



Nimiipuu Health

JULY 10, 2025

WELLNESS WISDOM

Welcome to your July 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>
Jumping Jacks	45 sec	15 sec
Pushups	12-15 reps	15 sec
Bodyweight Squats	15-20 reps	15 sec
Plank	30-45 sec	15 sec
Reverse Lunges (each)	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

Resistance Band Classes

Lapwai - Tue. & Thur. - 12pm
Kamiah - 7/23 - 11am - Wa-A'Yas

Mileage Club - Lapwai

Lapwai - July 10, 14, 24 & 29 -
12pm - LHS Track

Community Cooking Class

Lapwai - July 10-4:30pm- Conf.
Rm.

Kamiah - *Coming Soon*

Community Support Group

Lapwai - July 15 - 5pm - Conf. Rm.



Safety Tip of the Month

Tip: always warm up before & cool down after workouts

Why: preps muscles, improves mobility, prevents injury

How to: start with 3-5 min. light cardio & dynamic stretching; finish with 5 min. gentle stretches

More Information:

@Nimiipuu Health

Fitness Center Hours:

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

nimiipuuhealth.org (208) 843.2271 ext.2847

Fact or Fiction?

"Stretching before exercise prevents muscle soreness"

Fiction! Static stretching before can temporarily reduce power. Use dynamic warmups instead. Save static stretching after workouts for flexibility and recovery.