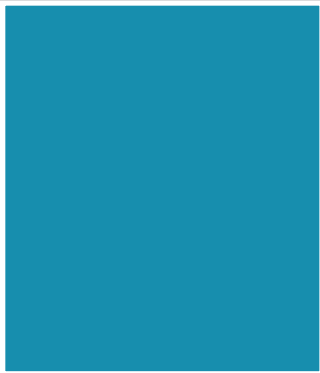
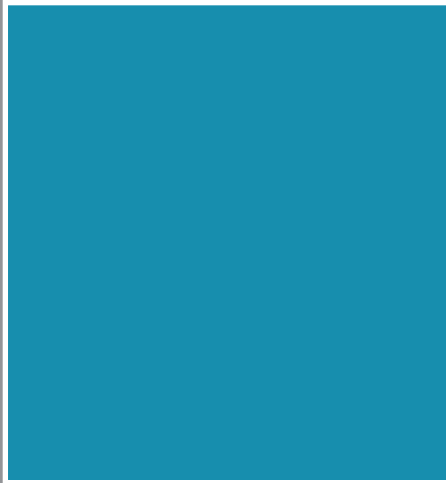




Native Fitness XVI



2019



Northwest Portland Area Indian Health Board

Indian Leadership for Indian Health





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***Kerri Lopez,
Director - WTDP***

The Western Tribal Diabetes Project will once again host the Native Fitness training for its 16th year! NF XVI is fun, active, hands-on, and provides a walk-away curriculum and information resource that is invaluable. Native organizations come from around the nation, providing the opportunity to network, share successes, and develop new strategies. This event has grown since 2003, beginning with 72 participants from NW tribes to over 1,400 tribal programs nationwide and 170 tribes in attendance.

Western Tribal Diabetes Team



***Erik Kakuska
Project Specialist
WTDP***



***Don Head
Project Specialist
WTDP***



***Antoinette Aguirre
Cancer Prevention
Coordinator - NTCCP/
WTDP***



***Savannah Shaw
(baby sis, Jolee)
Project Intern
WTDP***

Western Tribal Diabetes Project - NPaiHB
2121 SW Broadway, Suite 300
Portland, Oregon 97201
Phone 1.800.862.5497
Fax 503.228.4801
wtdp@npaihb.org

NAFC empowers Native Americans — youth, adults, and elders — to improve their fitness through a variety of cutting-edge programs. We build confidence in everyone who attends, including those with physical limitations and emotional obstacles. Better health means better life — and we believe in changing lives.

NAFC was established in 2004 with the mission of empowering Native Americans through exercise education. Cofounders Brian Laban, Elfreida Barton, and John Blievernicht recognized a need for knowledgeable, passionate, and experienced Native American fitness instructors. But their vision didn't stop there: These dedicated professionals developed programs that teach people to train other Natives in proper exercise and healthy lifestyles.



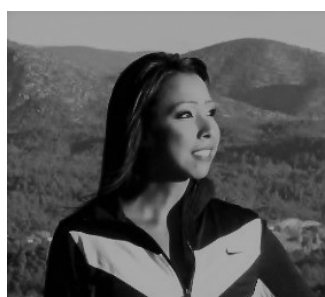
John A. Blievernicht
Executive Director
NAFC



Brenda Gene
Youth Fitness - Lead
Instructor
NAFC



Brian Laban
Director of Training
and Instruction
NAFC



Casandra Stouder
Group Fitness - Lead
Instructor
NAFC



Heidi Gabalski
Exercise Science - Lead
Instructor
NAFC

Native American Fitness Council

P.O. Box K

Flagstaff, AZ 86002

(928) 774-3048

(928) 774-3049 fax

<http://www.nativeamericanfitnesscouncil.com/>



Sam McCracken
General Manager
N7 Programs



Patricia Chee
Product Manager
N7 Programs

The Western Tribal Diabetes Program would like to express our gratitude to the Nike N7 Program and team for 16 years of support for the Native Fitness event at the Tiger Woods Center and the Nike Campus.

Without sponsorship from the N7 program, the Native Fitness event could not happen at a state-of-the-art facility. Their invitation not only allows the event to be hosted on the campus, but General Manager Sam McCracken shares the N7 story with us each year and continues to introduce new products (shoes and sportswear) in the N7 line. He has generously provided N7 items for raffle and gifts at the event. Sam has also provided staff support at the event, allowing his team to work with the WTDP team during Native Fitness. Also, thank you to Trisha Chee for her continued support in every aspect of the event, especially helping to get the word out to the Native diabetes programs who have an account with Nike.

It is an honor and privilege to work with such a dedicated team.



