



# Advancements in Diabetes Webinar





# Native American Fitness Council



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



# Native American Fitness Council



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



# **Native American Fitness Council**



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





# Native American Fitness Council



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



# **Personal Trainer Certification**

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



# **Personal Trainer Certification**

2 days of muscle  
strengthening activity

Major muscle groups



# **Personal Trainer Certification**

Strength Training  
helps control  
Diabetes



# **Personal Trainer Certification**

Cardiovascular  
conditioning



# **Personal Trainer Certification**

Functional movement  
& more



# **Personal Trainer Certification**

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.





# **Medical Conditions & Exercise**

Help Native clients  
with chronic disease,



# **Medical Conditions & Exercise**

Orthopedic  
limitations



# **Medical Conditions & Exercise**

Diabetes & other  
medical conditions



# **Medical Conditions & Exercise**

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





# **Functional Exercise Trainer**

Learn dynamic  
movement training  
skills with functional  
exercise equipment



# **Functional Exercise Trainer**

To help Natives, elder  
through athlete



# **Functional Exercise Trainer**

Perform better in  
work, life & sport.



# **Functional Exercise Trainer**

Adjust for Elders



# **Functional Exercise Trainer**

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.





# **Community Fitness Leader**

Build confidence in  
community members  
starting out on  
exercise routines



# **Community Fitness Leader**

Teaching them  
foundational  
principles of healthy  
movement



# **Community Fitness Leader**

That are easy to  
apply in daily  
routines.



# **Community Fitness Leader**

No equipment



# **Community Fitness Leader**

Move body in all  
directions



# **Trainings**

National Events

Partnerships

Onsite Trainings



# Events



Spring & Fall Events

Mille Lacs Band of  
Ojibwe



Citizens Potawatomi  
Nation



# **Oklahoma Native Fitness Event**

Native Youth Fitness  
Leader Certification  
April 8<sup>th</sup> - 10<sup>th</sup>, 2024  
Shawnee, OK

Functional Exercise  
Trainer Certification  
April 11<sup>th</sup> & 12<sup>th</sup>, 2024  
Shawnee, OK





# **Midwest Native Fitness Event**

Personal Trainer

Certification

May 14<sup>th</sup> -17<sup>th</sup>, 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