

JUST MOVE IT - Physical Activity Kit Challenge -

Hello California Partners,

We are sending the Physical Activity Kit (PAK) to you for a physical activity challenge!

The rules are simple:

- * All Just Move It California Partners who POST stories on the Just Move It (JMI) website between **September 1st and December 1st**, earn **10 points per post**, and will be automatically entered to WIN a:

Gopher Sport Physical Education Equipment Package!



Containing - over 40 physical activity resource items, such as jump ropes, a variety of sports balls, cones, nets, vests, and batons, a \$600.00 Value!

- * Bonus for including pictures in your post; **1 point per picture** (up to 5 pictures per event)
- * Sharing physical activities that your community partners have going on under your JMI account (with their permission) is **5 points per activity**.
- * Want to get **5 more points**? View these short video clips and complete the brief online survey. Physical Activity Virtual Training is at: <http://www.ihs.gov/california/index.cfm/offices/oph/hdpd/resources-for-hdpd/virtual-training/>

If you need help posting to JMI or have questions about JMI, email us at jmicali@hncpartnership.org.

The winner of this challenge will be contacted December 11, 2015 and featured in our first JMI California Partners e-newsletter of 2016.

Why did we distribute the Physical Activity Kits? To support your community-based efforts and those of your community partners. PAK is all about Staying on the Active Path...a Lifespan Approach strategy. Find out more info at: http://www.ihs.gov/hdpd/index.cfm?module=dsp_hdpd_pak

What about the Let's Move Indian Country (LMIC) Initiative? Participating in this challenge supports the LMIC and it's goal of improving the health of American Indian and Alaska Native children. Posting on JMI helps recognize and advance the work already taking place across California. By working together we can raise the next generation of healthy Native children. Find out more at: <http://lmic.ihs.gov/>

Promoting physical activity is also what the Just Move It campaign is about! The JMI website is a place to share what works and post updates about ongoing programs, stories, and events. As part of the Healthy Native Communities Partnership Inc., JMI supports Native communities in capacity building, networking, and partnerships, so communities can realize their own vision of wellness.

Visit - <http://www.justmoveit.org>

Let's Get 1 Million Indigenous People Moving!

Supporting Partners:

Healthy Native Communities Partnership (HNCP)

Healthy Native Communities Partnership is a non-profit organization that supports capacity building, leadership development, partnership, and networking so that Native communities realize their own vision of wellness. With over 57,000 participants and more than 420 partners since 2003, Just Move It (JMI) is the HNCP North American campaign leading the path to promote physical activity for Indigenous communities in the US and Canada. As an innovative model JMI taps into the strength and motivates entire communities, unlike most campaigns focused on individuals. JMI Partners share how they boldly turn obstacles into opportunities by creating local programs, and designing access, resources, classes, and events to reach all people for change.

InterTribal Sports (ITS)

Intertribal Sports is a nonprofit and volunteer-oriented organization whose mission is unifying tribal youth and communities through structured athletic programs while providing necessary resources and developing a strong foundation in culture, leadership and wellness. ITS provides athletic opportunities and values education in conjunction with cultural, physical, mental, and spiritual development. Serving close to 1,500 Native youth each year, the organization features year-round sports and enrichment programs designed specifically for the Native American communities. Featured sports include basketball, softball, flag football, volleyball, soft lacrosse, and soccer. In addition, ITS offers cultural gatherings, educational outings, leadership training, and initiated the Dreamcatchers Cheer Team.

Indian Health Service California Area Diabetes and HP/DP Programs

The California Area Diabetes and Health Promotion Disease Prevention Programs work to build partnerships that support tribal and urban communities. Preventing chronic diseases such as diabetes and heart disease includes promoting physical activity as part of a healthy lifestyle and foundation for wellness. The Diabetes and Health Promotion Disease Prevention Programs also support community advocacy efforts that strive to help people live healthy lives, which can make a big difference for those with diabetes and other chronic diseases.

California Rural Indian Health Board (CRIHB)

The California Rural Indian Health Board (CRIHB) provides professional support, services, training, and technical expertise to Tribal Health Programs (THPs) for their clinic operations and public health services. As one of the oldest health organizations serving AIAN in California, CRIHB houses the ACORNS grant project funded by the Centers for Disease Control and Prevention (CDC). The grant goal is to prevent heart disease and prevent and manage type 2 diabetes and associated risk factors, such as tobacco use, physical inactivity, and unhealthy diet in American Indian tribes through a holistic approach to population health and wellness.

Northern California Indian Development Council, Inc. (NCIDC)

The Northern California Indian Development Council, Inc. is a private nonprofit corporation that annually provides services for 14,000 to 15,000 clients statewide. NCIDC was established in 1976 to research, develop, and administer social and economic development programs designed to meet the needs of Indian and Native American Communities. The NCIDC Community Wellness Department serves the health and wellness needs of Native communities through trainings and supportive services.

American Cancer Society

The American Cancer Society is a global grassroots force of more than three million volunteers, and the largest voluntary health organization in the country. The Society's efforts have contributed to a 20 percent decline in cancer death rates in the U.S. since 1991, and a 50 percent drop in smoking rates.

Promoting healthy lifestyles and finding cures as the nation's largest private, not-for-profit investor in cancer research is ensuring people facing cancer have the help they need to continue the fight for access to quality health care, lifesaving screenings, clean air, and more.