



Nimiipuu Health

September, 2026

WELLNESS WISDOM

Welcome to your September roundup, packed with a workout that can be done anywhere, helpful tips, fun facts, event updates, & community highlights to help you stay on track!

Autumn Abs & Arms!

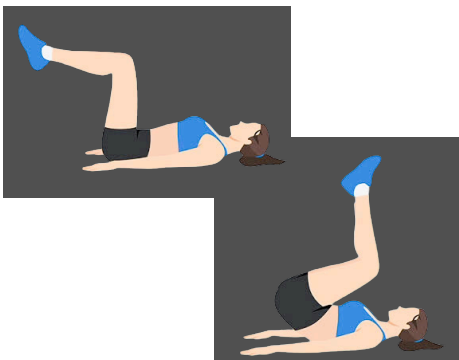
Full Body Workout (Quick & Effective!)

<u>Exercise</u>	<u>Duration/Reps</u>	<u>Rest</u>
Reverse Crunches	10-12 reps	15 sec
Elbow Raise	10-12 reps	15 sec
Door Frame Rows	10-12 reps	15 sec
Star Plank	10-12 reps	15 sec
Leg Raises	10-12 reps	15 sec

Repeat circuit 3x and Let us know how it went!

Reverse Crunches

Start Position: Lie flat on your back with your arms by your sides, palms facing down. Bend your knees at a 90-degree angle, putting legs into a "tabletop" position where your shins are parallel to the floor.



Perform the move: Exhale and brace your core. Contract your abs to curl your pelvis upward, lifting your hips and lower back slightly off the mat. Pause at the peak, keeping upper back, neck, and shoulders relaxed and flat on the floor.

Return: Inhale, slowly lower your hips back to the mat with control. Return your legs to the 90-degree tabletop starting position with control.

More Information:

@Nimiipuu Health

Fitness Center Hours:

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

nimiipuuhealth.org (208) 843.2271 ext.2847

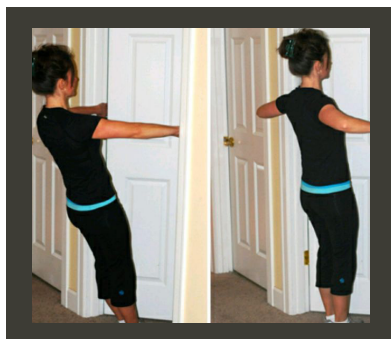


UPCOMING CLASSES & EVENTS

- Cycling w/ Dr. Capawana**
Lapwai- Sept 4, 11, 25 Oct 9, 23- 12pm
- Pilates Class w/ Marissa**
Tue & Thur 12pm
- Cycling w/Cara**
Lapwai- Mon Wed Fri - 6am
- Resistance Band Class w/ Kristine**
Lapwai- Mon & Wed 12pm
Kamiah- Sept 11, 25- 12pm - Wa-A'Yas
- Fit & Fall Proof Classes**
Lapwai-Wed. 2:30pm Thur. 1pm -Conf. Rm.
Kamiah- Mon & Wed- 1pm - Wa-A'Yas
- Myofascial Magic w/Kristine**
Lapwai- Mon Wed & Fri - 11am
Kamiah- Sept 11 & 25- 12pm - Wa-A'Yas
- Zumba Dance Class w/Kristine**
Lapwai- Tuesdays 6:30am
Kamiah- Sept 11, 25- 1pm - Wa-A'Yas
- Mileage Club**
Lapwai- Sept. 1, 11, 15, 24, 29 - LHS Track
Kamiah- Every Wed - 12pm - Wa-A'Yas
- Community Support Group**
Lapwai- Sept 1 - 5pm - Conf. Rm.
- Food Distribution**
Lapwai- Sept 8 - 9am - LHS
- Community Cooking Class**
Lapwai- Sept 3 - 4:30pm - Conf. Rm.
- Suicide Awareness Walk**
Sept 24 - 11:30am - LHS Track
- Kamiah Art Therapy Session**
Sept 24 - 5pm - Wa-A'Yas

Autumn Abs & Arms!

