



JUST MOVE IT

It's up to you! California Challenge

- East Central Region (1559 miles)**
 Benton Paiute Reservation
 Berry Creek Rancheria
 Big Pine Reservation
 Big Sandy Rancheria
 Bishop Rancheria
 Bridgeport Indian Colony
 Buena Vista Rancheria
 California Valley Miwok Tribe
 Chicken Ranch Rancheria
 Chico Rancheria
 Cold Springs Rancheria
 Enterprise Rancheria
 Fort Independence Reservation
 Lone Band of Miwok Indians
 Jackson Rancheria
 Lone Pine Reservation
 Moorpark Rancheria
 North Fork Rancheria
 Pajames Rancheria
 Shingle Springs Rancheria
 Table Mountain Rancheria
 Timbisha Shoshone Tribe
 Table River Reservation
 Tulelake Rancheria
 United Auburn Indian Community
- West Central Region (557 miles)**
 Big Valley Rancheria
 Coville Rancheria
 Colusa Rancheria
 Corral Rancheria
 Coyote Valley Reservation
 Dry Creek Rancheria
 Elgin Indian Colony
 Graton Rancheria
 Grindstone Rancheria
 Goldville Rancheria
 Hopland Reservation
 Laytonville Rancheria
 Lower Lake Rancheria
 Lytton Rancheria
 Manchester Pt. Arena Rancheria
 Middletown Rancheria
 Pitkin Rancheria
 Robinson Rancheria
 Round Valley Reservation
 Redwood Valley Reservation
 Rumsey Rancheria
 Riverside Reservation
 Potter Valley Tribe
 Santa Rosa Rancheria
 Scotts Valley Rancheria
 Sherwood Valley Rancheria
 Stewarts Point Rancheria
 Upper Lake Rancheria
- Southern Region (1114 miles)**
 Agua Caliente Band of Cahuilla Indians
 Augustine Band of Mision Indians
 Barona Band of Mision Indians
 Cabazon Band of Mision Indians
 Cahuilla Band of Mision Indians
 Campo Band of Mision Indians
 Cuyamapai Band of Mision Indians
 Inaja-Cosmit Reservation
 Jamul Indian Village
 La Jolla Band of Luiseno Indians
 La Posta Band of Mision Indians
 Ico Coyotes Reservation
 Alvarado Band of Mision Indians
 Atesa Grande Band of Mision Indians
 Acocong Band of Mision Indians
 Pala Band of Mision Indians
 Pauma/Naama Band of Mision Indians
 Pechanga Band of Mision Indians
 Ramona Band of Mision Indians
 Rincon Band of Mision Indians
 San Manuel Band of Mision Indians
 San Pasqual Band of Mision Indians
 Santa Rosa Band of Mision Indians
 Santa Ynez Band of Mision Indians
 Santa Ysabel Band of Mision Indians
 Soboba Band of Mision Indians
 Sycuan Band of Mision Indians
 Torres-Martinez Desert Cahuilla Indians
 Twenty-Nine Palms Band of Mision Indians
 Viejas Band of Mision Indians
- Northern Region (1351 miles)**
 Alturas Rancheria
 Bear River Band of Pitmeville Rancheria
 Big Lagoon Rancheria
 Blue Lake Rancheria
 Cedarville Rancheria
 Elk Valley Rancheria
 Fort Bidwell Reservation
 Greenville Rancheria
 Hoopa Valley Tribe
 Karuk Tribe of California
 Pit River Tribe
 Quartz Valley Reservation
 Redding Rancheria
 Resighini Rancheria
 Smith River Rancheria
 Susanville Indian Rancheria
 Table Bluff Reservation-Whoy Tribe
 Trindad Rancheria
 Yurok Tribe

Just Move It
 - California 2009 Challenge -
 4581 Mile Virtual Walk Around
 Tribal/Urban Healthcare
 Programs



Supporting California
 Tribes and Urban Indian
 Programs and
 promoting what works
 at the local level.

Share your local efforts at www.justmoveit.org

Learn more by watching the JMI video

Get & share ideas and tools

Just Move It: Welcome to Just Move It - Windows Internet Explorer

http://justmoveit.org/jmi/home.htm;jsessionid=6444673EBEC8013BD384488A172D6C08.jvm1

File Edit View Favorites Tools Help

Just Move It: Welcome to Just Move It

Let's Get 1 Million American Indians and Alaska Natives Moving! 29,138 participants from 336 partners and counting

JUST MOVE IT
It's up to you!

Programs Community Calendar Join Tools

Welcome to Just Move It

Just Move It is a national campaign to promote physical activity for **American Indians and Alaska Natives**.

