



It's up to you!



# JUST MOVE IT

## CALIFORNIA PARTNERS

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**Let's Get 1 Million Indigenous People Moving!**

## Dear Just Move It California Partner:

Just Move It (JMI) is a North American campaign to promote physical activity for Indigenous Peoples. It is a successful initiative that engages communities and community programs across Canada and the United States to: help get more people thinking about becoming active, promote the idea that physical activity is fun, and bring together people of all ages and physical abilities. In California, the number of JMI partners across the state has grown to 90 in the past ten years.

The JMI website is also a useful networking platform where community leaders in sport, physical activity, and recreation can connect with each other and share stories and promising practices already happening in the area of physical activity. JMI members are able to access plans, tools, and other supports on the website which are useful in planning events, developing promotional materials, tracking progress, and creating & printing project updates which help improve reporting quality.

This JMI toolkit offers you information on how to plan community physical activity and recreation events, and how to register your physical activity program or events on the [www.justmoveit.org](http://www.justmoveit.org). You will find this information very helpful and simple to use.

The JMI California Support Team and the National JMI Consultant welcome you to JMI! Regardless if you are new to JMI or established, we look forward to supporting you in bringing about positive change to Indigenous communities through the power of physical activity & sharing your stories!

### *Just Move It California Partners Team*



### *Just Move It National Coordinator*



Sincerely,  
Angelina Renteria, Antonia Roots, & Beverly Calderon  
JMI California Partners, Support Team  
Shelley Frazier, JMI National Coordinator

June 2015

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## WHY JOIN JMI?

Chronic diseases, such as diabetes and heart disease, are affecting Indigenous peoples at staggering rates. By expanding physical activity as a part of community lifestyle, an important element of wellness can be utilized to reverse chronic diseases. Through JMI, you will have access to tools to plan community events to increase physical activity. At JMI, you will have a keeper (an album) of the stories, a place that over time can show the positive physical activity changes in your community.

## WHAT ARE THE BENEFITS?

Get information, resources, and tools to plan community events. Help reverse incidence and occurrence of chronic disease such as heart disease and diabetes in your community.

- Provides an opportunity to share promising practices in the area of physical activity and recreation.
- Share your success stories and promising practices from your community.
- Connect with your fellow community leaders and learn from their success in planning, preparing, promoting, doing, and tracking community events.
- Plan, prepare, promote, do, and track your events – do it again!



Supporting the First Lady's Let's Move Initiative

2015 story posted by:  
Riverside-San Bernardino County  
Indian Health Inc.

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## HOW TO JOIN JMI?

To join the Just Move It website, please go to [www.justmoveit.org](http://www.justmoveit.org); which will take you to the homepage. On the homepage, please find and click on the 'Join' tab.

**JUST MOVE IT VAS-Y BOUGE**  
It's up to you! À toi de jouer!

**Let's Get 1 Million Indigenous People Moving!**  
74,025 participants from 459 partners and counting

Home Programs Calendar Join Tools Resources Language: English Français

**MY ACCOUNT**  
Login  
Search

**JMI NEWS**  
Welcome to the new and improved JUST MOVE IT website!  
Bienvenue au nouveau site web amélioré Vas-Y Bouge!

**JMI TOOLS**

**COMMUNITY**  
Success Stories  
News Stories  
Activity Reports  
Related Links  
Charts  
Contact JMI

**AWARDS**  
**WINNER**  
Inspiring Approaches to First Nations, Métis and Inuit Learning  
changemakers

**Welcome to Just Move It**  
Just Move It is a North American campaign to promote physical activity for **Indigenous Peoples**.  
Use this website to learn how to start an activity in your own community, share information about ongoing programs, contribute stories and enter information in Just Move It's calendar.

**Activity Report: New Year Walk Event**  
Jan 12, 2015 1:41 PM  
Contributed by: JUST MOVE IT ONEIDA  
We had 152 Oneida Community Members come out for our New Year Walk Event. Participants walked on the indoor track. There were kids activities and health screening. Oneida Adventures provided information on snowshoeing and skiing in the winter month. It was a great indoor event on a cold winter day!  
Continue reading New Year Walk Event...  
0 Comments

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## HOW TO SIGN UP ON THE JMI WEBSITE?

Once you hit '[Join](#)' tab, you will be redirected to the '[Sign Up](#)' page. On the sign up page you can read about benefits of joining JMI. Please read the information carefully and scroll down to the bottom of the page. Click on '[Sign up to be a Just Move it Partner Program](#)' to continue.

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### MY ACCOUNT

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Search

### COMMUNITY

- [Success Stories](#)
- [News Stories](#)
- [Activity Reports](#)
- [Related Links](#)
- [Charts](#)
- [Contact JMI](#)

## Signup

A Just Move It activity is a great way to get your Indigenous community started on their journey to wellness. The goals are:

- to get people thinking and talking about being more active,
- to promote the idea that physical activity is fun,
- to bring together people of all ages and physical abilities
- to build family and community support.

