



Nimiipuu Health

August 5, 2025

WELLNESS WISDOM

Welcome to your August roundup, packed with an energizing workout, expert tips, fun facts, class schedule updates, & community highlights to help you crush your wellness goals!

Summer Sweat Bodyweight Blast

Full Body No Equipment Workout (Quick & Effective!)

| <u>Exercise</u> | <u>Duration/Reps</u> | <u>Rest</u> |
|----------------------|----------------------|-------------|
| Single-Leg Bridge | 10-12 reps | 15 sec |
| Crawling Plank | 10-12 reps | 15 sec |
| Modified Plank | 10-12 reps | 15 sec |
| Knee "Tap" Extension | 10-12 reps | 15 sec |
| Tricep Dips | 10-12 reps | 15 sec |

Repeat circuit 3x. Feel the burn yet? Let us know how it went!



Upcoming Classes & Events

Cycling Classes

Lapwai- Mon. Wed. & Fri.- 6am
Tue. - 11am
Class w/Capawana - Fri. Aug.
22 - 12pm

Resistance Band Classes

Lapwai- Tue. & Thur. - 12pm
Kamiah- Aug. 13 & 27 - 11am -
Wa-A'Yas

Mileage Club - Lapwai

Lapwai- Aug. 5, 11, 28- 12pm -
LHS Track
Kamiah- Aug. 6, 13, 20, 27 -
12pm - Wa-A'Yas

Community Cooking Class

Lapwai- Aug. 7 -4:30pm- Conf.
Rm.
Kamiah - *Coming Soon*

Community Support Group

Lapwai- Aug. 12 - 5pm - Conf.
Rm.

Fit & Fall Proof Classes for Older Adults

Kamiah- Mon. & Wed. - 1pm -
Wa-A'Yas



Safety Tip of the Month

Tip: Prioritize quality sleep

Why: Sleep is vital for physical & mental restoration, impacting metabolism, mental health, & immune function

How to: Aim for 7-9 hours, maintain a consistent sleep schedule, create a good sleep environment, limit electronics & caffeine before bed, & consider relaxation techniques

More Information:

@Nimiipuu Health

Fitness Center Hours:

Mon-Thur: 6am-7pm | Fri: 6am-3:30pm

nimiipuuhealth.org (208) 843.2271 ext.2847



"You can spot-reduce fat by exercising specific body parts"

Fiction! Exercise reduces overall body fat, not just in the area you're targeting. Your body draws from fat stores throughout your entire body when you exercise.



Healthy Habit Highlight

Make conscious choices, adopt healthy habits:

- Be mindful of your food choices, limit your intake from outside and binge eating. Instead opt for nutritious, home-cooked meals whenever possible
- Kickstart your day with a nutritious breakfast
- Hydration is key, drink plenty of water though the day.

Daily Dose of Wisdom

"Establishing healthy habits is not about overhauling your life overnight, but rather making small, positive changes that accumulate over time. The consistency with which you incorporate these changes into your daily routine is key to building a happier, healthier you."

-Dr. Gina Cleo.



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