a note from your provider verifying a wellness exam)
- ✓ Participate in a physical activity for a minimum of 30 minutes daily (yoga, gardening, walking, hiking, bicycling, dancing, aerobic exercise, swimming, running, basketball, pickleball, tennis, kayaking, weightlifting, HIT workout, crossfit, etc. – document with selfie)
- ✓ Be CPR/First Aid certified (show your card to verify)
- ✓ Get 8 hours of continuous sleep
- ✓ Eat a balanced diet based upon the five food groups for one week (check out the MyPlate App – document with a food log)
- ✓ Daily water intake of at least 64 ounces
- ✓ Mental health one on one date with your child/grandchild/nephew/niece (document with selfie)
- ✓ Decrease screen time weekly (document with screenshot of screen time tracker)

If you want to clarify an activity or inquire about the eligibility of these or other activities, contact the Executive Director's Office. Send all wellness related documentation (list your full name, dates, times, and the activity that you completed) and questions to nptfitnesschallenge@gmail.com.

Contact Information:

Community Health Program, Nimiipuu Health (208) 843-9375
 Executive Director's Office, Nez Perce Tribe (208) 843-7324