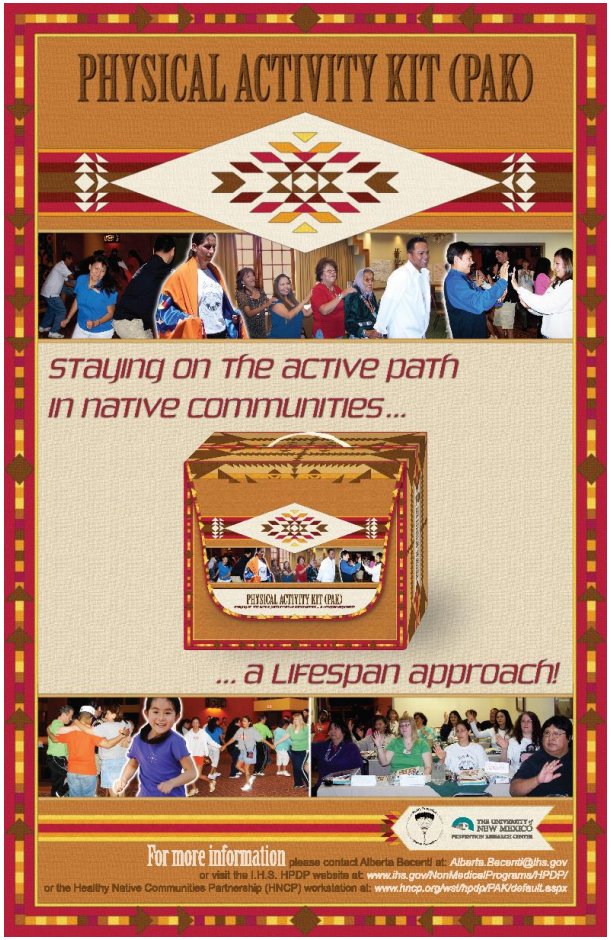
Welcome!!

Physical Activity Kit (PAK)

"Promising Practices to Support Wellness in AI/AN Communities"

Indian Health Service
Health Promotion Disease Prevention
Obesity Prevention Webinar



Linda Beltran, MS
Theresa Clay, MS

September 10, 2014

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IHS Head Start
Start Healthy. Grow Healthy.

PAK Objectives

Participants will:

- Recognize that Physical Activity Kit (PAK) can be adapted and implemented in varying settings to increase physical activity across the age spans.
- Identify PAK physical activities and resources to support wellness in the community and worksite.

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CREATE
TRAIN
PAK STORY
DISSEMINATE
PHYSICAL ACTIVITY KIT (PAK)
PAK in Action
PHYSICAL ACTIVITY KIT (PAK)

Benefits of Daily Physical Activity

Numerous physical and psychological benefits of regular physical activity such as:

- Optimal growth of heart, lungs, muscles, bones, and other tissues
- Maintenance of healthy levels of body weight & fat
- Improved muscle and joint flexibility, muscle strength and endurance, and aerobic capacity

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PAK Focus Areas

Warm up, Cardiovascular, Strength, Cool down, and Flexibility

- Thirty (30) minutes of Moderate to vigorous physical activity most days of the week and can be broken into 10 minute increments
- Start small and build each week, be safe, and set goals

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Indian Health Service - IHS

New Mexico - Prevention Research Center - PRC

PAK Field Sites Partners

- National Health Promotion/Disease Prevention
- Nutrition & Dietetics
- Head Start Program
- Community Health Representatives
- Area Offices
  - Albuquerque
  - Portland
  - Oklahoma

What are the ***PAK*** components?

- ***PAK*** for **Young People**
  - Book #1 ***Young People***
  - Book #2 ***Mt Pathways Challenge***
  - Book #3 ***Modified American Indian Games***
  - Book #4 ***Exercise Breaks***
  - Book #5 ***Young Children***

- ***PAK*** *for* ***Adults/Family***
  - Book #6

PAK is based on the Center for Disease Control (CDC) Physical Activity Guidelines & *Guide to Community Prevention Services Systematic Reviews and Evidence Based Recommendations*

What are the ***PAK*** components? Cont.,

- ***PAK*** *for* ***Older Adults*** Book #7
- ***PAK Resources*** Book #8

PAK is based on the Center for Disease Control (CDC) Physical Activity Guidelines & *Guide to Community Prevention Services Systematic Reviews and Evidence Based Recommendations*

