



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

Health Tips & Their Benefits

- ♥ Breathe Deeply for Lung Health
- ♥ Keep a Journal for Mental Clarity
- ♥ Lift Weights for Bone Strength
- ♥ Get Sunlight for Vitamin D
- ♥ Drink Water for Hydration
- ♥ Laugh Often for a Boost in Mood
- ♥ Read Books for Memory Support
- ♥ Walk Daily for Heart Health
- ♥ Sleep Well for Brain Function
- ♥ Eat Greens for an Immunity Boost
- ♥ Eat Protein for Muscle Strength
- ♥ Meditate for Stress Relief



Upcoming Classes & Events

Strong & Steady Classes

Lapwai- Tue & Thur - 5pm

Band, Strength & Stability Classes

Lapwai- Tue & Thur - 12pm

Kamiah- Jan 9 & 23 - 12pm- Wa-A'Yas

Fit & Fall Proof Classes

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

Cycling Classes

Lapwai- Mon Wed & Fri- 6am

Tues- 11am

Mileage Club

Lapwai- Jan 6, 12, 22 & 30 | 12pm - LHS Track

Kamiah- Every Wed 12pm- Wa-A'Yas

Community Support Group

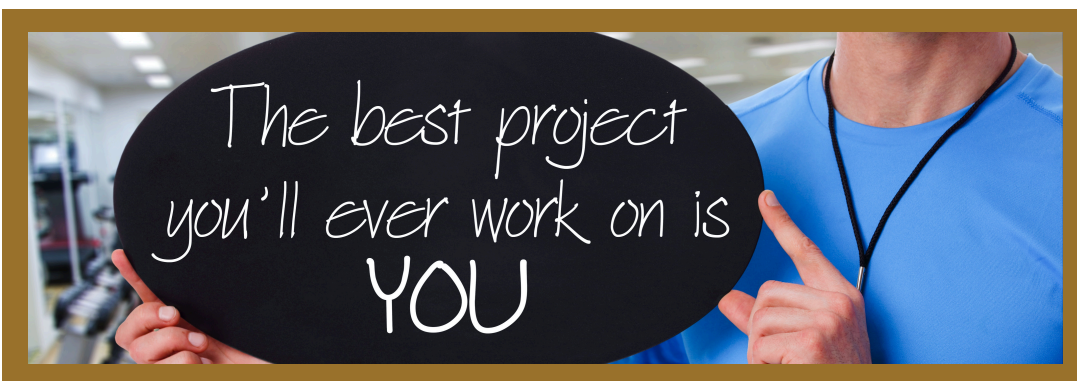
Lapwai- Jan 6 - 5pm- Conf Rm

Mobile Food Distribution

Lapwai- Jan 13 - 9am- LHS Gym

Community Cooking Class

Lapwai- Jan 22 - 4:30pm- Conf Rm



More Information:

@Nimiipuu Health

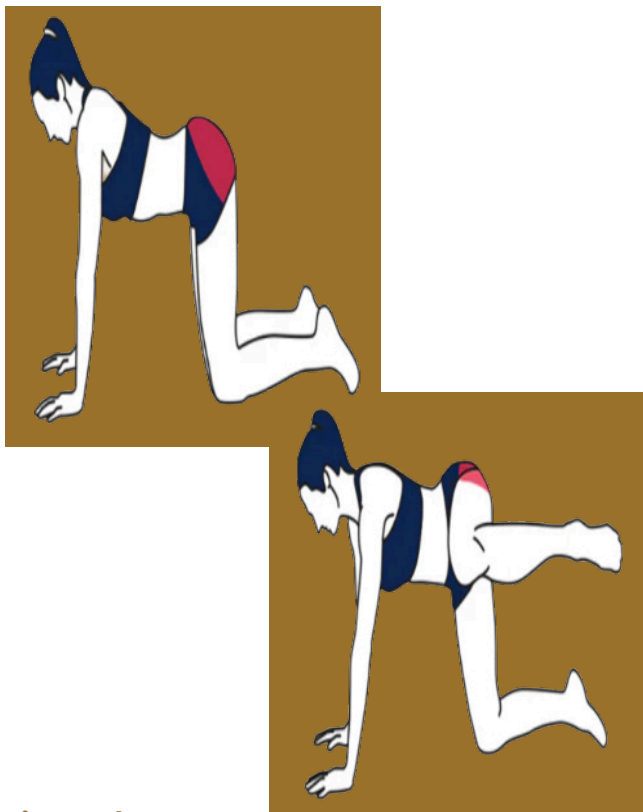
Fitness Center Hours:

