



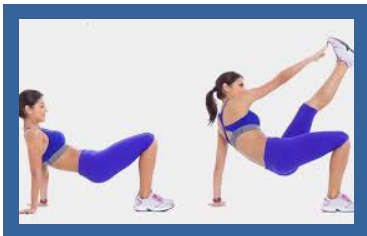
Welcome to your March roundup, packed with an energizing workout, expert tips, fun facts, class schedule updates, & community highlights to help you crush your wellness goals!

Spring Sweat Bodyweight Blast

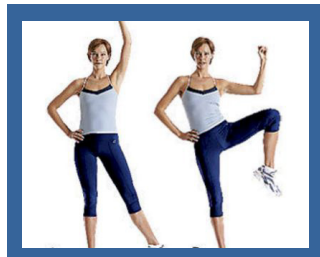
Full Body No Equipment Workout (Quick & Effective!)

<u>Exercise</u>	<u>Duration/Reps</u>	<u>Rest</u>
Crab Toe Touch	10-12 reps	15 sec
Standing Side Crunch	10-12 reps	15 sec
Wall Sit	10-12 reps	15 sec
Goalie	10-12 reps	15 sec
Plank Hold	10-12 reps	15 sec
Front Raise	10-12 reps	15 sec

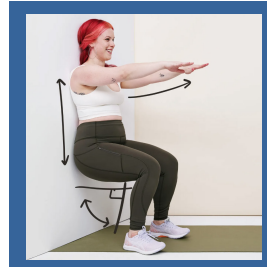
Repeat circuit 3x. Feel the burn yet? Let us know how it went!



Crab Toe Touch



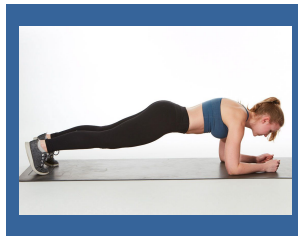
Standing Side Crunch



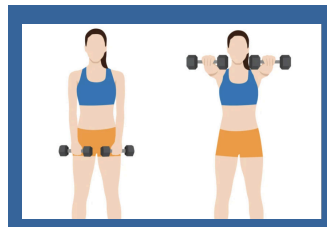
Wall Sit



Goalie



Plank Hold



Front Raise



Upcoming Classes & Events

Cycling Classes

Lapwai- Mon Wed Fri - 6am
Class w/Capawana - Fridays
 Mar 6, 13 & 27 - 12pm

Strong & Steady Group Class

Lapwai- Tue & Thur - 5pm

Resistance Band Classes

Lapwai- Tue. & Thur. - 12pm
Kamiah- Mar 20, Apr 3 & 17 -
 12pm - Wa-A'Yas

Mileage Club - Lapwai

Lapwai- Mar 3, 12, 17 & 23 -
 12pm - LHS Track

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

Community Support Group

Lapwai- Mar 3 - 5pm - Conf. Rm.

Food Distribution

Lapwai- Mar 10 - 9am - LHS

Community Cooking Class

Lapwai- Mar 19 - 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: Prioritizing Health & Wellness

Why: Remember to prioritize your wellness, especially as season change. Consider getting a flu shot, exercising, and eating and sleeping well. Staying healthy helps you and those around you.

How to: Regular exercise, balanced diet and adequate rest are key to maintain physical strength and energy.



Healthy Habit Highlight

How to incorporate 10 healthy habits in your lifestyle:

1. Eating a balanced diet
2. Drinking enough water
3. Regular exercise
4. Practicing safe sun protection
5. Practicing good sleep hygiene
6. Strength training & stretching
7. Getting regular exposure to fresh air & nature
8. Incorporating omega-3 fatty acids into your diet
9. Regular self-massaging
10. Practicing yoga or other mind-body exercises

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Fact or Fiction?

"Drinking cold water during or after exercise is bad for you."

A cartoon water drop character with a face, arms, and legs, looking thoughtful with a hand on its chin. A red question mark is positioned above its head.

Fiction! Cold water has been shown to be absorbed more quickly, so it can effectively rehydrate the body during or after exercise. An additional benefit of cold water is body-temperature regulation, which is particularly important on hot days. Hydration is the priority, and the water temperature is secondary. If you are freezing following a drive, drink warmer water. If you are sweating topside, drink cooler water. Pay attention to how you feel and ingest fluids according to your thirst.

Words to live by...

"It's not about being the best, it's about being better than you were yesterday."