Young People
PAK BOOK #1

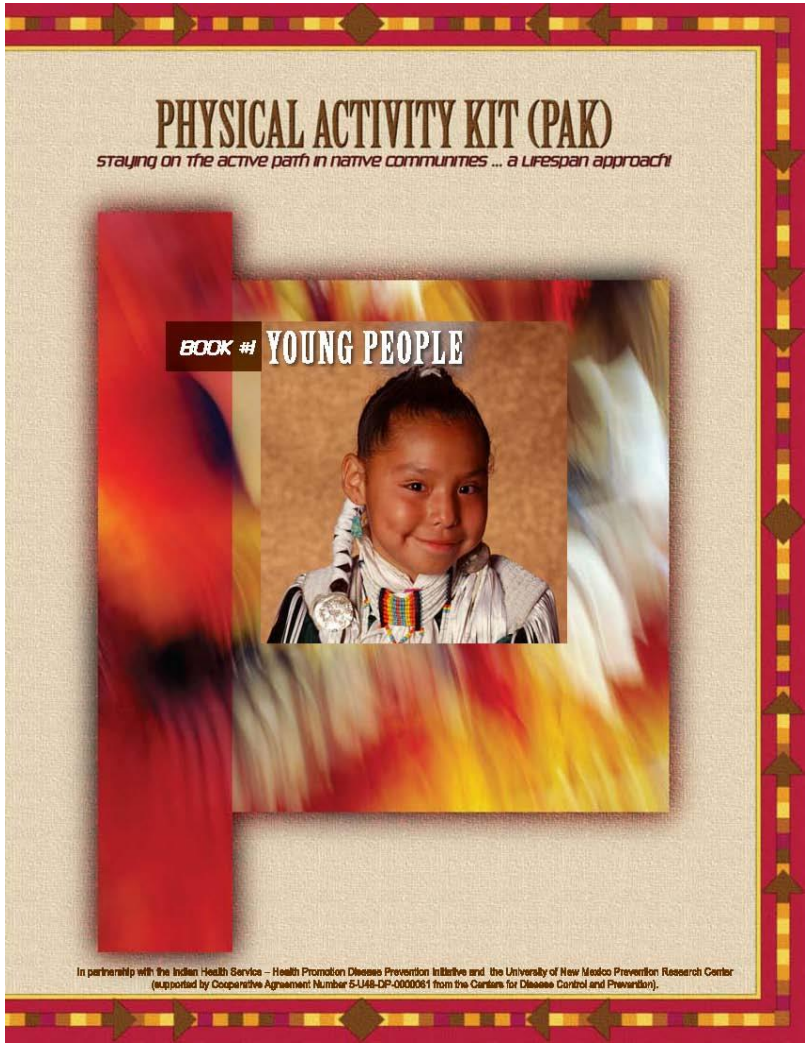
Fun & interactive physical activity for school-age children

Body Cues

Physical Activities/Games

Classroom Activities

Native Dances

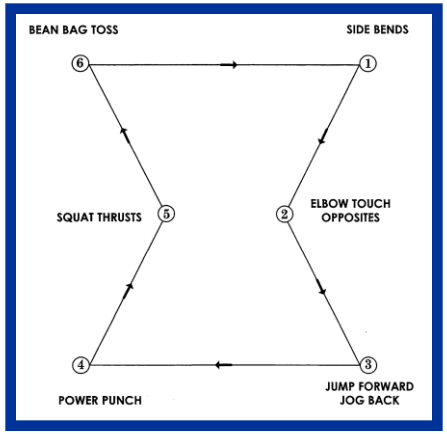


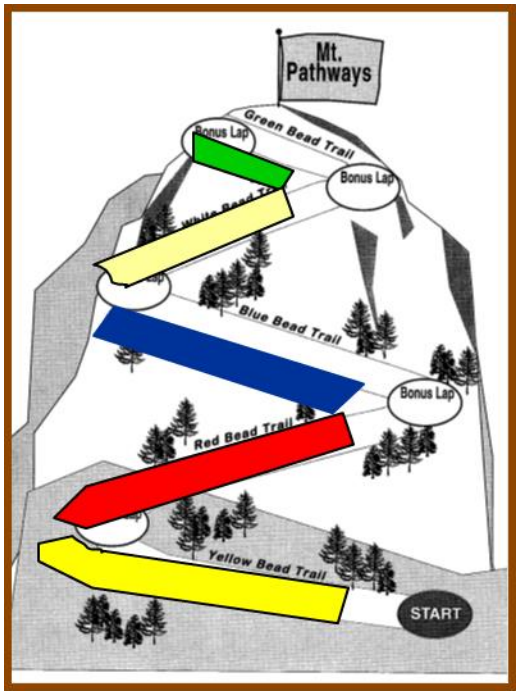
PAK uses minimal equipment with easy set up and simple teaching cues

