Nimiipuu Health

October 2026

WELLNESS WISDOM

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

Trick or Treat October Burn!

Complete each exercise for 30 seconds, repeat 2-3x!

- TOE TAPS
- RUSSIAN TWISTS
- INCH WORMS
- CRUNCH
- KICKS
- THRUSTERS
- REVERSE LUNGE
- ELBOW PLANK
- ALT. LUNGES
- TWISTING CRUNCH

Toe Taps

Place a small object (like a dumbbell or a yoga block) on the floor in front of you. Stand tall and quickly alternate tapping the toes of each foot on top of the object.





Russian Twists

Sit on the floor with your knees bent and feet slightly elevated off the ground. Lean back slightly at a 45-degree angle to engage your core. Interlace your hands or hold a weight, and rotate your torso smoothly from side to side, touching the floor next to your hips.



UPCOMING CLASSES & EVENTS

Cycling w/ Dr. Capawana
Lapwai- 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- Oct 9 & 23- 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- Oct 9 & 23- 12pm - Wa-A'Yas

Mileage Club
Lapwai- Oct 9, 15, 19 & 27 - LHS Track
Kamiah- Every Wed - 12pm - Wa-A'Yas

Community Cooking Class
Lapwai- Oct 8 - 4:30pm - Conf. Rm.

Food Distribution
Lapwai- Oct 13- 9am - LHS

Dementia Education Event
Oct 13- 5pm - Pi-Nee-Waus

Community Support Group
Lapwai- Oct 20 - 5pm - Conf. Rm.

More Information:

@Nimiipuu Health

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

nimiipuuhealth.org (208) 843.2271 ext.2847

Scan for Fitness Class Descriptions

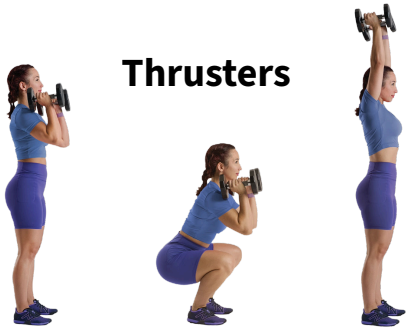
Trick or Treat October BURN!

Inchworms



Stand with your feet hip-width apart. Hinge at your hips, touch the floor with your hands, and slowly walk your hands forward until you are in a high plank position. Pause for a second, then walk your hands back toward your feet and return to standing.

Thrusters



Stand with your feet shoulder-width apart, holding a pair of dumbbells at shoulder height. Lower down into a deep squat, keeping your chest up and knees tracking over your toes. Drive explosively through your heels to stand up, using that momentum to press the dumbbells directly overhead.

Reverse Lunge



Stand tall with your feet hip-width apart. Take a large step backward with one foot and lower your hips until your back knee is hovering just above the floor and your front thigh is parallel to the ground. Push through your front heel to return to the starting position, then repeat or alternate sides.

Crunch Kicks



Lie on your back with your hands flat under your glutes for lower back support. Lift your chest slightly into a mini-crunch while extending your legs straight out, a few inches off the floor. Pull your knees in toward your chest while simultaneously crunching your upper body upward, then kick your legs back out straight.

Elbow Plank



Lie face down, placing your forearms flat on the floor with elbows stacked directly underneath your shoulders. Lift your body into a straight line from head to heels, squeezing your glutes and drawing your belly button toward your spine. Hold this position without letting your hips sag or hike upward.

Alt. Lunges



Alternating forward lunges. Stand tall with your feet together. Take a controlled step forward with your right foot, lowering your hips until both knees form 90-degree angles. Press firmly off your front foot to step back to the start, then immediately repeat the movement stepping forward with your left foot.

Twisting Crunch



Lie on your back with your knees bent and feet flat on the floor, placing your hands lightly behind your head. Lift your shoulders off the mat and rotate your torso, bringing your right elbow toward your left knee. Lower back down with control and alternate sides on the next repetition.

Myths vs. Facts



Myth ~~- Wellness is about looks~~ Fact - Wellnes is about feeling good

Myth ~~- You need hours at the gym~~ Fact - Consistency beats intensity

Myth ~~- Healthy eating is too expensive~~ Fact - Healthy can be simple & affordable

Myth ~~- You need perfect discipline~~ Fact - Progress, not perfection

Myth ~~- Supplements can replace healthy habits~~ Fact - Supplements support, not substitute



Protect yourself this Flu Season

As temperatures cool and people spend more time indoors, taking steps to prevent the spread of seasonal illnesses becomes especially important.

The Centers for Disease Control and Prevention (CDC) recommends getting an annual flu vaccine and practicing everyday prevention habits. Wash your hands often, cover coughs and sneezes, clean frequently touched surfaces, and avoid close contact with others when they are sick.

If you develop flu symptoms, take steps to protect others and contact your healthcare provider if you have questions about your symptoms or treatment.

Small, everyday actions can help protect you, your family, and your community this season.

Source: Centers for Disease Control and Prevention. (2026, September 1). Healthy habits to prevent flu. https://www.cdc.gov/flu/prevention/actions-prevent-flu.html