



Nimiipuu Health

June, 2026

WELLNESS WISDOM

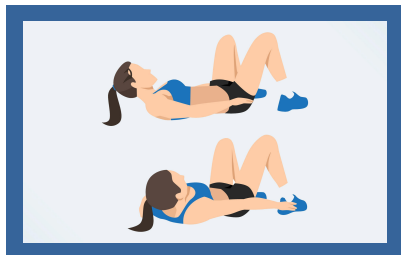
Welcome to your June roundup, packed with an energizing workout, expert tips, fun facts, class schedule updates, & community highlights to help you crush your wellness goals!

Purpose - Balance - Power

Full Body Workout (Quick & Effective!)

<u>Exercise</u>	<u>Duration/Reps</u>	<u>Rest</u>
Heel Touches	10-12 reps	15 sec
Frog Squat	10-12 reps	15 sec
Forward Lunge Twist	10-12 reps	15 sec
Step Ups	10-12 reps	15 sec
V Ups	10-12 reps	15 sec

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



Heel Touches

Starting Position: Lie flat on your back on a mat. Bend your knees at a 90-degree angle, placing your feet flat on the floor about hip-width apart. Extend your arms straight down at your sides.

Engage the Core: Press your lower back into the mat and draw your navel inward. Gently lift your head, neck, and shoulder blades off the floor.

The Reach: Keep your neck neutral (don't tuck your chin) and look slightly upward. Bend your torso to the right, sliding your right hand along the floor to touch your right heel.

Alternate: Slowly return to the starting position, then bend to the left to touch your left heel. Continue alternating sides at a slow, controlled pace.



Upcoming Classes & Events

Cycling Classes

Lapwai- Mon Wed Fri - 6am
Tuesdays - 11am

Class w/Capawana - Fridays
June 12 & 26 July 10 & 24- 12pm

Resistance Band Classes

Lapwai- Tue. & Thur. - 12pm

Kamiah- June 5 & 26 - 12pm -
Wa-A'Yas

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.

Mileage Club - Lapwai

Lapwai- On break for June

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

Community Support Group

Lapwai- June 9 - 5pm - Conf. Rm.

Food Distribution

Lapwai- June 9 - 9am - LHS

Community Cooking Class

Lapwai- June 11 - 4:30pm - Conf
Rm

Pride Event

June 12 - 11am-1pm - NMPH
Community Health Front Lawn

More Information:

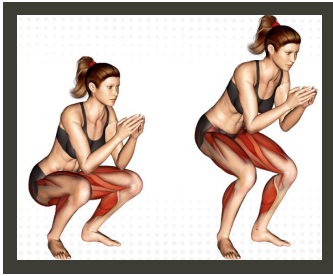
@Nimiipuu Health

Fitness Center Hours:

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

nimiipuuhealth.org (208) 843.2271 ext.2847

Purpose - Balance - Power



Frog Squat

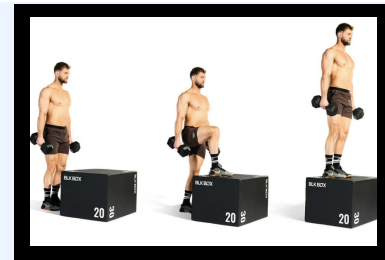
Starting Set your stance: Stand with your feet wider than shoulder-width, pointing your toes outward at a wide angle (around 45 degrees), similar to a ballet or deep sumo stance.

Sink into a squat: Push your hips back, bend your knees, and lower your glutes down into a deep, comfortable squat.

Position your arms: Clasp your hands together and rest your elbows gently against the inside of your knees.

Pulse: Keeping your back completely straight and your heels planted, drive your hips upward about halfway. Your torso should remain nearly parallel to the floor.

Return: Lower your glutes back down into the deep squat position to complete one rep.



Step-Ups

Positioning: Choose a sturdy box, bench, or step. A height that brings your knee to a 90-degree angle or slightly below. Face the step with feet hip-width apart. Keep your body close to the box to prevent relying on momentum.

The Drive: Place your entire foot flat on the step. Press heavily through your lead heel and drive your body upward.

Alignment: Ensure your knee tracks straight forward and doesn't cave inward.

The Top: Stand tall on the platform, fully extending your hip and knee. Squeeze your glutes at the top.

Controlled Return: Slowly lower yourself back down. Focus on keeping your movement smooth and controlled rather than dropping quickly.

Step Back: Step down with the non-working leg first, followed by the lead leg.



V-Ups

Starting Position: Lie flat on your floor or mat. Keep your legs straight, feet together, and arms extended overhead near your ears.

Brace Your Core: Press your lower back into the floor. Tighten your abdominal muscles to protect your spine.

The Lift: Exhale and simultaneously lift your legs (keeping them as straight as possible) and your upper body off the floor. Reach your fingertips toward your toes to form a "V" shape with your body.

The Return: Inhale as you slowly and with control lower your arms and legs back to the starting position. Hover your heels a few inches off the floor before starting the next repetition.

Forward Lunge Twist



Starting Position: Stand tall with your feet hip-width apart. Engage your core and keep your chest lifted.

Step and Drop: Take a large step forward with your right foot. Lower your hips until both knees form 90-degree angles. Your back heel should lift off the floor, and your back knee should hover just above the ground.

The Twist: Keeping your hips square and stable, rotate your upper body (from the ribs up) to the right. You can extend your arms straight out or bring your hands together at your chest.

Return: Twist your torso back to the center. Then, push off your right foot to return to the starting standing position.

Repeat: Step forward with your left foot and twist to the left. Alternate legs for 8-12 repetitions per side.

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Safety Tip of the Month

Tip:

- Small steps every day, big results, always!

Why:

- Starting your day with movement helps your body wake up and is a great way to increase energy, sharpen focus, and support overall well-being.

How to:

- Do 10 – 15 minutes of stretching or light exercise in the morning to energize your body.

Fact or Fiction

Common Fitness Myths vs Facts

Clear Misconceptions in a Visual Way

MYTH

Sweat = Fat Loss



FACT

Sweat is just your body's way of cooling down



MYTH

No Pain, No Gain



FACT

Pushing too hard can cause injury



MYTH

Spot Reduction Works



FACT

You can't target fat loss in just one area



MYTH

Carbs Make You Fat



FACT

Carbs are fuel for exercise in moderation



HEALTHY HABITS FOR A BETTER LIFE



Get 8 hours of sleep



Exercise regularly



Read for 20+ minutes



Meditate for 10+ minutes



Stretch your body daily



Stay hydrated



Aim for 8000+ steps a day



Spend time outdoors



Spend time w/ loved ones



Eat a healthy diet



Get some sunlight

3 of 3

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