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.

PREPARE IT
TRACK IT PLAN IT PROMOTE IT
DO IT

Upcoming Events
Saturday, Jun 15 -
Tuesday, Jun 15
* 100 Mile Club

Microsoft PowerPoint - [J...]
Just Move It: Welcom...

Internet 100% 4:23 PM

Read and share what is happening around the country

Wednesday, Mar 25

* [Tribal Leaders Meeting, Fun Run/Walk](#)

Community

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

Coordinator Login

Username

Password

[Forgot password?](#)

Login

[New User? Sign up!](#)

Friday, February 27 2009 @ 02:43 PM

Contributed by: [Just Move It - CA](#)

Views: 78

The *Childhood Obesity & Diabetes Prevention in Indian Country* conference was held December 2-4, 2008 in San Diego California. The theme of the conference was, *Making Physical Activity Count*. It was sponsored by IHS, BIE, Active Research Center at San Diego State University, LIFESCAN, and The University of Arizona. The purpose was to bring together health care providers, school nurses, physical education teachers, school administrators, fitness coordinators, and health educators.



[\[read more...\]](#)



NIHB



NCAI



Nike



HNCP

National DM Program

Contact JMI, a [Healthy Native Communities Initiative](#)
Technology by [North Island Software](#)

Checkout partners by IHS Area or State

Just Move It: Partners by Area - Windows Internet Explorer

http://justmoveit.org/jmi/graph/showgraph.htm?rpt=pba

Let's Get 1 Million American Indians and Alaska Natives Moving!

JUST MOVE IT
It's up to you!

Home Programs Community Calendar Join Tools

Search

Community
[Browse Forums](#)
[Success Stories](#)
[News Stories](#)
[Activity Reports](#)
[Charts](#)
[Related Links](#)
[Contact JMI](#)

Coordinator Login
Username

Password

[Forgot password?](#)

[New User? Sign up!](#)

Partners by Area

Area/State	Number of Partners
Tucson	8
Portland	39
Phoenix	49
Oklahoma	28
Navajo	11
Nashville	21
Aberdeen	25
Alaska	26
Albuquerque	34
Bemidji	26
Billings	16
California	51

Internet 100%

Start Just Move It: Partn... 4:19 PM

Visit the Programs to find out if your community is a Just Move It partner, or if contact information needs updating.

File Edit View Favorites Tools Help

Just Move It: Browse Programs

JUST MOVE IT
It's up to you!

Let's Get 1 Million American Indians and Alaska Natives Moving! 29,138 participants from 336 partners and counting

Home Programs Community Calendar Join Tools

Search

Community
Browse Forums
Success Stories
News Stories
Activity Reports
Charts
Related Links
Contact JMI

Coordinator Login
Username
Password

Browse Programs
Click on headers to sort

428 items found, displaying 81 to 120.
[First/Prev] 1, 2, 3, 4, 5, 6, 7, 8 [Next/Last]

Name	City	St	Coordinator
Just Move It - CA	Sacramento	CA	Beverly Calderon
Walking Program	Blue Lake	CA	Elizabeth Jackson
Sacramento NAHC on the Move	Sacramento	CA	Cathy Culleton
Walking with Native Stride	Redwood Valley	CA	Charlotte Alvarado
SD American Indian Health Center Health & Fitness Day	Rancho Santa Fe	CA	Cheri Myron
Choctaw Inst. Culture Wellness Center	Lemon Grove	CA	Eileen George
Choctaw Stickball	San Diego	CA	Eileen George
	Oakland	CA	Christina Weahunt, RD, CDE
	Bakersfiled	CA	Carmen Bias
	Covelo	CA	Rose Sita Francia
	Calpella	CA	Ali Infante
ss Promotion	Santa Rosa	CA	Tim Campbell

Internet 100% 4:38 PM

Click on the Program tab, CA partners start on page three.

To update partner contact information or reset password contact the Just Move It National Coordinator, Shelley Frazier at justmoveit@hncpartners.org

High quality graphics available when logged in as coordinator

The screenshot shows a web browser window displaying the Just Move It website. The page features a header with the text "Let's Get 1 Million American Indians and Alaska Natives Moving! 29,138 participants from 336 partners and counting" and a navigation menu with options like Home, Programs, Community, Calendar, Join, and Tools. A sidebar on the left contains a "Coordinator Menu" with links for "Add stories, activities...", "Just Move It - CA", and user profile options. The main content area is titled "JMI Logos" and lists several downloadable assets:

- National JMI Logo (3057px × 852px)
- National JMI Logo - Color-separated EPS
- National JMI Logo - Color-separated PSD
- Water Bottle Label for JMI Day (2160px × 660px)

Arrows from the title point to the "JMI Logos" link in the sidebar and the "JMI Logos" section header on the page.