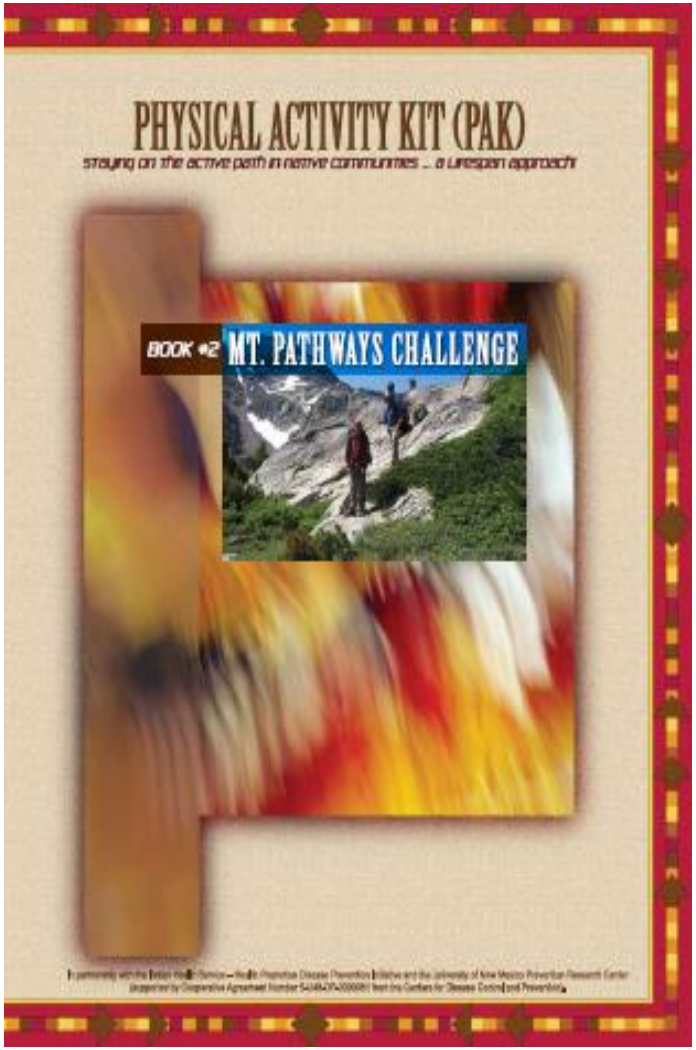
PAK Mt. Pathways Challenge

BOOK #2

Increase student's energy expenditure during school





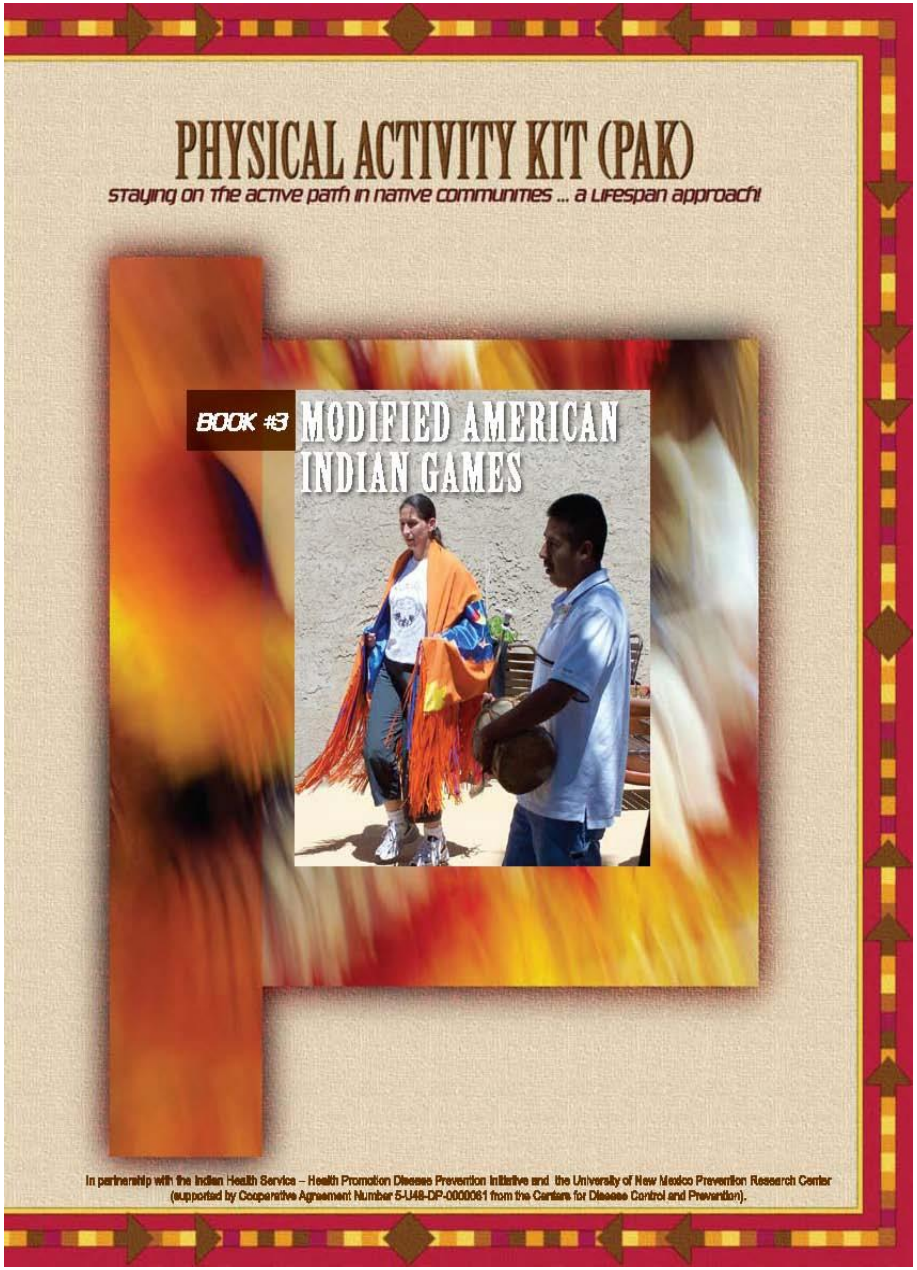


Modified American Indian Games (MAIG)

