

Advancements in Diabetes Webinar







Examine the Native American Fitness Council (NAFC) and the positive impact the program has on Native American communities.





Identify fitness trainings offered by the NAFC and the benefits of certifying fitness trainers to provide safe fitness training to people with diabetes in Native American communities





Encourage patients to seek out certified fitness trainers in their tribal communities as a method to prevent and manage diabetes.





Provide Fitness Trainings for Native Americans

Team of Instructors

Hands on experience

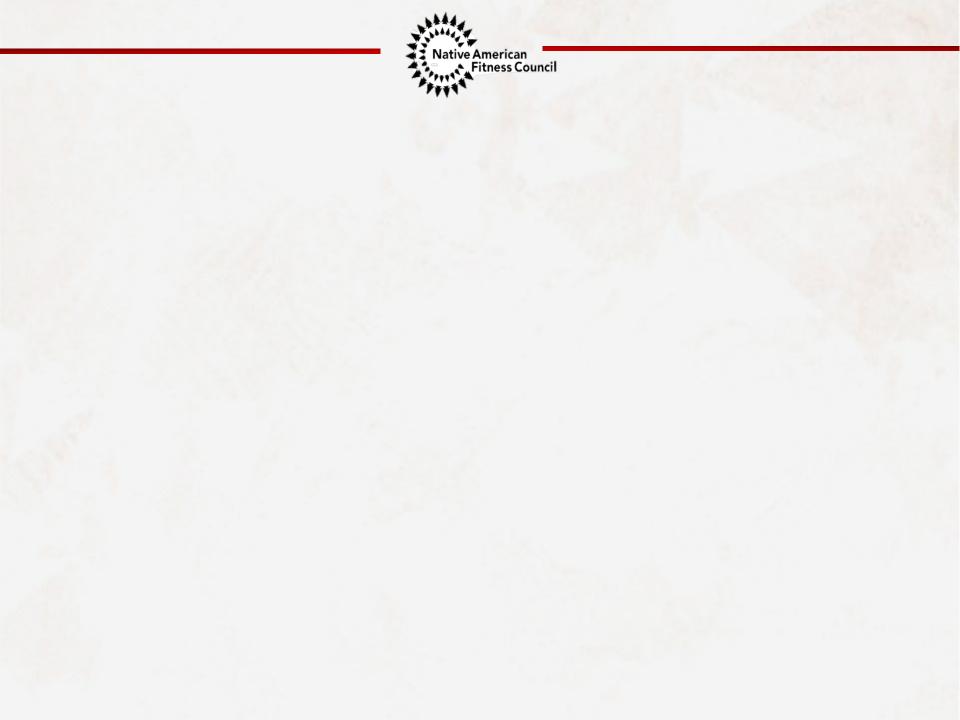
20 years of service



We train Native Americans to be fitness instructors in their communities.



Walking Strong





The Need

Pool of Professionals

Smart and Passionate

Native American way of learning – hands on

Practical



Pool of Professionals

Local Population

Higher Education

Young Adults

College Degrees



Smart and Passionate

Way of Learning

Make Mistakes

Helping Family

Make a Difference



Native American Way of Learning

In Person

Story Telling

Hands On

Repetition



Practical

Alignment

Body Mechanics

Flexibility

Strength



The How

Get people moving safely

Solid Foundation

Focus on Technique

Build Confidence



Get People Moving Safely

Understanding Alignment

Body Mechanics

Speed

Resistance



Solid Foundation

Set Up

Successful

Challenge

Goal



Focus on Technique

Quality before Quantity

Technique Vs Speed

Feel

Habit



Build Confidence

Communications

Monitor

Compliments

Repetition



The Why

Not caught up in terms and formulas

Inspire

Cultural Connection

Mental and Spiritual Benefits



Not Caught Up in Terms and Formulas

Basic Language

Systems and Principles

Safety

Training Philosophy



Inspire

Progression

Regression

Successful

Challenge



Cultural Connections

Environment

Survival

Games

Messages



Mental and Spiritual Benefits

Mental

Spirit

Why

Person



What makes us different?



