

VIRTUAL FITNESS EVENTS DURING THE COVID-19 PANDEMIC

Introduction – Project History

With essential social distancing guidelines implemented in the Navajo Nation, the Health Promotion/Disease Prevention (HP/DP) office for the Navajo Area Indian Health Service (NAIHS) has successfully transitioned to hosting virtual fitness events. With rising physical and mental health challenges associated with the pandemic, HP/DP fitness specialists have encouraged their team to adapt new strategies to promote physical fitness in their community. Due to these changes, the HP/DP office plans to host this year's annual Veterans Day Run virtually.

Project Description

During Breast Cancer Awareness Month, the HP/DP led virtual fitness events with 168 participants. Many members of the community were grateful to bring awareness to breast cancer, and numerous participants expressed their excitement for the option to participate virtually. The NAIHS office plans to follow



Elfreida leading a virtual fitness session

Summary

While the transition to virtual programming was an adjustment, virtual events have been widely successful. Community members in rural areas are now able to participate more easily at home, while virtual events have been able to reach more people. Also, recorded virtual sessions have allowed individuals who are not regularly able to attend fitness sessions during the day to participate in workouts in the evenings. Virtual participants interested in friendly competition are also able to connect through smart watches and fitness apps. The HPDP office believes the Veterans Day Run will be the beginning of a widely successful continuation of virtual fitness events.

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suit and host a virtual Veterans Day Run in the Navajo Area. Local challenges will include various options: a 1-mile run, a 5K, and a 10K. Participants will receive certificates of completion as well as medals.

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