WEDNESDAY, AUGUST 14
LOCATION: NIKE WORLD HEADQUARTERS (TIGER WOODS CENTER)
3:00PM – 6:00PM PRE-REGISTRATION

THURSDAY 15, 2019
LOCATION: NIKE WORLD HEADQUARTERS (TIGER WOODS CENTER)

7:30am – 8:45am	Registration		
8:45am - 9:00am	Opening Remarks – Joe Finkbonner - Executive Director, NPAIHB		
9:00am – 9:15am	Opening song		
	Welcome – Kerri Lopez - NPAIHB Diabetes Project Director		
	Sam McCracken - General Manager Nike N7		
9:15am – 9:30am	Introductions / Agenda / Housekeeping – John Blievernicht & Kerri Lopez		
	Breakout Session #1		
	• Indigenous Sit Fit Mix	Casandra Stouder	<i>(Inside)</i>
9:30am – 11:30am	• Basics of Resistance Training 101	Brenda Charley	<i>(Inside)</i>
	• Martial Arts for Everyone	Brian Laban	<i>(Inside)</i>
	• Functional Fitness	Heidi Gabalski	<i>(Outside)</i>
	Assessment and Beyond		
	• Sports Speed System	John Blievernicht & Erik Kakuska	<i>(Outside)</i>
11:30am – 11:45am	Lunch Provided – Please fix your lunch plate and return to the main room for SDPI program networking		
11:45am – 1:30pm	Keynote Speaker - Darryl Tonemah		
1:30pm – 3:30pm	Breakout Session #2		
	• Indigenous Sit Fit Mix	Casandra Stouder	<i>(Inside)</i>
	• Basics of Resistance Training 101	Brenda Charley	<i>(Inside)</i>
	• Martial Arts for Everyone	Brian Laban	<i>(Inside)</i>
	• Functional Fitness	Heidi Gabalski	<i>(Outside)</i>
	Assessment and Beyond		
	• Sports Speed System	John Blievernicht & Erik Kakuska	<i>(Outside)</i>
3:30pm – 4:00pm	Housekeeping and closing		

FRIDAY 16, 2019

LOCATION: NIKE WORLD HEADQUARTERS (TIGER WOODS CENTER)

9:00am - 9:15am	Welcome – Kerri Lopez - NPAIHB Diabetes Project Director
9:15am - 9:30am	NPAIHB Welcoming - Victoria Warren-Mears, Director NWTEC
9:30am – 11:30am	Breakout Session #3 <ul style="list-style-type: none"> Traditional Adaptive Intervals Casandra Stouder <i>(Outside)</i> Indigenous Youth Fitness Brenda Charley <i>(Outside)</i> Traditional Running Brian Laban <i>(Outside)</i> Superstar Elder Fitness Heidi Gabalski <i>(Inside)</i> Indigenous Foods Danielle Scott <i>(Inside)</i> in an Instant(Pot)
11:30am – 12:00pm	Lunch Provided – Please fix your lunch plate and return to the main room for a presentation
12:00pm – 1:00pm	Guest Speakers - Program highlights and networking
1:00pm - 2:45pm	Breakout Session #2 <ul style="list-style-type: none"> Traditional Adaptive Intervals Casandra Stouder <i>(Outside)</i> Indigenous Youth Fitness Brenda Charley <i>(Outside)</i> Traditional Running Brian Laban <i>(Outside)</i> Superstar Elder Fitness Heidi Gabalski <i>(Inside)</i> Indigenous Foods Danielle Scott <i>(Inside)</i> in an Instant(Pot)
3:00pm – 3:30pm	Group Photo All group workout - Trainers - Tiger Woods Main Room
3:30pm - 4:00pm	Closing Prayer Receive Sports Incentive



BREAKOUT SESSIONS



INDIGENOUS SIT FIT MIX



Casandra Stouder
NAFC Presenter

Workshop Description:

Indigenous Sit Fit Mix is designed for the needs of our elder population or anyone who might have limited range of motion. It is a combination of strength exercises, cardiovascular training, and yoga. Using breath regulation and a chair, the focus is on joint mobility and range of motion resulting in gently opening the body and allowing better quality of movement. In this class you will be able to customize the chair workout with more options and enhancements.

Goals of this session:

1. Design one portion (warm-up, total body strengthening, cardio conditioning, Cooldown) of the Sit Fit workout sessions promoting beginner chair fitness levels.
2. Practice teaching one segment of a fitness component to breakout groups

Lessons Incorporating Indigenous Sit Fit Mix

WARM-UP - Warming up before a workout is critical to prepare your body for physical exertion. It involves raising your heartrate and body temperature which increases blood flow and wakes up your muscular and nervous system. A correct warm-up can improve your range of motion, address imbalances, limitations, or tightness in your body. Warming up ensures you're recruiting the right muscles for your specific workout. Make sure you get a thorough head-to-toe warm-up that hits all of the major muscle groups in your body.

Your warm-up should last no less than five minutes and ideally, as long as 10 minutes. Every warm-up should start with a brief period (ex - 3 to 5 minutes) of cardiovascular exercise (ex – jogging or marching in place) to get blood pumping to your muscles and ready them to workout. Remember to work at a pace that allows you to still carry on a conversation.

