



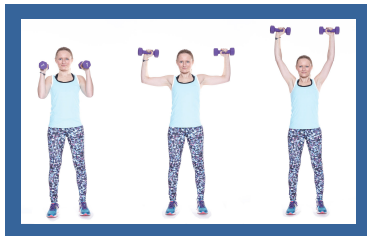
Welcome to your April roundup, packed with an energizing workout, expert tips, fun facts, class schedule updates, & community highlights to help you crush your wellness goals!

Move With Purpose. Wings & Things!

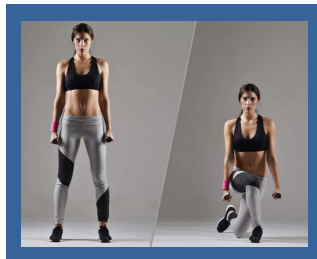
Full Body Workout (Quick & Effective!)

<u>Exercise</u>	<u>Duration/Reps</u>	<u>Rest</u>
Elbow Squeeze Shoulder Press	10-12 reps	30 sec
Curtsy Lunge	10-12 reps	30 sec
Chicken Wings (Abduction Lift)	10-12 reps	30 sec
Shoulder Taps	10-12 reps	30 sec
Bicep Extensions	10-12 reps	30 sec

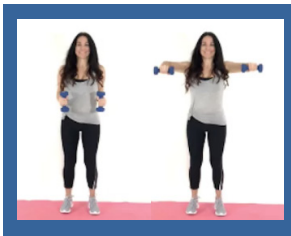
Repeat circuit 3x. Feel the burn yet? Let us know how it went!



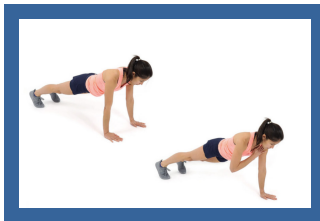
*Elbow Squeeze
Shoulder Press*



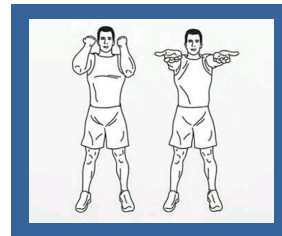
Curtsy Lunge



Chicken Wings



Shoulder Taps



Bicep Extensions



Upcoming Classes & Events

Cycling Classes

Lapwai- Mon Wed Fri - 6am
Class w/Capawana - Fridays
April - 12pm

Strong & Steady Group Class

Lapwai- Tue & Thur - 5pm

Resistance Band Classes

Lapwai- Tue. & Thur. - 12pm
Kamiah- Apr 3 & 17 - 12pm -
Wa-A'Yas

Mileage Club - Lapwai

Lapwai- Apr. - 12pm - LHS Track
Kamiah- Every Wed - 12pm -
Wa-A'Yas

Men's Wellness Event

Apr 2 -8am-4pm - CRC

Community Support Group

Lapwai- Apr 7- 5pm - Conf. Rm.

Food Distribution

Lapwai- Apr 14 - 9am - LHS

Community Cooking Class

Lapwai- Apr 16 - 4:30pm - Conf
Rm

Fit & Fall Proof Classes for Older Adults

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

Lapwai- w/Maria Garcia - Wed
2:30pm Thur 10am - Conf. Rm.

More Information:

@Nimiipuu Health

Fitness Center Hours:

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

nimiipuuhealth.org (208) 843.2271 ext.2847



Safety Tip of the Month

Tip: Prioritize Nourishing Foods

Why: Eating whole, unprocessed foods is a key to good health. Don't worry, healthy foods don't have to be bland. Check out these tasty recipes and foods that boost your mental health.

How to: Add these nutritional habits into your diet:

- Concentrate on fruits, vegetables, lean proteins and whole grain foods.
- Restrict your intake of processed foods, sweetened beverages and excessive saturated and unhealthy fats.
- Hydration is key! Aim for eight glasses of water daily.

Fact or Fiction

Myths	Facts
Lifting weights makes you bulky	Strength training tones & defines, not bulks unless you eat for it
You need hours in the gym to see results	Consistency beats duration. Even 20 focused minutes counts
You can spot reduce fat	You can't pick where to lose fat. Full body movement wins
Sweating means you're burning more fat	Sweat cools you down, it's not a fat burning meter

Healthy Habit Highlights!

Accomplish BIG Things with a Growth Mindset

INSTEAD OF THINKING... >>> >>> >>> THINK THIS

I CAN'T DO IT >>> I'M STILL LEARNING. I'LL KEEP TRYING!

I'M NOT GOOD AT THIS >>> WHAT CAN I LEARN TO IMPROVE?

IT'S NOT GOOD ENOUGH >>> IS THIS THE BEST I CAN DO?

IT'S TOO HARD >>> WITH MORE PRACTICE, I WILL GET BETTER.

I'M AFRAID OF MAKING A MISTAKE >>> MISTAKES ARE A LESSON.

I DON'T KNOW HOW >>> I CAN LEARN HOW!

I DON'T LIKE CHALLENGES >>> THEY MAKE ME BETTER!

I GIVE UP >>> I'LL TRY A DIFFERENT WAY!

Tips for a Healthy Lifestyle!

Get Enough Sleep - 7-9 hrs./night

Manage Stress - Relax & Unwind

Stay Active - Exercise Regularly

Eat a Balanced Diet - Lots of Fruits & Veggies

Stay Hydrated - Drink Plenty of Water

Avoid Smoking - & Alcohol

Regular Check-ups - Monitor Your Health

Limit Screen Time - Take Breaks

More Information:

  @Nimiipuu Health

Fitness Center Hours:

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

nimiipuuhealth.org (208) 843.2271 ext.2847