



California 2013 Challenge

The Indian Health Service California Area invites all tribal communities and organizations to participate in the 8th Just Move It – California Challenge.

The challenge is a virtual walk throughout California Indian Country, covering 4,581 miles or 9,192,000 steps! It supports ongoing efforts of tribal and urban healthcare programs, by encouraging community wellness through increased physical activity. The challenge can be incorporated into existing physical activity programs or used to start a new program. It can be done individually or as a group. Every 2,000 steps or 15 minutes of physical activity counts as 1 mile walked. The goal is to complete 4,581 miles, which equals 1145.25 hours of physical activity!

Just Move It is a North American campaign to promote physical activity for **Indigenous Peoples**. **Let's Get 1 Million Indigenous People Moving** by working together to build and strengthen healthy communities is the goal. The number of ***Just Move It*** partnerships in California continues to grow, increasing from twenty partners in 2005 to sixty nine partners in early 2012. During the annual Tribal Leaders' Consultation Conference in March, a Fun Run/Walk kicked off, ***Just Move It – California 2013 Challenge***. All Tribal/Urban healthcare programs are invited to participate and become ***Just Move It*** partners. Working together, emphasizing community and having fun with fitness can help address many of the chronic diseases facing California's American Indians and Alaska Natives.

Visit www.justmoveit.org for more information. Also, for more on the First Lady's ***Let's Move!*** initiative visit <http://www.letsmove.gov/> ***Let Move in Indian Country*** comments can be sent to Letsmoveinindiancountry@doi.gov. These initiatives recognize building upon many important efforts that are already being made in Indian Country to address the crisis of childhood obesity.