Activities are great places to share information about positive physical activity opportunities within your community, and to link people with healthy lifestyle campaigns.

Any activity where Indigenous people are moving can be a Just Move It activity - a run, a walk, a bike ride, a hike, an aerobics program, a dance, or any other type of physical activity.

1. Sign up to be a Just Move It Partner Program
2. Our US or Canadian Coordinator will review your account. When accepted you will receive your Just Move It Partner username and password.
3. Use JMI tools to organize, prepare, promote, do, and track your activity.
4. Once you've decided on a location, a time and a date, login and add an activity to the calendar.
5. After the activity, login and submit an activity report to add your count of participants to the growing number of JMI participants nationwide - as we move together towards our goal of ONE MILLION Indigenous people moving!
6. Login and add your stories and pictures and be recognized for your community's achievements.
7. Your completed activity is a wealth of knowledge and learning about what it takes to start and sustain physical activity efforts in Indigenous communities. Login and share your activity recipes and tools with other people who are eager to learn from you.

[Sign up to be a Just Move It Partner Program](#)

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## HOW TO COMPLETE THE SIGN UP FORM?

Once you click on '[Sign up to be a Just Move It Partner Program](#)' you will be redirected to a form where you need to create your username and password details and enter information about your program. Please choose a login that you can easily remember and password that will be hard to break.

Go through each section and enter information about your program as well as your contact information such as mailing address and telephone numbers. Once you have completed the form, please click '[Save](#)' at the bottom of the page.

Once you have successfully created your login and username and entered information about your program, you will be contacted within 48 hours confirming your account. You should be able to login to your account thereafter.



American Indian Heritage Powwow

2015 story posted by: Just Move It - San Diego

**Create new Program**

Username \*

Password \*

Confirm Password \*

First Name \*

Last Name \*

Employer

Title

Address 1 \*

Address 2

City \*

State/Province

Postal Code \*

Country \*

Phone

Fax

Email \*

How did you hear about JMI?

Area \*

**Program Information**

Name \*

Activity Types \*   
Badminton  
Balance Training  
Baseball

☐ Program Address is same as User

Address 1

Address 2

City

State/Province

Postal Code

Country

Start Date

Description - include program purpose, key features, age groups, partners, and aspects you are excited about. \*

Community

Home Page

☐ Help Getting Started?

[SAVE](#)

Login | An Initiative of

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## HOW TO USE THE JMI WEBSITE?

Please enter your **username** and **password** that you had chosen and submit to log in. Once you have logged in, you have several choices from the menu at the left side of your screen such as: **Create New Activity**, **List Activities**, **Create New Story**, **Create New Activity Recipe**, **My Account**, and **JMI Tools**, etc.

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PROMOTE IT

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**Welcome to Just Move It**  
Just Move It is a North American campaign to promote physical activity for **Indigenous Peoples**.  
Use this website to learn how to start an activity in your own community, share information about ongoing programs, contribute stories and enter information in Just Move It's calendar.

Map of North America showing locations of programs (yellow and red pins).

Leaflet | Data, imagery and map information provided by MapQuest, OpenStreetMap and contributors, CC-BY-SA  
View List of Programs

**Activity Report: New Year Walk Event**

If you are ready to sign up your program, please go to [www.justmoveit.org](http://www.justmoveit.org)

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## IMPORTANT FEATURES OF THE JMI WEBSITE:

### Create New Activity

Here you will be able to create and publicize a new activity about your program. You can add a short description about the activity, and include start and end dates and times. This is a great way to let others know about your program features.

### List Activities

In this section, you will be able to see all activities you have created in a list format. This is a great way to see what activities you have listed for your program. Here you can also update your activities.

### Create New Story

In this section, you will be able to share a story about your program. This can be a success story, or perhaps a milestone achieved in your program. This is a great way to let others know how well you are doing

### List Stories

Here you will be able to see stories you have created. It is a great way to reflect retrospectively and recount all successes and milestones you have achieved.

### Create Activity Recipe

Here you will be able to share a recipe for the success of your activity. Share your wisdom about what works and what does not, and encourage other Indigenous communities to follow suit in promoting and changing their communities through Physical Activity.

### List Activity Recipes

In this section, you will be able to see what activity recipes you have created. It is a great way to stay encouraged to keep on sharing.