Move into dynamic stretching using motion to prepare your muscles for action. Start your dynamic stretching motions small, increasing the range of the motion with each repetition. Complete six to eight repetitions of each motion in a flowing manner.

A final component of a warm-up is static stretching. Static stretches are held in a stationary position and can help prevent injury and increase your mobility. Hold static stretches for 20 to 60 seconds while breathing deeply through the stretches. Most of your static stretching should be done during your cool-down to improve flexibility. Some static stretching should be included in your warm-up. In general, include static stretches for the muscles that you will use during your workout. For example, if you are running that day, include some static stretches for your legs. If you are swimming, include static stretches for your upper body. The static stretching part of your warm-up could be as short as two minutes or much longer if you are doing an activity like cheerleading or track.

INDIGENOUS SIT FIT MIX



Warmup may include exercises similar but not limited to:

1. Arm Raises

Area: Shoulders

Perform 10 to 15 times

2. Chair Stand

Area: Abdomen and Thighs

Progression: Perform without using your hands as you become stronger.

Equipment: Chair, Yoga block or pad

Perform 10 to 15 times

3. Knee Flexion

Area: Back of Thighs

Equipment: Chair or table, if needed

Perform 10 to 15 times on each leg

4. Hip Extension

Area: Buttocks and lower-back muscles

Equipment: Chair or table, if needed

Perform 10 to 15 repetitions with each leg.

5. Side Leg Raise

Area: Sides of hips and thighs.

Equipment: Chair or table, if needed

Perform 10 to 15 repetitions with each leg.

TOTAL BODY STRENGTHENING - Learners will map out the body by muscle groups either starting from the lower extremities to the top or vice versa and complete total body strength training. Feel a connection to strength-based movements without feeling overwhelmed or rushed.

To start, perform each exercise 10 - 15 times, repeating 1 to 3 circuits of each exercise. These exercises can be done 1-3 times per week.

1. **Squats:** This exercise strengthens the front of the thigh.

Stand up and sit down. You can use your arms on the sides of your chair until you build your strength enough to complete as shown.

2. **Leg Extensions:** This exercise strengthens the front of the thigh and hip.

Start with your right leg. Extend it until it is straight. Then complete with your left leg. As you progress, you can lift your thigh off the chair as high as you can comfortably.

3. **Abduction:** This exercise strengthens the outer thigh.

Sit with your knees together and place your hands, palms open, on the outside of your thighs near your knees. Spread your knees open while pushing in with your palms for resistance.

4. **Adduction:** This exercise strengthens the inner thigh muscles.

Sit with your knees apart and place your hands on the inside of your thighs near your knees. Slowly close your knees while pushing out with your palms for resistance.

INDIGENOUS SIT FIT MIX



5. **Marching:** This exercise strengthens the hip flexors, a group of muscles at the hip and thigh. Place your hands on top of your knees. Lift your legs one at a time as you push down with your hands for resistance.
6. **Crossed Leg Exercise:** This exercise strengthens the front and back of your thigh. Cross your legs at the ankles. Lift up to straighten your bottom leg while you try to resist the motion with your upper leg. Push the top leg down, bending your knee, while you resist the motion with your lower leg. Switch top and bottom legs and repeat.
7. **Abdominal Exercises:** These exercises strengthen the abs. Rest your hands on the seat beside your knees, or armrest of the chair. Keep your knees together, and your abdominal core tight. Lift your feet off the floor, bringing your knees toward your chest. Slowly lower and repeat. You can start by lifting one leg at a time until you are strong enough to lift both together.
8. **Biceps and Triceps:** These exercises strengthen the upper arm and can be done at your kitchen table: Press your right hand, palm up, against the bottom of the table or desk. Press up against the desk, hold and release. Repeat with your left hand. Place your hands out in front of you. Hold your right hand with the left hand on top. Both palms should be face down. Your elbows should be straight but not locked. Slowly curl your arms up toward your chest, pushing up with your right or bottom hand while you resist the motion with your left or top hand. Take your arms back down to the starting position, pushing down with your left or top hand while you resist the motion with your right or bottom hand. Put your left hand on your right hand and repeat.
9. **Overhead Press:** This exercise strengthens the chest. Press your palms together in front of your chest. Continue pressing together as you lift your hands as high as you can above your head. Keep pressing and lower hands to the starting position.

Participants may follow this exercise routine as numbered in order from 1 to 9 or in reverse starting with exercise 9 to 1.

CARDIO CONDITIONING - The class will then smoothly transition into cardio conditioning training, each of these movements are designed to reconnect the past into the future for each participant. Fun cardio exercises include chair boxing, games and rez life re-enactments and childhood sports movements. This segment of class sparks the energy each participant to reconnect the spirit to past childhood games, sports and or other rez life activities.

Chair boxing movements:

1. Left Jab
2. Right Jab
3. Left Cross
4. Right Cross
5. Left Hook
6. Right Hook
7. Left Uppercut
8. Right Uppercut

Game Idea - Movement by number reaction drills to elevate the heart rate.