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

nimiipuuhealth.org (208) 843.2271 ext.2847



Movements that Matter: January



Fire Hydrant

Starting Position: Get on all fours with hands directly under shoulders and knees under hips. **Engagement:** Tighten your core to maintain a neutral spine and level pelvis. **The Movement:** Lift one knee out to the side while keeping it bent at a 90-degree angle. **Height:** Raise your leg until it is level with your hip, or as high as your mobility allows without twisting your torso. **Control:** Pause briefly at the top, then slowly lower the leg back to the starting position.

Modification

Clamshells: If all-fours is uncomfortable, lie on your side with stacked, bent knees and lift the top knee. This targets the same glute muscles with less stress on knees and wrists.



Wall Sit

Positioning: Stand with your back flat against a sturdy wall and your feet about two feet (shoulder-width apart) from the wall. **Descending:** Slowly slide your back down the wall, engaging your core and keeping your back flat. **The Hold:** Continue lowering until your hips and knees form 90-degree angles, as if you are sitting in an invisible chair. Your knees should be directly above your ankles and not extending past your toes. Rest your arms at your sides or on your thighs (avoid pushing down for support). **Breathing:** Breathe slowly and continuously throughout the hold, avoiding holding your breath. **Finishing:** To stand, push through your heels to slide back up the wall. **Sets and Duration:** Aim to hold the position for 20 to 60 seconds per set, performing 2 to 3 sets. Gradually increase your hold time as you build strength.

Modifications

If a full 90-degree angle at the hips and knees is too challenging at first, start with a shallower squat (a higher position, around 45 to 60 degrees) to build confidence and strength.

More Information:

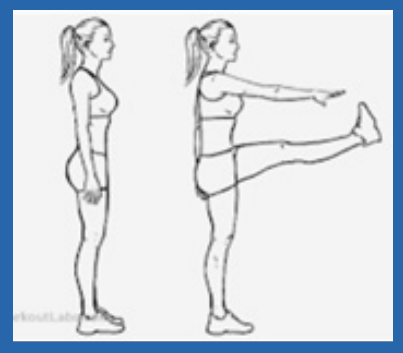
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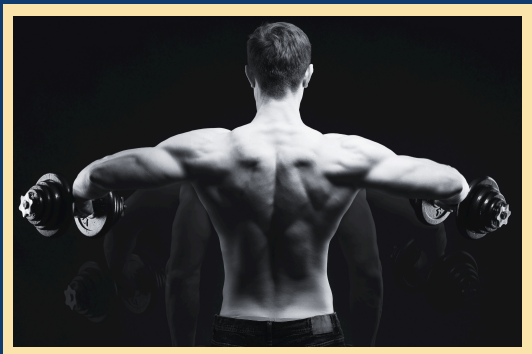


Toy Soldier

Stand tall with feet shoulder-width apart and a straight back. Keep your leg and knee straight as you lift one leg as high as possible in front of you, flexing your toes toward the sky. Reach your opposite arm forward and try to touch your toes with your hand. Lower your leg and step forward, repeating the movement with the other leg and opposite arm. Keep your core engaged throughout the movement, avoiding rounding your lower-back.

Modification

Sit at edge of chair and alternate lifting right leg and left hand together and out. Switch legs and repeat until 8 – 10 reps.



Lateral Raise

Starting Position: Stand with feet shoulder-width apart, knees slightly bent, and hands at your sides. Maintain core engagement and a slight bend in the elbows. Movement: Exhale and lift hands to the sides until parallel to the floor (shoulder height), leading with elbows. Avoid shrugging or using momentum. Return: Inhale and control the descent back to the start.

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Frontal Raise

Starting Position: Stand upright, core engaged, with hands on the side in front of your thighs. Movement: Exhale and raise hands forward to shoulder height, keeping arms mostly straight with a slight elbow bend. Return: Inhale and lower hands back to the start with control.