NAFC TEAM

We are a diverse team



Brian Laban

Hopi/ Tewa

Co-Founder

Director of Culture and Education

Martial Arts



Danielle Grey

Dakota/Hidatsa

Sisseton Wahpeton Oyate Diabetes & Fitness Center

Group Fitness Instructor

Diabetes Prevention



Dwight Sandvol

Lead Instructor

F.A.S.T. Training Center

Ironman & Tri- Athlete

Endurance



Snow Josytewa

Hopi

Lead Instructor

Early Childhood Development

Culture



John Blievernicht

Executive Director

Co-Founder of NAFC

Lead Instructor

Exercise Field



Erik Kakuska

Zuni Pueblo

Functional Exercise Instructor

Track & Field from UNM

NPAIHB



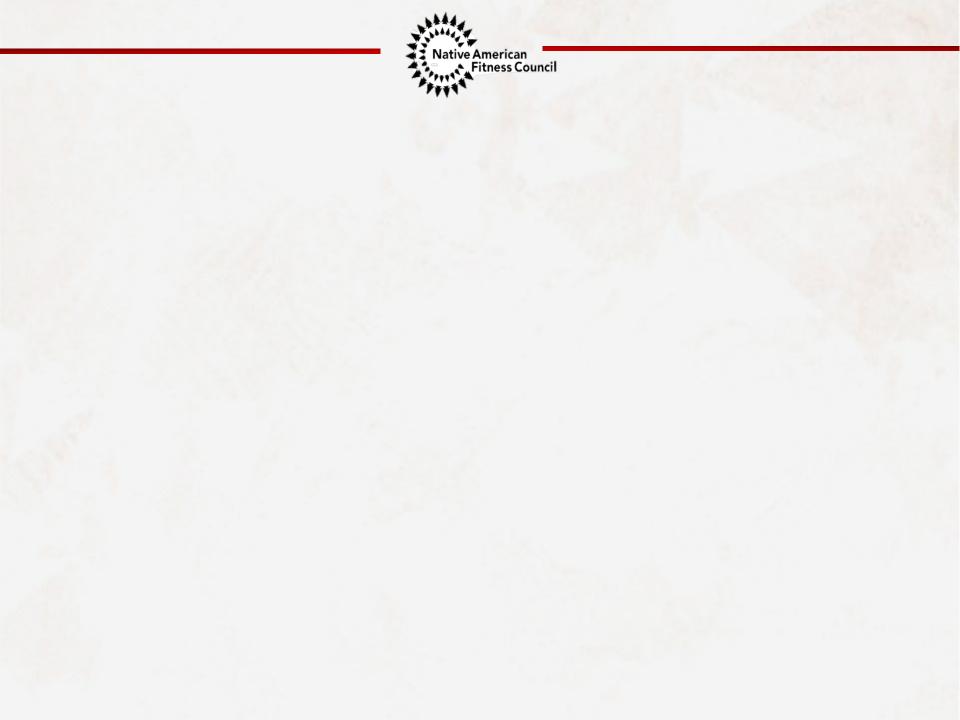
Dr. Jack Daniels

Olympic Training Center

This Century's Best Running Coach

Daniels Running Formula

High Altitude Training





Personal Trainer Certification

Develop skills to effectively teach clients in one on one



Personal Trainer Certification

Small group settings



Personal Trainer Certification

utilizing resistance training



150 minutes of moderate-intensity physical activity or 75 minutes of vigorous-intensity exercise



2 days of muscle strengthening activity

Major muscle groups



Strength Training helps control Diabetes



Cardiovascular conditioning



Functional movement & more



This course also covers how to design programs and work with the individual needs of people living with diabetes, obesity, and other medical conditions.