Instructor will describe and teach one movement in its entirety and label that movement with a number, such as the number 1. The instructor will continue to teach a movement and identify the movement with

INDIGENOUS SIT FIT MIX



another number and continue this process until 3-6 different cardio exercises are taught and memorized by number. Then the instructor will call out a number and the group of participants will react to the number by repeating the movement until another number is called. Participants will experience how to react and respond to each number called. The time spent performing each exercise by number is approximately 30-50 seconds. To incorporate laughter during this game the instructor may call numbers in random order to test each participants memory and reaction skills.

A unique component to this session is rez life or childhood sports movements: chopping wood, round dance, scooting over in the pick-up truck, beading/sewing, building fires, herding sheep and powwow dance. Some childhood sport games include stickball, basketball, rodeo, running, dance and general sports played today.

COOLDOWN - Slower more mindful and spiritual movements will end the session. As class changes from one fitness segment to another the participant will feel a certain smoothness by the rhythm change of music and tempo. Lastly, each participant will experience a final much-needed connection to breath and spiritual connectedness through a very short yoga segment. The yoga segment of this class will primarily move through vinyasa flows, coordinating movement and breath from one posture to another.

1. **Chair Cat-Cow Stretch** - Sit on a chair with the spine long and both feet on the floor. Place your hands on your knees or the tops of your thighs. Inhale and arch your spine and roll your shoulders down and back, bringing your shoulder blades into your back. This is cow position. Exhale and round your spine and drop your chin to your chest, letting the shoulder and head come forward. This is cat position. Continue moving between cow on the inhalations and cat on the exhalations for five breaths. **Chair Raised Hands Pose - Urdhva Hastasana**, on an inhalation, raise your arms toward the ceiling allow your shoulder blades to slide down your back as you reach upwards with your fingertips. Anchor your sit bones on the chair seat and reach up from there.
2. **Chair Forward Bend – Uttanasana**
On an exhalation, come into a forward bend over the legs, let the hands rest on the floor if they reach it. Let the head hang heavy. On an inhalation, raise the arms back up over the head. Repeat this movement between a raised arms position and a forward fold several times, moving with the breath.
3. **Chair Extended Side Angle - Utthita Parsvakonasana**
After your final forward bend, stay folded. Bring your left fingertips to the floor on the outside of your left foot. Open your chest as you twist to the right on an inhale, bringing your right arm and gaze up at the ceiling. This is your chair version of extended side angle pose. Hold here for several breaths. Bring the right arm down on an exhale. Do the same position with the right arm down and the left arm up.
4. **Chair Pigeon - Eka Pada Rajakapotasana**
Sit upright. Bring your right ankle to rest on your left thigh, keeping the knee in line with your ankle as much as possible. Hold this chair pigeon for three to five breaths. You may forward bend to intensify the stretch if you like. Repeat with the left leg.
5. **Chair Eagle – Garudasana**
Cross your right thigh over your left thigh for eagle pose. If you can, wrap the right foot all the way around the left calf. Cross your left arm over the right one at the elbow. Bend the elbows and bring your palms to touch. Lift the elbows while dropping the shoulders away from the ears. Hold three to five breaths. Repeat on the other side.
6. **Chair Spinal Twist - Ardha Matsyendrasana**
Sit sideways on the chair, facing to the left. Twist your torso toward the left, holding onto the back of the chair, for a spinal twist. Lengthen your spine on each inhale and twist on each exhale for five breaths.

INDIGENOUS SIT FIT MIX

Move your legs around to the right side of the chair and repeat the twist to the right side. Let the left arm come down the left leg and lift the right arm up to the ceiling on an inhale for reverse warrior. Hold for three breaths. Bring both legs to the front of the chair before coming to sit sideways on the chair facing left and going through the series of three warrior poses on the left side.

7. Final Relaxation: Chair Savasana

Take a few minutes to sit with your eyes closed and hands in your lap at the end of your practice. This seated savasana will help your body absorb all the good effects of the poses you have done and transition you into the rest of your day.

Application - Once the entire group has experienced all sections of a Sit Fit class, the instructor will select and encourage a few team leaders to work with small groups. This segment of the overall session allows for participant leaders to teach to their small group and experience the pleasure of leading a multi-chair fitness class.

Gaining confidence as a group fitness instructor comes with experience, but if you are a new instructor, you probably want to be the best you can be right now. Below is an article that can help with increasing confidence as a group fitness instructor:

<https://www.acefitness.org/certifiednewsarticle/3297/10-tips-for-increasing-your-confidence-as-a-group/>



NOTES

Lined area for notes.



BASICS OF RESISTANCE TRAINING 101



Brenda Charley, MS
NAFC Presenter

Workshop Description:

Too often, people who are new to resistance training don't know where to start and don't feel comfortable asking for help on how to lift properly. This can lead to lack of motivation, injuries, and/or muscle imbalances. There are foundational concepts that can be followed to begin resistance training confidently. Learn how to design a strength training workout and program in a practical and effective way for beginners.