Add activities to the calendar and post event stories

1. Log in as coordinator

2. Click on your partner program

Just Move It: Browse Programs - Windows Internet Explorer

http://justmoveit.org/jmi/browseprograms.htm?d-1342894-p=3

File Edit View Favorites Tools Help

Just Move It: Browse Programs

Let's Get 1 Million American Indians and Alaska Natives Moving! 29,138 participants from 336 partners and counting

Home Programs Community Calendar Join Tools

Coordinator Menu
Add stories, activities...
Just Move It - CA

Logged in as bcalderon
> Edit your Profile
> My Programs
> My Incentives
> JMI Logos
> Logout

Search

Community
Browse Forums
Success Stories
News Stories
Activity Reports
Charts
Related Links
Contact JMI

Browse Programs
Click on headers to sort

428 items found, displaying 81 to 120.
[First/Prev] 1, 2, 3, 4, 5, 6, 7, 8 [Next/Last]

Name	City	St	Coordinator
Just Move It - CA	Sacramento	CA	Beverly Calderon
Walking Program	Blue Lake	CA	Elizabeth Jackson
Sacramento NAHC on the Move	Sacramento	CA	Cathy Culleton
Walking with Native Stride	Redwood Valley	CA	Charlotte Alvarado
SD American Indian Health Center Health & Fitness Day	Rancho Santa Fe	CA	Cheri Myron
Choctaw Inst. Culture Wellness Center	Lemon Grove	CA	Eileen George
Choctaw Stickball	San Diego	CA	Eileen George
Fruitvale On The Move	Oakland	CA	Christina Weahunt, RD, CDE
Pathwalkers	Bakersfield	CA	Carmen Bias
Fit Teens	Covelo	CA	Rose Sita Francia
Walking with Native Stride	Calpella	CA	Ali Infante
Healthy Traditions Wellness Promotion Program - Youth Group	Santa Rosa	CA	Tim Campbell

Done

Internet 100%

Start | Inbox - Microsoft Out... | Just Move It: Brow... | untitled - Paint | Microsoft PowerPoint ... | 4:22 PM



Let's Get 1 Million American Indians and Alaska Natives Moving! 29,138 participants from 336 partners and counting



Coordinator Menu

Add stories, activities...
Just Move It - CA

Logged in as bcalderon
 > Edit your Profile
 > My Programs
 > My Incentives
 > JMI Logos
 > Logout

Help

Activities get posted to the calendar.

Submit an **Activity Report** to add your count of participants to the growing number of JMI participants nationwide. Reports are posted to the home page for 30 days.

Stories are posted to the home page for 30 days.

Tools allow you to share individual tools to help other programs with their activities. They are posted to the home page for 30 days.

Activity Recipes is one type of tool that allows you to share your activity process with other programs. They are posted to the home page for 30 days.

Search

Community

Just Move It - CA

A CA Area IHS wellness program, and that encourages increased physical activity and wellness. Incorporates the use of pedometers, group activities and peer support for lifestyle changes

Activities + Add New Activity

3. Click on "Add New Activity"

Title	Date	Report
Tribal Leaders Meeting, Fun Run/Walk	03/25/2009	+
California Area Tribal Leaders Conference 2007	03/21/2007	[-] [edit]

Stories + Add New Story

3. or click on "Add New Story"

Title	Date
Making Physical Activity Count	02/27/2009
2008 Tribal Leaders Fun Run/Walk - Wellness: It's a Matter of Community	04/22/2008
AI/AN Heritage Month - RezRobics	12/15/2006
Just Move It - California 2006 Challenge	05/22/2006
Just Move It - CA, 5 Week Wellness Challenge	12/14/2005
Just Move It California Update	06/30/2005

Tools + Add New Tool

3. or click on "Add New Tool" to share.

Title **Tool Type**

Nothing found to display.

Activity Recipes + Add New Activity Recipe

Title

Nothing found to display.

3. or click on "Add New Activity Recipe" to share ideas.



Clicking on “featured” will post the story when you finish and “draft” will save it for you to edit.

Search

Edit Story

Please fill in the following fields (* next to required fields):

Title *

Topic *

News

Success

Draft?

Featured?

Intro Text *

Format Font Size

Body Text

Adding story content is simple, just fill in the text boxes!

It can be helpful to think about the Who, What, Where, When, Why and How of the event to help inform the reader. You can think about the writing as an inverted pyramid. Putting the most important facts to share first and other interesting, with the supporting details follow.