



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

Summer Sweat Bodyweight Blast

Full Body Workout (Quick & Effective!)

Exercise	Duration/Reps	Rest
Bodyweight Squats	10-12 reps	15 sec
Side Plank	10-12 reps	15 sec
Knee Push-ups	10-12 reps	15 sec
Crab Walk	10-12 reps	15 sec
Bear Crawl	10-12 reps	15 sec

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



Bodyweight Squats
Lower down & stand back up strong



Side Plank
Hold body steady on one side



Knee Push ups
Controlled pushups from knees



Crab Walk
Walk backward with hips lifted



Bear Crawl
Crawl forward, keeping core tight

EVENTS

Upcoming Classes & Events

Cycling Classes

Lapwai- Mon Wed Fri - 6am
Tuesdays - 11am
Class w/Capawana - Fridays
July 10 & 24- 12pm

Resistance Band Classes

Lapwai- Tue. & Thur. - 12pm
Kamiah- July 10 & 24 Aug. 14 & 28- 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 1pm - Conf. Rm.

Mileage Club

Lapwai- July - TBD
Kamiah- Every Wed - 12pm - Wa-A'Yas

Community Support Group

Lapwai- July 14 - 5pm - Conf. Rm.

Food Distribution

Lapwai- June 14 - 9am - LHS

Community Cooking Class

Lapwai- July 9 - 4:30pm - Conf Rm

Youth Enrichment Days

July 7-9 - 8am, daily

Women's Health - Open House

July 16 - 1pm-4pm - Community Health Side Lapwai

More Information:

@Nimiipuu Health

Fitness Center Hours:

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

nimiipuuhealth.org (208) 843.2271 ext.2847



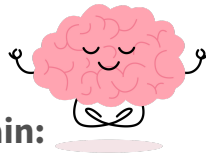
Safety Tip of the Month

Tip: Exercise regularly

Why: Improve your overall health

How to: 30 minutes
5 days a week

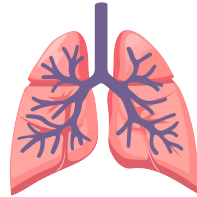
BENEFITS OF REGULAR EXERCISE



Brain:
Improves memory,
reduces stress,
enhances concentration



Heart:
Lowers risk
of heart
disease



Lungs:
Increases
Lung
capacity



Blood Vessels:
Enhances blood
flow, improves
vascular elasticity



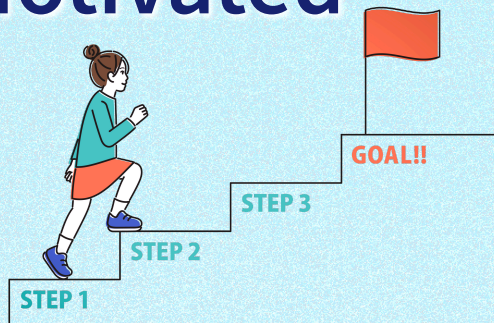
Muscles:
Boosts strength,
enhance
endurance,
more muscle
mass



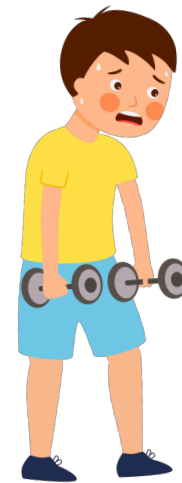
Immune System:
Strengthens immune
system, reduces
inflammation & illness

Staying Motivated

**Consistency
is key**



1. Set realistic goals
2. Make a schedule & stick to it
3. Reward yourself
4. Stay positive
5. Find a fitness routine & enjoy
6. Find a workout buddy
7. Be patient & persistent



Myth

You must
exercise
every day

Fact

Rest days are
essential for
recovery



GET HEALTHY OUTDOORS!



REGULAR OUTDOOR ACTIVITY:

- ★ Promotes weight loss
- ★ Reduces arthritis pain
- ★ Lowers blood pressure
- ★ Reduces stress, anxiety & depression
- ★ Improves confidence & self-esteem
- ★ Calms the mind

OUTDOOR ACTIVITY CAN ALSO:

Lower risk of diabetes, certain cancers, osteoporosis, & cardiovascular disease

NMPH Fast Facts: Check-in Edition

Know where to go when you're checking in at Nimiipuu Health

- ✓ Please check in at the main lobby with a Patient Care Coordinator (PCC) for any of the following: Medical Appointments, Labs, Optometry, or Massage
- ✓ For Behavioral Health, please check in with their front desk located in the back of the building through the door closest to main street
- ✓ For Dental, please check at the Dental front desk located on the second floor
- ✓ For Women's Health, Dr. Vu, please check in with their front desk on the Community Health side (for Women's Health visits with Dr. Smith & Dr. Wilson, check-in with PCCs, main lobby)

For Kamiah clinic, all visits check-in with the front desk

If you checked in using the link, please still notify the staff when you are in the building