Goals for this Session:

1. By the end of this session, participants will be able to experience training methods that are foundational and effective for beginning to learn how to incorporate resistance training.
2. By the end of this session, participants will understand the importance of following foundational elements of program design for beginners such as exercise order, frequency, rest periods and periodization.

Importance of Understanding Human Anatomy & Physiology

It cannot be emphasized enough that learning as much as possible about the structures and function of the human body can deepen one's understanding, appreciation and connection with resistance exercise. Learning the major muscles of the body along with where they originate provides good information regarding how each muscle operates. With proper knowledge and motivation, one can learn the skill of visualizing the muscle in the movement, creating a better neuromuscular connection. If you are learning, do your best to learn the names of muscles and their function and if you are coaching, try your best to teach it so that you provide not only the best care possible but also empower others.

When starting a resistance training workout, consider the physiological effects so that optimal adaptation occurs in a safe manner. There are different methods of training that create different adaptations. A base knowledge of muscle anatomy and the function of muscles helps you create workouts and programs that provide the result you are looking for.

What does one need to start?

There are many things to consider when thinking of how to get started. A full assessment is recommended. When starting you should consider the following:

1. Consider the "wants" - Often, many people have a vision of what they'd like to look like, how they want to perform, or how they'd like to feel. Make sure to write them down.
2. History of Exercise/Training Background – what has been done in the past? How often? Has exercise been consistent in the past 3-6 months?
3. Health History – Are there any conditions or physical limitations that need medical clearance? (PAR-Q will help answer this question) If not, a list of health conditions or injuries that may interfere with exercise should be written down along with medications, surgeries, and/or recent illnesses.
4. Physical assessments – Depending on client "needs", determine what kind of measurements need to be recorded.

DESIGNING A WORKOUT FOR A BEGINNER

- **Posture** – According to the American College of Sports Medicine Clinical Exercise Physiology, good posture is defined as "the optimal alignment of the individual's body that allows the neuromuscular system to perform actions requiring the least amount of energy to achieve the desired effect". Optimal alignment

BASICS OF RESISTANCE TRAINING 101



supports normal joint movement decreases joint wear, prevents fatigue, and looks better visually. To maintain good posture, choose exercises that help you maintain postural control over long amounts of time (endurance). Postural control muscles include the transversus abdominus, the deep cervical flexors (longus capitus and longus colli) and the multifidus muscles. Here are some exercises that can help build endurance in these postural muscles:

Exercise	Postural Muscles Targeted	Reps/Sets
Scapular Pushups	Rhomboids, Middle Trapezius, Serratus Anterior	2-4 sets of 10 -15 reps
Rows (any type that is available)	Latissimus Dorsi, Teres Major, Middle Trapezius, Rhomboids	2-4+ sets of 10 – 25 reps
Face pull	Latissimus Dorsi, Teres Major, Middle Trapezius, Rhomboids	2-4+ sets of 10 – 25 reps
Band Pull Aparts	Rhomboids, Middle Trapezius, Posterior Deltoids	2-4+ sets of 10 – 25 reps
Lat Pulldown	Latissimus Dorsi, Trapezius, Teres Major, Rhomboids	2-4+ sets of 10 – 25 reps
Pec Minor Broomstick Mobilization	Lengthens Pec Minor	5 slow reps on each side for 2-3 sets
Chin Tuck	Longus Capitus, Longus Colli	Press for 10-30 secs for 3 sets
Pec Major Wall Stretch	Lengthens Pec Major	Hold for 10 - 30 secs for 3 sets

- **Breathing** - Proper breathing patterns are considered a fundamental necessity in core stability and should be taught to beginners through various methods. Breathing that focuses on diaphragmatic control improves the position of hips, spine and the rib cage. More specifically, it keeps the lower ribs from flaring out, the pelvis from tipping forward, and prevents arching or tensing your lower back. Using these breathing techniques can help balance tension in muscles and create a better shift in response within the autonomic nervous system, improving recovery between exercises and between workouts. Suggestions for how to incorporate breathing patterns include:
 - * Putting them after a multi-joint exercise like a squat, deadlift, or pushup.
 - * Inserting them as part of a warm-up or cooldown.
 - * Practice exhaling when the muscles targeted are shortening (concentric contraction). Example – On a deadlift, exhale as you lift the bar off the ground since the hamstrings and glute muscles are the ones being targeted and shorten as you stand upright.