PAK BOOK #3

Collection of American Indian games

Modified to ensure safety, increase activity, and maximize participation

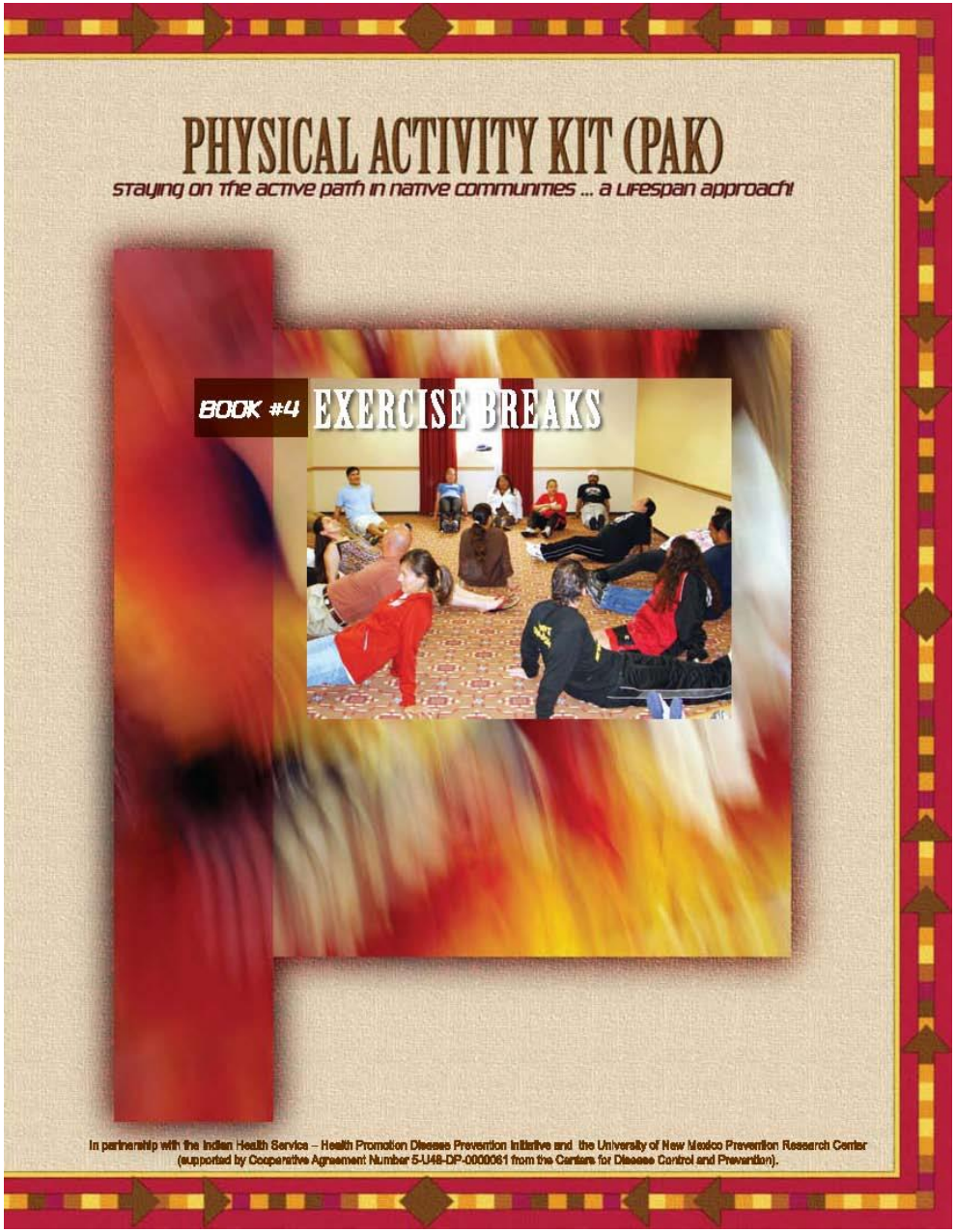


Exercise Breaks & Ice Breakers

PAK BOOK #4

Simple and short in duration (2-10 minutes) of activity

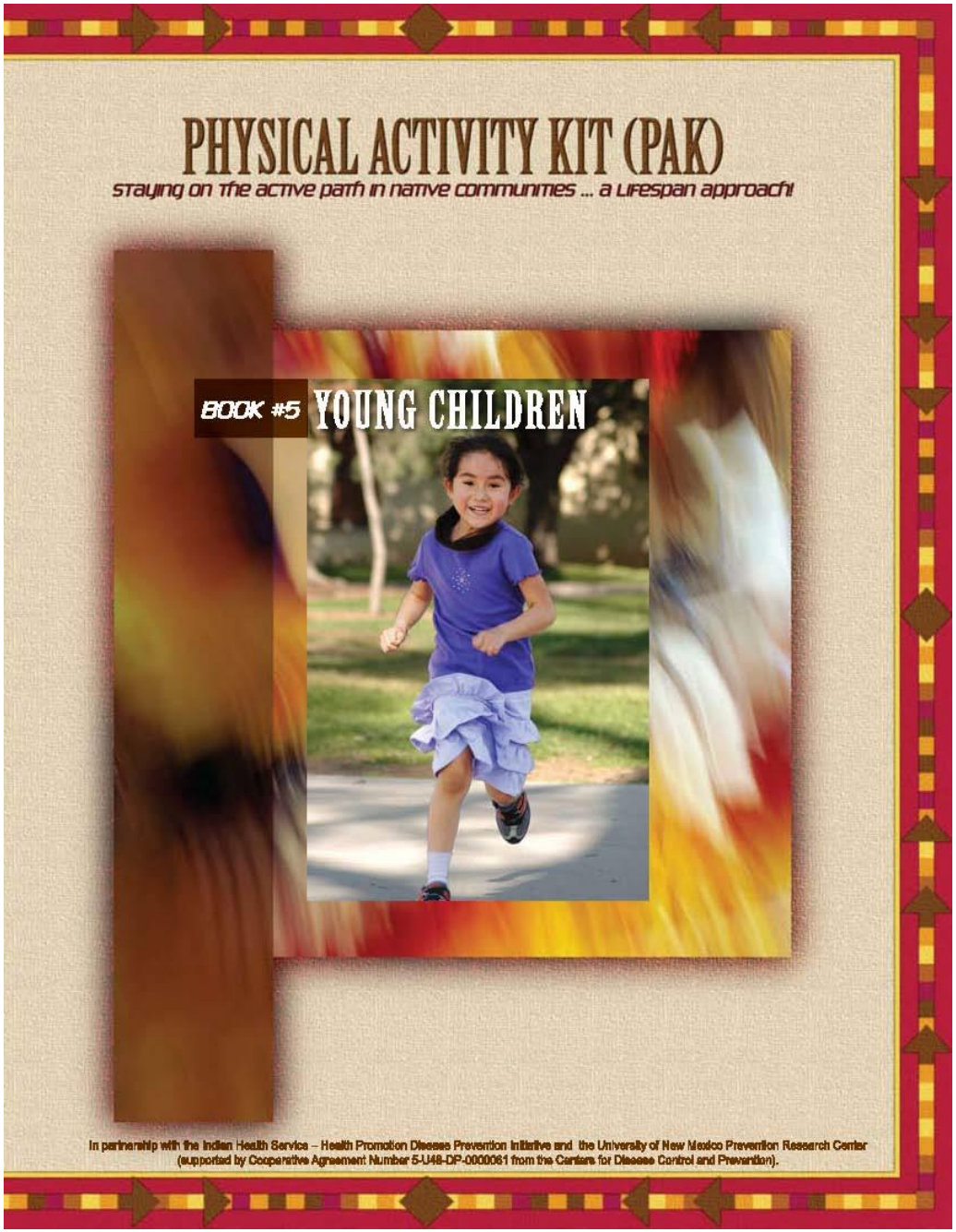
Energize & motivate to get people active and moving