### Create New Question

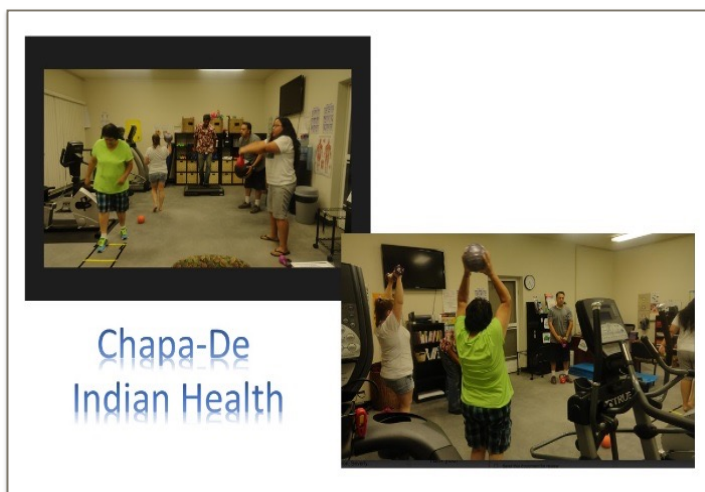
Here you will be able to ask questions. Perhaps you are seeking advice on how to organize a program or activity in your community? No matter what your question is, we will be able to assist.

### JMI Tools

This section will give you a unique feature of allowing you to track progress, identify promising practices and learned lessons, as well as, print updates of your events which may be an excellent tool to improve your project reporting quality.

### Highlighting Diabetes Prevention Program

2014 story posted by:  
Chapa-De Indian Health Program



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## COMMUNITY SECTION:

In the Community Section, you will be able to receive, learn and adapt information from your fellow Physical Activity champions. Here you can view other success stories, programs, news activity reports and contact the JMI Team.

- o Success Stories
- o New Stories
- o Activity Reports
- o Related Links
- o Contact JMI

## MY ACCOUNT:

In this section you will find your personal information associated with your account: your **name** and **email** address. You will be able to **update your profile** as well as your username and password information.

## CONTACT JMI:

If you have any questions about JMI or need help with signing up on the website, please contact the JMI CA Support Team: [JMICali@hncpartners.org](mailto:JMICali@hncpartners.org).



Celebrating Sobriety & Wellness

2015 story posted by: Native American Health Center

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## HOW TO PLAN AN EVENT:

When planning an event, it will be helpful to take the time with your team to **clarify your goals** and understand why you are doing it. This worksheet can be used to help **Plan, Prepare, Promote, Do, and Track** your event. Use the space on the right to write down your planning ideas and methods. Use a **planning calendar** on page, to help with the planning process and timelines.



### SAMPLE CALENDAR

The following calendar can be used to help you prepare your thoughts and plans for community event or event for JMI Day annually in late October.

	4 months before the event	3 months before the event	1-2 months before the event	Event day
<b>Event ideas</b>	<input type="checkbox"/> Find an activity	<input type="checkbox"/> Link age groups	<input type="checkbox"/> Collect activity/supplies	<input type="checkbox"/> Celebrate even
<b>Partnership &amp; Volunteers</b>	<input type="checkbox"/> Partnership & Linkages	<input type="checkbox"/> Human resources – staff, volunteers, C&C Committee <input type="checkbox"/> Coordinate partnerships	<input type="checkbox"/> Volunteers	<input type="checkbox"/> Distribute and review event task / job descriptions
<b>Infrastructure</b>		<input type="checkbox"/> Committee of stakeholders: involve community (youth, adults & elders) <input type="checkbox"/> Discussion & planning – location/time	<input type="checkbox"/> Delegate responsibilities, resources & costs	<input type="checkbox"/> Calendar / schedule for the event
<b>Promotion</b>	<input type="checkbox"/> Introduce the Just Move It idea <input type="checkbox"/> Why is it coming? (build interest)	<input type="checkbox"/> Recruit Just Move It team <input type="checkbox"/> Seek community input for event	<input type="checkbox"/> Promote event o Poster o Facebook o Radio o Community o School	<input type="checkbox"/> Talk about event success
<b>Motivation</b>	<input type="checkbox"/> Creating awareness	<input type="checkbox"/> Telling success stories (getting your name on the map)	<input type="checkbox"/> Sell your event <input type="checkbox"/> Promote your incentives <input type="checkbox"/> Personalize the participants	<input type="checkbox"/> Positive reinforcement

Visit the JMI website at [www.justmoveit.org](http://www.justmoveit.org) for activity ideas and information.