Breathing Exercise	Reps/Sets
Fetal Position Breathing	30 seconds for 1-3 sets
Staggered Stance Deep Squat Breathing	30 seconds for 1-3 sets
Ribs Down Breathing	30 seconds for 1-3 sets
Balloon or pursed lipped breathing	60 seconds for 1-3 sets
Breathing ladders	1 breath for every rep

BASICS OF RESISTANCE TRAINING 101

Table 2 Examples of practical applications progressions to train dynamic stability	
Static balance → dynamic balance → dynamic stabilization	
Low → high amplitude movement	
Open → closed eyes	
Without shoes → physical training shoes → specific sports shoes	
Variability of perturbation types: instable surfaces, manipulative or object control, opposition, vibration...	
Without → with external load	
Slow → fast short-stretching cycles	
Without → with cognitive load/decision making	
Expected → unexpected actions	
Without → with fatigue	

STRENGTH & CONDITIONING JOURNAL

- **Stability** – Incorporating exercises that improve the stability of the body are important for anyone who wants to be strong. They serve to target muscles that lie deep and are responsible for maintaining joint stiffness and promoting joint and core alignment. It is important to note stability at its optimal level requires the right muscles to be recruited at the right time ensuring a stable body or stable joint. Below are ways to progress toward optimal dynamic stability.

Core stability – The muscles usually involved in core stability include gluteus medius, gluteus maximus, piriformis, pectineus, adductor muscles, transversus abdominus, and multifidus muscles. The adductor muscles of the upper thigh (longus, magnus, brevis, pectineus, gracilis) are also very important to core stability.

- Examples of Core Stability Exercises include
 - * Glute bridges: Double leg, single leg, w/o shoes, add an unstable surface, closed eyes
 - * Superman: Add upper body twist, perform when fatigued, add unstable surface.
 - * Side Planks: On knees, on feet, lift one foot into air, leg lift in the air, close eyes, add a ball between the legs, add resistance
 - * Standing Single Leg Balance: Off step, add leg movement, add pelvic movement, single leg squat off step, add unstable surface
 - * Lateral Monster Walks: with band at knees, band at ankles, on balance board

Knee Joint Stability – Knee injuries are common, but females are most at-risk for knee injuries due to the wide angle of their hips. For many people, it is likely that they rely mainly on their quadriceps for strength and forget that the hamstrings, gastrocnemius and soleus muscles play a huge role in stabilization of the knee.

- Examples of Knee Stability Exercises include
 - * Hamstring curls: Standing up, Ball roll-in, machine, with band
 - * Hip Bridges: on toes
 - * Calf Raises: double leg, single leg, off of step
 - * Deep Squats

Shoulder Stability – The shoulder is the most mobile joint on the body so it relies heavily on the ability of the muscles to stabilize it. Stabilizing muscles include the supraspinatus, infraspinatus, teres minor and subscapularis (SITS).

BASICS OF RESISTANCE TRAINING 101



- Examples of shoulder stabilizer exercises include:
 - * External and Internal rotations of the shoulder: with band, lying down with dumbbell
 - * Banded No Money exercise

It should be noted that stability training can be incorporated into common exercises as well. Free weight strength training (dumbbells, barbells, kettlebells, etc.) requires one to have some stability in order to accomplish the lifts along with adding unilateral exercises. As one gets stronger, incorporate these techniques and modalities.

- **Exercise Order**

Exercise order refers to a sequence of resistance exercises performed during one training session. Although there are many ways to arrange exercises, decisions are based on how one exercise affects the quality of effort or the technique of another exercise. The arrangement primarily goes from multi-joint exercises, single-joint exercises or large muscle areas, and then small muscle areas. Example - Power exercises like jumping or the clean, snatch, and jerk should come first because they require a high level of skill, muscle coordination, and concentration. Some examples of arrangement for beginners include:

ALTERNATING - If participants need more time to recover between exercises or there is limited time, alternating upper body exercises with lower body exercises can be effective. This arrangement is especially helpful for beginners who find that completing several upper or lower body exercises in succession is too strenuous.

PUSH – PULL – Another method of improving recovery and recruitment between exercises is to alternate pushing exercises (e.g., bench press, shoulder press, and triceps extension) with pulling exercises (e.g., lat pulldown, bent-over row, biceps curl).

SUPERSET - A superset involves two sequentially performed exercises that stress two opposing muscles or muscle areas (i.e., an agonist and its antagonist) with little or no rest time between the exercises.

- **Determining Rest Periods**

The time dedicated to recovery between sets and exercises is the rest period. The length of the rest period between sets and exercises is highly dependent on the goal of training, the load lifted, and the athlete's training status (if the athlete is not in good physical condition, rest periods initially may need to be longer than typically assigned). Typically, the heavier the load lifted and the amount of muscle mass involved, the longer the rest period between sets is needed in order to safely and successfully complete the prescribed subsequent sets.

- **Training Frequency**

Training frequency refers to the number of training sessions completed in a given time period. For a resistance training program, a common time period is one week. When determining training frequency, consider current training status or fitness level, sport season, projected exercise loads, types of exercises, and/or current outside stressors.