Young Children

PAK BOOK #5

Short and simple Physical activities and movement for infants, toddlers and preschool children



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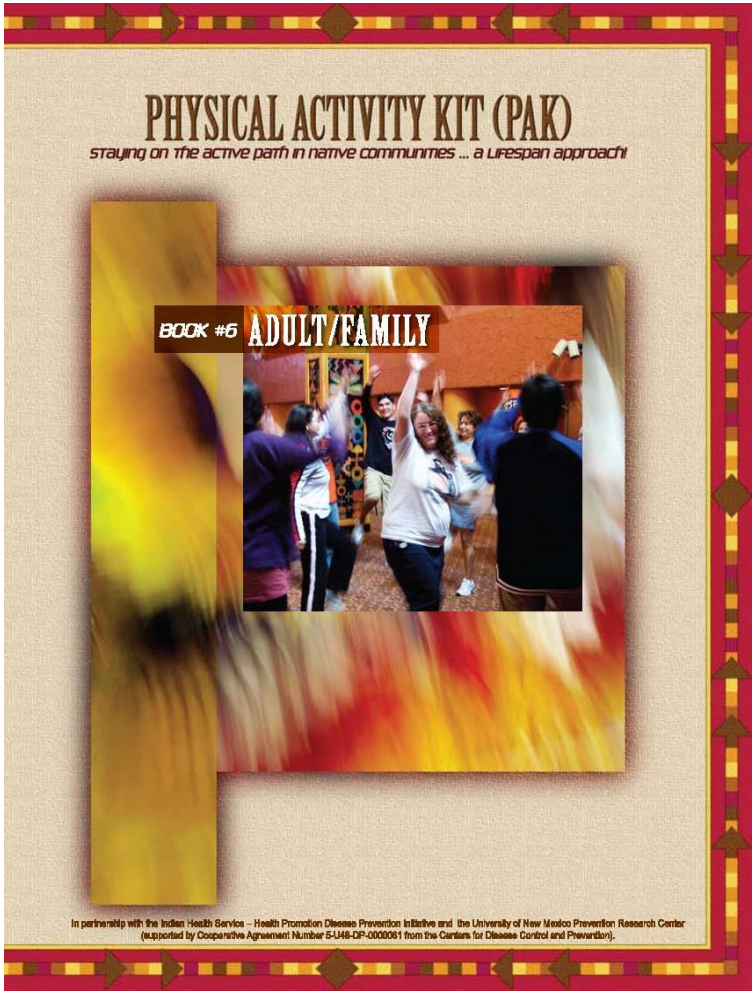
PAK for Adults & Families

BOOK #6

Family Fun Nights,
Events, Dances,
and Celebrations

‘*Integrate physical activity into everyday life*’

