



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

Protein, Dairy & Healthy Fats

Vegetables & Fruits

Whole Grains

New Food Pyramid

1/2 VEGETABLES AND FRUIT

BROCCOLI, TOMATOES, CARROTS, ONIONS, PEPPERS

APPLES, GRAPES, BERRIES, ORANGES, MELONS

1/4 PROTEIN

MEAT, FISH, EGGS, BEANS

1/4 GRAIN

BREAD, RICE, PASTA

What it may look like on your plate

Upcoming Classes & Events

NMPH CLOSED Monday, Feb. 16 for President's Day

Strong & Steady Classes
Lapwai- Tue & Thur - 5pm

Band, Strength & Stability Classes
Lapwai- Tue & Thur - 12pm
Kamiah- Feb 20 & 27 - 12pm- Wa-A'Yas

Fit & Fall Proof Classes
Kamiah- Mon & Wed-1pm- Wa-A'Yas
Lapwai- Wed-2:30pm Thur-10am
Conf Rm taught by Maria Garcia

Cycling Classes
Lapwai- Mon Wed & Fri- 6am -Cara
Tues- 11am -Cara
Fridays Feb 13 & 27-12pm Dr. Capawana

Mileage Club
Lapwai- Feb 3, 9, 17, & 26 | 12pm - LHS Track
Kamiah- Every Wed 12pm- Wa-A'Yas

Community Support Group
Lapwai- Feb 3 - 5pm- Conf Rm

Mobile Food Distribution
Lapwai- Feb 10 - 9am- LHS Gym

Art Therapy Class
Lapwai- Feb 12- 5pm- PiNeeWaus

Community Cooking Class
Lapwai- Feb 19 - 4:30pm- Conf Rm

A quote from NMPH Nutritionist

"Eat well to stay strong"



Julie Keller
MS, RDN, CDCES

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: February



Pike Push-ups

Starting position: Begin in a standard push-up position, then walk your feet toward your hands while keeping your legs straight until your body forms an inverted "V" shape (similar to the yoga Downward-Facing Dog). While in the Descent - Lower your head forward and down so it touches the floor in front of your hands, creating a tripod shape between your head and palms. In the Ascent: Press through your palms to return to the starting "V" position. Focus on pushing your body back and up, rather than just straight up.

Variations

Easier (Regression): Perform the exercise with your hands on an elevated surface (like a bench) or reduce the range of motion.



Fly Steps

Starting Position: Stand upright with your feet together and your arms relaxed at your sides. The Step. Take a large step forward with one leg, keeping your back straight and your core engaged. The Fly. As you step, raise both arms out to the sides until they are parallel to the floor, similar to a "flying" motion. Arch and Stretch. Gently arch your back as your arms go back to help the spine stretch and engage the lower back muscles. Return. Step back to the starting position while lowering your arms. Alternate. Repeat the movement with the opposite leg.

Variation

Step Stool: A standard household stool can serve as a makeshift platform, provided it is braced against a wall for stability.

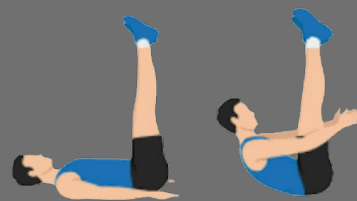
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Leg Raises w/reach

Starting Position: Lie flat on your back on a mat with your legs straight and arms by your sides. For extra lower back support, you can place your hands under your hips. The Lift: Inhale and slowly raise your legs together until they are perpendicular to the floor (forming an "L" shape). The Descent: Exhale as you slowly lower your legs back toward the floor. Stop when they are a few inches above the ground to keep tension on the abs. Critical Form Tip: Keep your lower back pressed firmly into the floor throughout the entire movement. If your back arches, you risk injury and reduce the exercise's effectiveness.

Variation

Seated Leg Extensions: Sit with feet flat, then extend one leg until it is parallel to the floor. Hold briefly to strengthen the muscles around the knee before lowering.



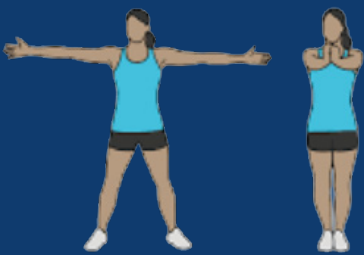
Burpees

Squat: From a standing position, bend your knees and drop into a squat, placing your hands on the floor in front of you. Plank: Kick or step both feet back to land in a high plank position, keeping your body in a straight line. Return to Squat: Jump or step your feet forward to return to the squatting position. Stand/Jump: Explosively jump into the air with your arms overhead, then land softly to begin the next rep.

Variation

Wall Burpee: Perform the entire movement against a wall. Lean forward to place hands on the wall, step back into an inclined plank, perform a wall push-up, and step back in.

Movements that Matter: February



Seal Jacks

Start with feet together and arms extended straight out in front of your chest with palms together. Jump your feet out wide while simultaneously opening your arms out to your sides. Jump your feet back together while bringing your hands back to the center to clap (like a seal).

Variation

Cross Jacks: Similar to a seal jack, but as you bring your feet and arms back to the center, you cross your arms one over the other and cross one foot in front of the other.

Fact or Fiction?



"I can spot-reduce fat (e.g., do crunches to lose belly fat)"

Fiction. Spot reduction is one of the most pervasive fitness myths.

- Doing hundreds of crunches won't burn belly fat.
- Fat loss happens across the entire body and is largely influenced by genetics, nutrition, and overall activity level.

Instead of trying to "tone" a specific area, focus on full-body strength training and cardiovascular activity, paired with a balanced diet.

Uplifting words to live by

"Giving encouragement to others is a most welcome gift, for the results of it are lifted spirits, increased self-worth, and a hopeful future"

-Florence Littauer



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