DESIGNING A PROGRAM FOR A BEGINNER

Creating a long-term plan for a beginner who is committed to change is an important task. When an individual wants to plan longer than a few weeks, one would start to periodize training. For periodization to be effective, you will want to consider many things:

BASICS OF RESISTANCE TRAINING 101

- Intensity – Synonymous with training load (i.e., the amount of weight lifted per rep). Can be written down as an absolute amount, percentage of an individual's 1-RM (ex - 70% of 1-Repetition Max (RM)), or as a RM range (ex - 8-12 RM)
- Volume – describes the total number of sets and repetitions performed, as well as the loads lifted during a workout (i.e. – sets x repetitions x load). To manipulate the volume, one can change
 - * Number of exercises
 - * Number of reps
 - * Number of sets
- Resistance Training phases – For a long-term plan, a sequential plan that incorporates different phases of resistance should be applied. These phases include anatomical adaptation, endurance, strength, hypertrophy, and power.

Beginning strength programs can be an intimidating task but when coached and implemented correctly, it can be a very empowering activity that can be performed by ANYONE at ANY age. Enjoyment should come first, but being effective can also maintain one's commitment to this activity.

NOTES

MARTIAL ARTS FOR EVERYONE



Brian Laban
NAFC Presenter

Workshop Description:

Martial arts has a very long history in many cultures. Mars is the Roman God of War, therefore, martial arts means “the Art of Mars” or literally “the Art of War”. However, martial arts is more than just fighting, in fact, it is used as a teaching tool for many subjects. Healing and maintaining the body, mind, and spirit are some of the benefits of martial arts that have been used throughout history and continue today.

Martial arts includes movements in the upper and lower body, incorporating corresponding and contradictory movements. Achieving smooth and coordinated movements is the challenge, while also concentrating on breathing. This process is a type of meditation.

The names of the movements create a story which helps with memorization and focus. Within each story are hidden meanings that help ease the spirit. When focusing on these stories, it helps relieve stress and calms the body, mind, and spirit.

Goals of this session:

1. Using weight shifts and steps to help increase balance, flexibility and agility.
2. Understand how focusing our thoughts and energies into the techniques can result in a calming effect and meditation to help heal our spirit.

Using Tai Chi and Chi Gong as a base into martial arts movement, we will see that many of the movements are similar in other forms of martial arts. The soft circular style, the linear hard style, the speed of the movements and the purpose of the movements are what separate martial arts styles. The soft style is less challenging and a great start for beginners. Progressing to a faster, linear movement is a part of the martial arts journey.

Adding the chi, or energy to the movements is the meditation and healing component of martial arts. We all need to release stress and focus on letting our bodies heal through the flow of the chi, adding Chi Gong techniques helps increase our energy. With Tai Chi exercises, it is important to get the whole group in sync with each other as the combined energies mesh and help support the group energy.

Martial Arts exercises:

1. Diaphragmatic Breathing



2. Stances

- Open the Door
- T- Step
- Empty Step
- Bow and Arrow Step

MARTIAL ARTS FOR EVERYONE

3. The Five Animals

The Tiger
The Deer
The Bear
The Monkey
The Crane



4. Yin and Yang Opposites



5. Chi Gong

Gather the Chi
Hug the Big Tree
Paint the Wall
Paint the World
Push Away the Problems of the World
Push Away Heaven
Move the Chi
Sinking the Chi



6. Tai Chi Form

Embrace the Moon
Parting the Wild Horses Mane
White Crane Spreads Its Wings
Brush Knee and Twist Step
Playing the Pipa
Stepping Back to Repulse the Monkey
Grasping the Bird's Tail
Grasp Bird's Tail
The Single Whip
Waving Hands Like Clouds
The High Pat on Horse
Step Up and Kick with Heel



Box Both Ears
Step Up and Kick with Heel
Snake Creeps Through the Grass
Rooster Stands on One Leg
Snake Creeps Through the Grass
Rooster Stands on One Leg
Fair Lady Works at Shuttles
Needle At the Bottom of the Sea
Open Arms Like a Fan



FUNCTIONAL FITNESS ASSESSMENT AND BEYOND



Heidi Gabalski, BS
NAFC Presenter

Workshop Description:

Functional Fitness is a classification of training that prepares the body for real-life movements and activities. Movements such as squatting, reaching, pulling, and lifting are improved through functional fitness. In order to get a baseline, determine types of exercises that will be most beneficial, measuring progress assessment is a critical component of every fitness program.

Goals of this session:

1. Feel confident in administering basic Functional Fitness Assessments (especially for elders).
2. Utilize Assessment information to determine exercises that will be most beneficial to set up a functional fitness program.
3. Track progress and know when to change and/or modify program.

CHAIR SIT AND STAND – Measures Lower body strength

Equipment: Chair without arms, Stopwatch

Test Steps:

1. Place the chair against a wall where it will be stable.
2. Sit in the middle of the chair with your feet flat on the floor, shoulder width apart, back straight.
3. Cross your arms at the wrist and place them against your chest.
4. The test partner will tell you when to begin and will time you for 30 seconds, from a full stand to a sit again as many times as possible with good form. You must fully sit between each stand.

Do not push off your thighs, or off the seat of the chair with your hands to help you stand unless you have to.