Door Frame Rows

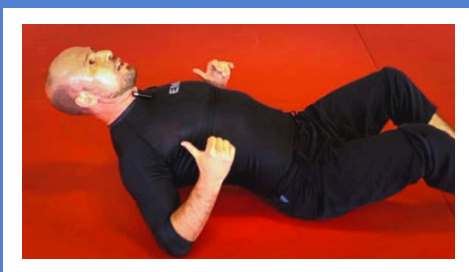


Start Position: Position yourself facing a door frame, gripping the edges or using resistance bands.

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.

Elbow Raise



Performing the Exercise: Lie flat on your back on the floor with your knees bent and feet flat on the ground. Bend your arms and place your elbows firmly against the floor by your sides. Drive your elbows straight down into the ground to lift your upper body slightly off the floor. Squeeze your upper back and shoulders at the top of the tiny lift. Lower your upper body slowly back down to the floor.

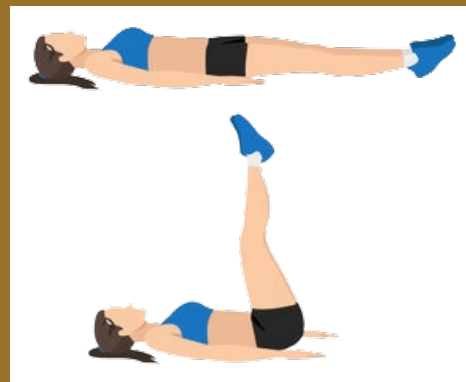
Star Plank



Start Position: Begin in a standard high plank (push-up) position with your hands directly under your shoulders.

Performing the Exercise: Walk your feet out wide to each side, then walk your hands out diagonally forward and wide. Your body should form a wide "X" or star shape. Keep your core tightly engaged, your hips level, and avoid letting your lower back sag. Hold for 20 to 30 seconds.

Leg Raises



Starting Position: Lie flat on your back. Place your arms flat by your sides with your palms pressed firmly into the ground.

Performing the Exercise: Press your lower back firmly into the floor. There should be zero space between your spine and the ground. Squeeze your legs together. Exhale as you slowly raise your legs until they are vertical, forming an "L" shape with your body. Inhale as you slowly lower your straight legs back down. Stop when your heels hover about 6 inches above the floor.

Moderate Intensity Activities!

These will increase your heart rate, cause faster breathing & make you feel warmer



Fast Walking



Basketball



Water Aerobics



Volleyball



Rollerblading



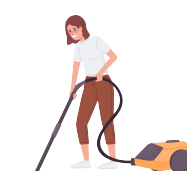
Cycling



Hiking



Skateboarding



Vacuum Cleaning



Mowing the Lawn

Safety Tip of the Month

Protect Your Health From Wildfire Smoke

Wildfire smoke has shown to increase Emergency Room visits by more than 40%. Learn how to protect your health during wildfire season.



Protect your lungs

The respiratory system needs support to filter out the smoky air to provide clean oxygen to your body



Support Your Eyes

The smoke particles in the air can dry out your eyes and cause irritation, so use eyewashes and cold compresses on the eyes



Stay Indoors

When the air quality is really bad, it is better to stay inside with good ventilation. Keep the doors & windows shut at all times



Keep the Ol' Ticker Safe

During wildfire season, there are more heart related events than any other issue with the body. Protect your heart at all costs



Salt Rooms or Salt Lamps

Use a salt lamp in your bedroom to pull the toxic particles out of your body & the air. A salt room is a great option as well.

BACK TO SCHOOL

Wellness Tips

Drink water regularly

Take walks or stretch between study sessions

Read labels before taking medication

Rest your eyes & mind

Aim for 8-10 hours of sleep

Eat balanced snacks & meals