Native Youth Fitness Leader

Inspire youth to lead healthy active lives through participation in traditional Native games



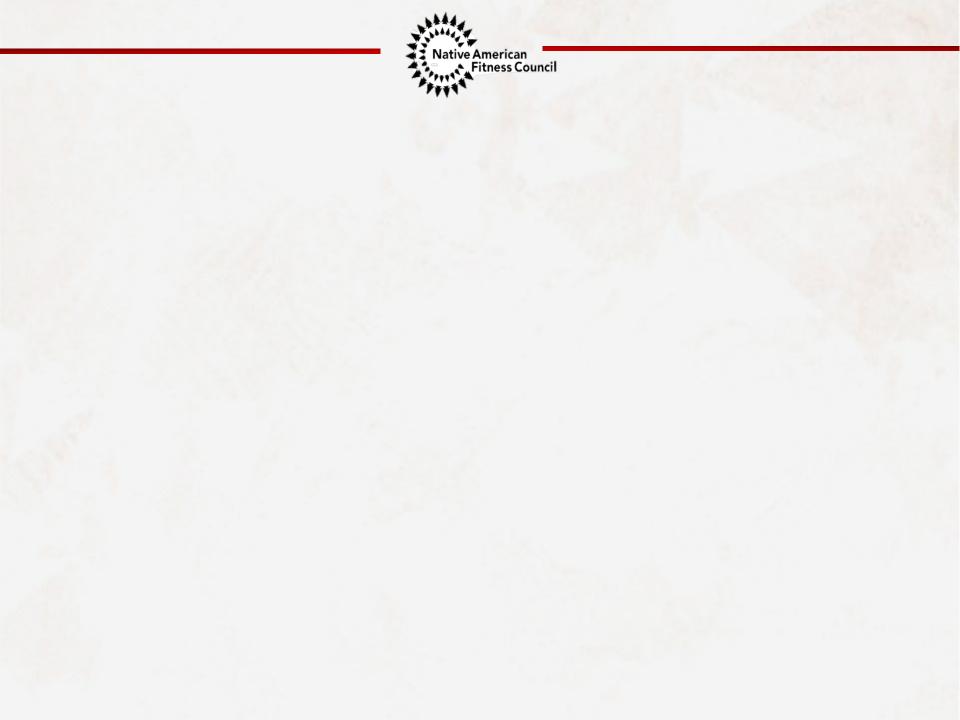
Native Youth Fitness Leader

Sports training drills



Native Youth Fitness Leader

And other fun physical activities.





Help Native clients with chronic disease,



Orthopedic limitations



Diabetes & other medical conditions



To improve their health & maintain active lifestyles through appropriately modifying exercise movements.



Learn dynamic movement training skills with functional exercise equipment



To help Natives, elder through athlete



Perform better in work, life & sport.



Adjust for Elders



Focus on moving better



Exercise and Aging Specialist

Empower elders to live active independent lives



Exercise and Aging Specialist

By incorporating age specific exercises



Exercise and Aging Specialist

And physical activity into their weekly routines.



Build confidence in community members starting out on exercise routines



Teaching them foundational principles of healthy movement



That are easy to apply in daily routines.



No equipment



Move body in all directions



Trainings

National Events

Partnerships

Onsite Trainings





Spring & Fall Events

Mille Lacs Band of Ojibwe



Citizens Potawatomi Nation



Oklahoma Native Fitness Event

Native Youth Fitness Leader Certification April 8th - 10th, 2024 Shawnee, OK

Functional Exercise Trainer Certification April 11th & 12th, 2024 Shawnee, OK



Midwest Native Fitness Event

Personal Trainer Certification May 14th -17th, 2024 Hinckley, MN



NIKE Native Fitness XVII



A.A.S.T.E.C.



Onsite Training

Tribes

Programs



Native American Fitness Council

We train Native Americans to be fitness instructors in their communities.



Native American Fitness Council

We train in person Hands on Cultural connections **Build confidence** Up to date info **Drive equipment**



Native American Fitness Council

Attendees enroll

National events

Onsite trainings



Thank You's

Director IHS Ms. Roselyn Tso

> Chief of Staff Mr. Carmen Clelland

> > Others