

What is PAK?

The Physical Activity Kit (PAK) is based on best and promising practices to increase physical activity. The PAK toolkit can be used in the schools, communities, worksites, Head Start programs, elderly centers, and youth programs.

Resources

Physical Activity Kit

www.hncp.org/wst/hdpd/PAK/default.aspx

IHS Health Promotion Disease Prevention

www.ihs.gov/NonMedicalPrograms/HPDP/

University of New Mexico

Prevention Resource Center

<http://hsc.unm.edu/chdp/>

Just Move It

www.justmoveit.org

The President's Challenge

www.presidentschallenge.org

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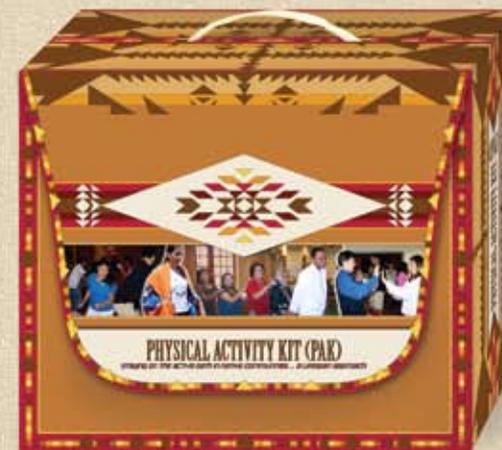


THE UNIVERSITY of
NEW MEXICO
PREVENTION RESEARCH CENTER



PHYSICAL ACTIVITY KIT (PAK)

*STAYING ON THE ACTIVE PATH
IN NATIVE COMMUNITIES...*



... a Lifespan approach!



The Indian Health Service and the University of New Mexico Prevention Research Center partnered to promote living a healthy lifestyle focusing on physical activity.

- ◆ The PAK program promotes “Staying on the Active Path...a lifespan approach.”
- ◆ The PAK program includes: Modified American Indian Games, Exercise Breaks, Mt. Pathways, Great Race, Native American dance aerobics and powwow dances.
- ◆ The program is designed for young people, adults, elders, and contain different exercises (strength, flexibility, cardio, and demonstration/activities).
- ◆ The set-up and directions for of the PAK elements are explained with teaching cues.

PAK Goal

To increase the time spent in medium to high physical activity for all ages across the lifespan. The activities have been field tested to be culturally appropriate for Native communities.

PAK Elements

Modified American Indian Games:

The traditional games insure safety while keeping their original nature.

Exercise Breaks:

Many of the activities promote how movement can be done in a small space with little or no equipment.

Mt. Pathways:

The challenge has six stations that focus on five trails with increasing levels of physical activity.

Great Race:

A walk/run event that includes goal setting and daily charting of physical activity.

PAK was field tested at the following sites:



Site comments:

- “Kids had fun, they didn’t want to stop.”
- “Easily adaptable (games) and can use with any age group.”
- “Easy to use.”
- “People moving in a fun way (interactive).”
- “Kids think fun rather than exercising.”



Physical Activity Kit field site trainees and trainers 2007



Michelle Williams shows Native American dance moves while Wopila Bad Hand sings