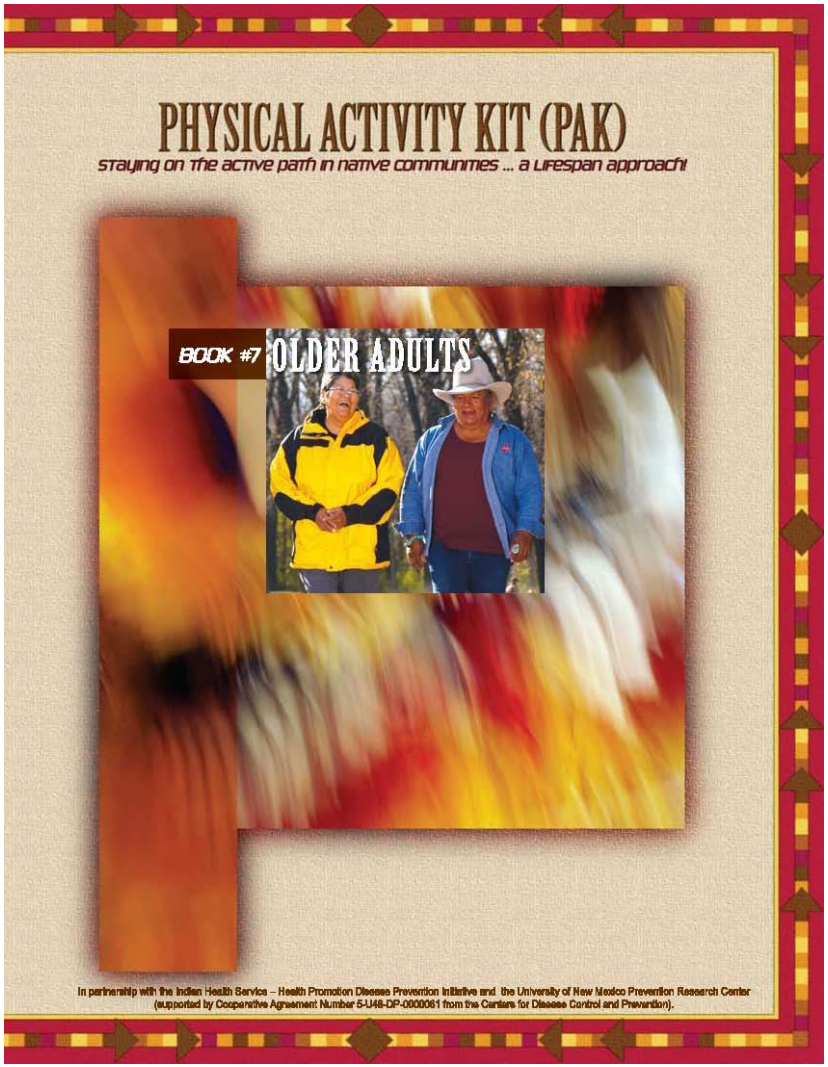


PAK for Older Adults

BOOK #7

Easy to read instructions with pictures of physical activities for older adults

Wrist Stretch



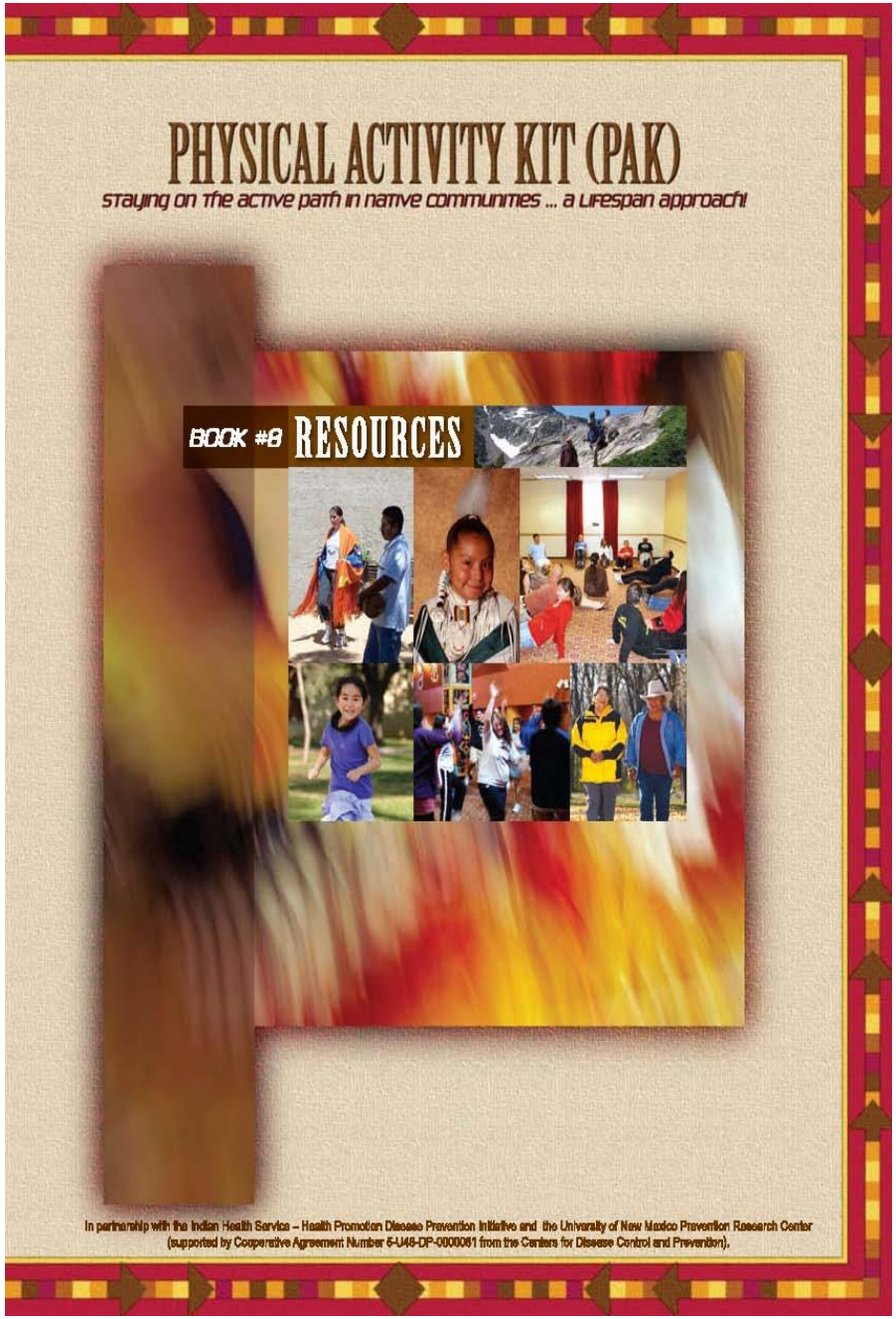
PAK Resources

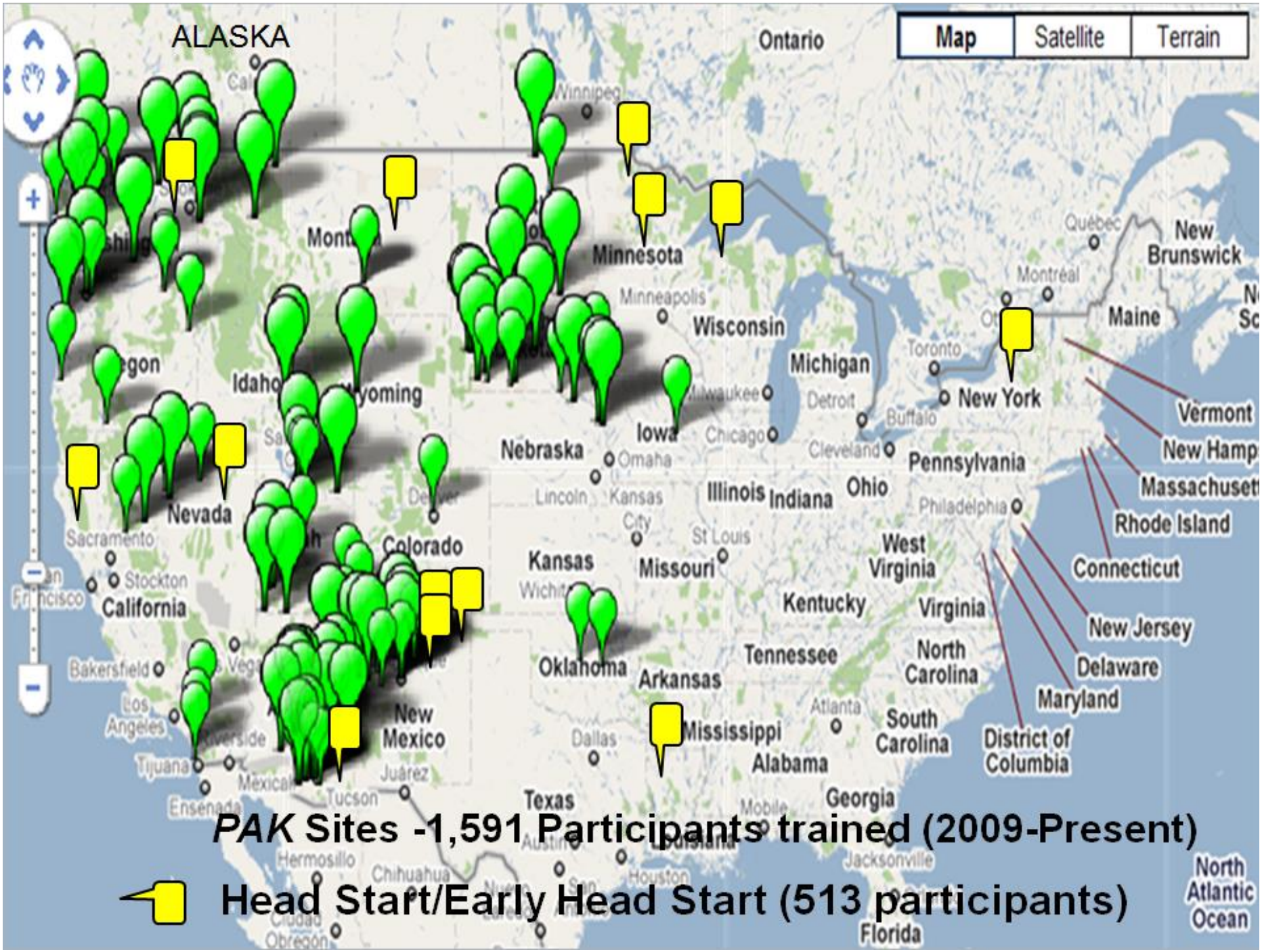
BOOK #8

Website links for supporting curricula or programs

Fitness Testing

Additional resources on Physical Activity

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Sacramento
Stockton
California
Bakersfield
Los Angeles
Riverside
Tijuana
Ensenada
Mexicali
Hermosillo
Chihuahua
Ciudad Obregón
North Atlantic Ocean
PAK Sites -1,591 Participants trained (2009-Present)
Head Start/Early Head Start (513 participants)

