Indian Walk-In Center

Helping "The People"

Message of Physical Activity

Physical activity can help you lose weight faster by burning calories and building muscles. As with changes in diet, it can take some time to see the results from increasing your physical activity level; but don't despair. Exercise can boost your outlook on life, and also help you handle stress. Regular physical activity can reduce your risk for high blood pressure, high cholesterol, and heart disease. So, dance at the Pow Wows, walk or run a 5K. It all counts towards 30 minutes of physical activity you need 5 days a week.

Workshops and Classes at IWIC

Youth

PHYSICAL ACTIVITY CLASSES:
Healthy Native Youth Program
12 week program

Adults

PHYSICAL ACTIVITY CLASSES:
Strength & flexibility, aerobic/anaerobic, and recreational activities.

Learn how to use the FIT formula

FIT = Frequency, Intensity, and Time.

Target Heart Rate calculation.

www.iwic.org

Message of Hope

We can prevent
Chronic Disease
in American Indian
Communities

Indian Walk-In Center

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