



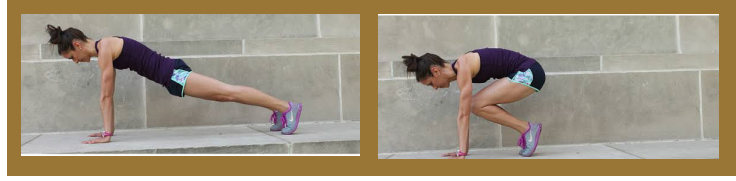
Welcome to your August roundup, packed with an energizing workout, expert tips, fun facts, class schedule updates, & community highlights to help you crush your wellness goals!

Summer Sweat Body Blast!

Full Body Workout (Quick & Effective!)

<u>Exercise</u>	<u>Duration/Reps</u>	<u>Rest</u>
Plank Jump-ins	10-12 reps	15 sec
Doorway Rows	10-12 reps	15 sec
Curtsy Lunge	10-12 reps	15 sec
Superman	10-12 reps	15 sec
Walking Jacks	10-12 reps	15 sec

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



Plank Jump-ins

Start Position: Begin in a high plank position with your hands directly under your shoulders and your body in a straight line from head to heels. Engage your core and glutes to stabilize your body.

Jump Forward: Bend your knees slightly and jump your feet towards your hands, landing softly. Aim to land your feet outside your hands to maximize the range of motion.

Return to Plank: From the landing position, jump your feet back to the plank position in a controlled manner. Maintain a steady breathing pattern throughout the exercise; exhale on the jump and inhale as you return to plank.



Upcoming Classes & Events

Cycling w/ Dr. Capawana

Lapwai- Fridays - Sept. 4, 11 & 25 / Oct. 9 & 23

Cycling w/Cara

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

Band Strength & Stability

Lapwai- Tue. & Thur. - 12pm
Kamiah- Aug 14 & 28- 12pm -
Wa-A'Yas

Fit & Fall Proof for Older Adults

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

Mileage Club

Lapwai- Aug. On pause
Kamiah- Every Wed - 12pm -
Wa-A'Yas

Community Support Group

Lapwai- Aug 11 - 5pm - Conf. Rm.

Food Distribution

Lapwai- Aug 11 - 9am - LHS

Community Cooking Class

Lapwai- Aug 13 - 4:30pm - Conf.
Rm.

Medicare Workshop Aug 12 -
10:30am - Conf. Rm.

More Information:

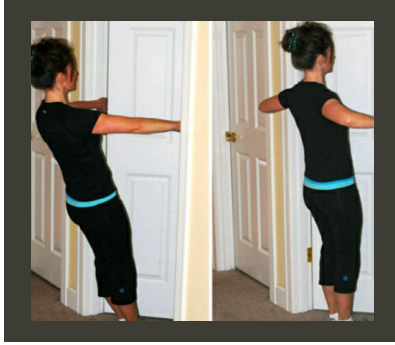
  @Nimiipuu Health

Fitness Center Hours:

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

nimiipuuhealth.org (208) 843.2271 ext.2847

Summer Sweat Body Blast - August



Doorway Rows

Start Position: Position yourself facing a door frame, gripping the edges or using resistance bands.

Performing the Exercise: Lean back slightly and pull your body towards the door frame, engaging your back muscles.

Reminder: Ensure proper form to maximize effectiveness and minimize injury.

Curtsy Lunge

Starting Position:

Stand with feet hip-width apart, arms at your sides or in front of your chest to help balance.



Performing the Exercise: Step back and across. Using your back leg, step diagonally behind you with your front leg, crossing it behind like a curtsy. Lower into the lunge by bending both knees, lowering until your front thigh is parallel to the floor and your back knee nearly touches the floor. Drive back up by pushing through the heel of your front foot to return to the starting position.

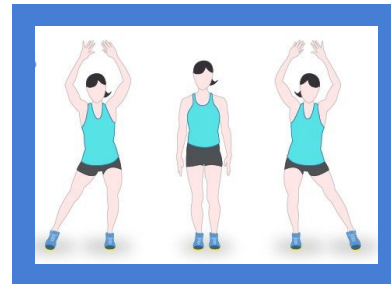
Repeat: Alternate sides for the desired reps (commonly 10–12 per leg).



Superman

Start Position: Lie face down with arms extended overhead and legs straight. Keep your head neutral (don't look up).

Performing the Exercise: Hold arms and legs about 6 inches off the floor while engaging glutes and core. Hold for 2–3 seconds, breathing steadily. Lower slowly and repeat for 2–3 sets of 8–12 reps.



Walking Jacks

Starting Position: Feet together.

Performing the Exercise: Step - out wide without jumping. Step your feet apart while raising your arms overhead until they meet in front of you. Step your feet back together as you bring your arms down to your sides, returning to the starting position.

Repeat: Continue alternating steps and arm movements in a steady rhythm.

Safety Tip of the Month - Exercise is Medicine

Aging is inevitable. Losing strength & mobility is influenced by how much you use your body.



Your body adapts to how you use it. Movement is one of the best investments you can make...

5 LESSONS IN LIFE FROM DR. SEUSS

1. *TODAY YOU WERE YOU. THAT IS TRUER THAN TRUE.
THERE IS NO ONE ALIVE THAT IS YOU-ER THAN YOU.*

2. *WHY FIT IN WHEN YOU
WERE BORN TO STAND OUT?*

3. *YOU HAVE BRAINS IN YOUR HEAD. YOU HAVE
FEET IN YOUR SHOES. YOU CAN STEER YOURSELF IN
ANY DIRECTION YOU CHOOSE.*

4. *BE WHO YOU ARE AND SAY WHAT YOU FEEL,
BECAUSE THOSE WHO MIND DON'T MATTER AND
THOSE WHO MATTER DON'T MIND.*

5. *TODAY I SHALL BEHAVE, AS IF THIS IS THE DAY I WILL BE REMEMBERED.*