Physical Activity Kit (PAK) ABQ N=819 Since 2009

Pueblo of Zuni, NM

Pueblo of Pojoaque, NM

Pueblo of Acoma, NM

Pueblo of Taos, NM

Mescalero, NM

Ute Mountain Ute, CO

Participants from the ABQ Area tribal areas

PAK Demonstration & Modeling

Respect Personal Space

Select an activity

Review directions

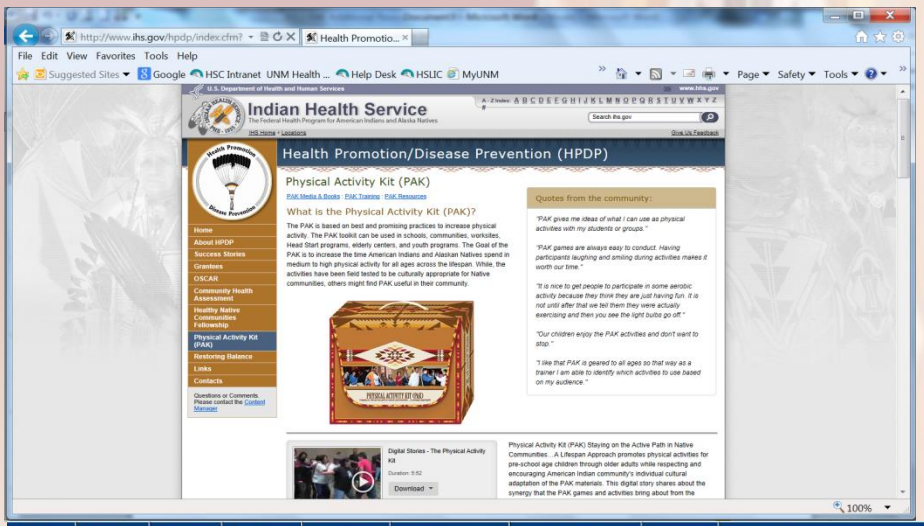
Demonstrate each activity

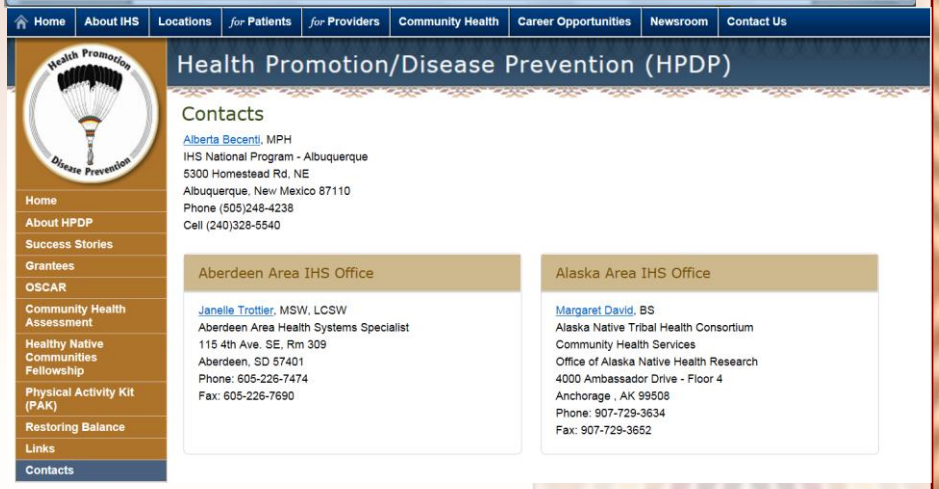
Teach to the class

PAK Website

http://www.ihs.gov/hpdp/index.cfm?module=dsp_hpdp_pak

- Demonstration Videos (Books 1 – 8)
- Digital Story
- PAK Books
- List of Trainers
- Resources
- HPDP Coordinators





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Our Mission: To promote the physical, mental, social, and spiritual health of American Indians and Alaska Natives to the highest level

Indian Health Service Health Promotion Disease Prevention (HPDP)

567 likes · 28 talking about this · 8 were here

Government Organization

Our Mission... to raise the physical, mental, social, and spiritual health of American Indians and Alaska Natives to the highest level.

About

Photos

567

Likes

Events

DISCLAIMER

DISCLAIMER

Highlights

Indian Health Service Health Promotion Disease Prevention (HPDP)

February 14

On Friday, February 7, over 151 native women from all over the state of New Mexico, and representing a diverse selection of tribal affiliations, gathered in Albuquerque for the American Heart Association's 2014 Go Red for Native Women: Hear... See More

Reviews

See All

Marin Webster Denning

If your in health care and work with our daughters, sons, Moms, Dads and Grandparents, this group is worth your time. Yo... See More

over a year ago

Ali David Ogonnaya

Good

about 3 months ago

Like

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"PAK has motivated me and given me more confidence in leading physical activities in my community"

"PAK has adaptable games for any age group"

"PAK gets more people involved and moving in a fun way"

"The PAK workshop was one of the most fun I have been to as 8 years as a Certified Personal Trainer"

PAK encourages an active lifestyle to last a lifetime

Indian Health Service – Health Promotion Disease Prevention (IHS-HPDP)

http://www.ihs.gov/hpdp/index.cfm?module=dsp_hpdp_pak

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