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<b><u>Prepare It:</u></b>	<b><u>Plan It:</u></b>	<b><u>Promote It:</u></b>	<b><u>Do It:</u></b>
<p>Get Clear About Your Intentions &amp; Goals -</p> <ul style="list-style-type: none"> <li>• Purpose:</li> <li>• Event name:</li> <li>• People (who will participate?):</li> <li>• Obtain support or volunteers:</li> </ul>	<p>Bring Together Your Planning Team &amp; Decide -</p> <ul style="list-style-type: none"> <li>• Supplies:</li> <li>• Activities:</li> <li>• Venue:</li> <li>• Date &amp; Time:</li> <li>• How will it Happen:</li> <li>• Staffing &amp; Volunteers (what are key roles?):</li> <li>• Registration Process:</li> </ul>	<p>Get the Word Out –</p> <ul style="list-style-type: none"> <li>• Generate buy-in:</li> <li>• Send Invitations:</li> <li>• Promote Incentives:</li> <li>• Make a Poster (sample below):</li> <li>• Make Copies &amp; Hand out:</li> <li>• Post Your Event on the JMI Calendar: <a href="http://www.justmoveit.org">www.justmoveit.org</a></li> </ul>	<p>Tips on What to Do on the Day of the Event -</p> <ul style="list-style-type: none"> <li>• Be there On-Time:</li> <li>• Set-up:</li> <li>• Register &amp; Greet Participants:</li> <li>• Welcome &amp; Introduction:</li> <li>• Ensure Safety &amp; Security:</li> <li>• Just Move It:</li> <li>• Thank Participants:</li> <li>• Clean-up:</li> </ul>
<p style="text-align: center;"><b><u>Track It &amp; Share It:</u></b></p> <ul style="list-style-type: none"> <li>• Develop &amp; Distribute Comment Card or Survey (sample below):</li> <li>• Gather Participant Feedback:</li> <li>• Lead a Conversation with Staff &amp; Volunteers:</li> <li>• Record the Feedback:</li> <li>• Post Your Story &amp; Pictures at <a href="http://www.justmoveit.org">www.justmoveit.org</a>:</li> <li>• Can also use <a href="#">#indigenousjmi</a> &amp; <a href="#">#justmoveit</a></li> <li>• Celebrate Success (how will you?):</li> <li>• Next Steps:</li> <li>• Do It Again!:</li> </ul>			



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## GATHER PARTICIPANT FEEDBACK FORMS:

Following are two examples on how you can track feedback about your event. Use these forms as you see fit. You may change the forms to suit your needs/style.

### Sample Poster:

<b>Name of Event:</b> _____					
	<b>On a scale of 1 to 5 (1 being unsatisfactory and 5 being excellent)</b>				
1. How would you rate the planning of the event?	1	2	3	4	5
2. How would you rate the promotion of the event ahead of time?	1	2	3	4	5
3. How would you rate the quality of activity and benefits to your health?	1	2	3	4	5
4. How would you rate the materials provided?	1	2	3	4	5
5. How would you rate the venue of the event?	1	2	3	4	5
6. How would you rate the event overall?	1	2	3	4	5
7. What comments, suggestions, or ideas do you have for future events or activities?					

### Comment Card:

<p><b>Thank you for participating in today's event! We would appreciate your feedback on your experience.</b></p> <p><b>What did you enjoy most?</b></p>  <p><b>What improvements would you like to see for the next event?</b></p>  
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## FREQUENTLY ASKED QUESTIONS (FAQ):

### Q: What is *Just Move It*?

**A: *Just Move It* (JMI) is a successful North American Campaign to promote physical activity for Indigenous communities.** JMI members are connected via a web-based networking tool that promotes and showcases the many promising practices already happening in the promotion of physical activity in these communities.

### Q: Is *Just Move It* available to American Indians/Alaska Natives in California?

**A: Yes.** Since 2005 tribal and urban Indian communities have been becoming *Just Move It* partners, and in doing so, partnering with the Healthy Native Communities Partnership to promote JMI and Physical Activity.

### Q: What are the expected benefits of being a JMI California partner?

**A: The benefits are many.** Becoming a JMI partner provides a culturally adapted and proven community networking platform where communities can share what works and connect with each other across North America about promising practices already happening in the area of physical activity. JMI helps to build family and community support around active living. JMI partners have access to tools and resources which help them to get people thinking about becoming more active, to promote the idea that physical activity is fun, and to bring together people of all ages and physical abilities.

### Q: How can I become a JMI Member?

**A: It's very simple. Visit [www.justmoveit.org](http://www.justmoveit.org)**

and use this toolkit to sign up to receive a JMI user name and account. Once registered, you can access JMI tools to help you organize, prepare, promote, host, and track your activities. Promote your events on the JMI calendar and after you have hosted your activity, login and submit an activity report, including pictures and stories, and add your count of participants to the growing number of JMI participants nationwide.

### Q: Can I receive support in getting stories posted on JMI or learning how to post stories?

**A: Absolutely yes.** Your JMI California Support Team can support and assist by emailing [JMICali@hncpartners.org](mailto:JMICali@hncpartners.org).



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