Norms

	Women		Men	%	Rank	60-64	65-69	70-74	75-79	60-64	65-69	70-74	75-79	90
20	18	18	17	22	21	20	20	80	18	16	16	16	20	19
18	18	70	17	15	15	14	19	18	17	16	60	16	14	14
13	17	16	16	15	50	15	14	13	12	16	15	14	14	40
14	13	12	12	15	14	13	13	30	12	12	11	11	14	13
12	12	20	11	11	10	9	13	11	11	10	10	9	9	8
8	11	9	9	8										

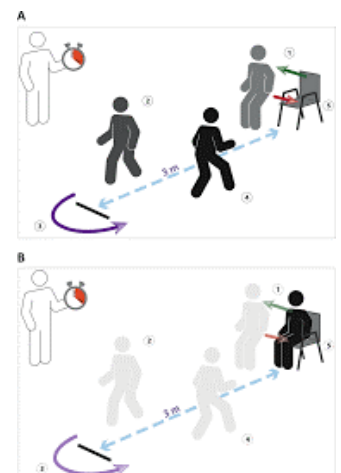
GET UP AND GO - Measures speed, agility and balance.

Time how long it takes a person to rise from a chair and walk around a cone. Repeat 2Xs and record faster time. Elders may complete the task in ten seconds or less, but might take up to 2 minutes or more. Results correlate with gait speed, balance, functional level, the ability to go out, and can follow change over time.

Equipment: Chair, Cone (or other marker), Stopwatch

Test Steps:

1. Sit in the chair with your hands on your thighs, and your feet flat on the floor
2. The timer will hold the stopwatch and time the client walking around the marker on the floor 10' away from chair.



FUNCTIONAL FITNESS ASSESSMENT AND BEYOND



Age Group	Time	Interval
60-69	8 sec	7-9
70-79	9 sec	8.5-10
80-99	11 sec	10.5-13
		>14 High Fall Risk
		>24 Extremely High Risk
		>30 likely to need assistive device to walk and being dependent in ADLs

2-MINUTE STEP IN PLACE TEST - designed to test the functional fitness and aerobic endurance of seniors (especially for people who use orthopedic devices when walking, as well as those with balance challenges).

Equipment: Tape for marking the wall or back of chair, and a stopwatch

Test Steps:

1. The client stands up straight next to the wall while a mark is placed on the wall at the level corresponding to midway between the patella (knee cap) and top of the hip bone.
2. The client then marches in place for two minutes, lifting the knees to the height of the mark on the wall. Resting is allowed, and holding onto the wall or a stable chair is allowed. Stop after 2 minutes of stepping. Scoring: Record the total number of times the right knee reaches the tape level. Below are recommended ranges for this test based on age groups (Jones & Rikli, 2002).

MEN'S RESULTS

Age	below average	average	above average
60-64	< 87	87 to 115	> 115
65-69	< 87	86 to 116	> 116
70-74	< 80	80 to 110	> 110
75-79	< 73	73 to 109	> 109
80-84	< 71	71 to 103	> 103
85-89	< 59	59 to 91	> 91
90-94	< 52	52 to 86	> 86

WOMEN'S RESULTS

Age	below average	average	above average
60-64	< 75	75 to 107	> 107
65-69	< 73	73 to 107	> 107
70-74	< 68	68 to 101	> 101
75-79	< 68	68 to 100	> 100
80-84	< 60	60 to 91	> 91
85-89	< 55	55 to 85	> 85
90-94	< 44	44 to 72	> 72

FUNCTIONAL FITNESS ASSESSMENT AND BEYOND

SCORING OF BACK SCRATCH TEST

Age	Men's Result (in cm)			Women's Result (in cm)		
	Below Average	Average	Above Average	Below Average	Average	Above Average
60-64	< -16.5	-16.5 to 0	> 0	< -8.0	-8 to 4	> 4.0
65-69	< -19.0	-19 to -2.5	> -2.5	< -9.0	-9 to 4	> 4.0
70-74	< -20.0	-20 to -2.5	> -2.5	< -10.0	-10 to 2.5	> 2.5
75-79	< -23.0	-23 to -5	> -5.0	< -12.5	-12.5 to 1	>1.0
80-84	< -24.0	-24 to -5	> -5.0	< -14.0	-14 to 0	>0,0
85-89	< -25.0	-25 to -8	> -8.0	< -18.0	-18 to -2.5	>-2.5



BACK SCRATCH TEST: Measures flexibility of your upper body.

Equipment: Ruler

Test Steps:

1. Place your left arm straight up in the air above your left shoulder.
2. Bend your left arm at the elbow to reach toward your back, with your fingers extended. Your elbow pointed toward the ceiling.
3. Place your right hand behind your back with your palm out and your fingers extended up and reach up as far as possible and attempt to touch the fingers of your two hands together.
4. Take two practice stretches with each arm, determining which side is more flexible. You will be measuring and recording only your most flexible side.
5. Measure the distance between the fingertips of one hand to the other to the nearest half-inch.

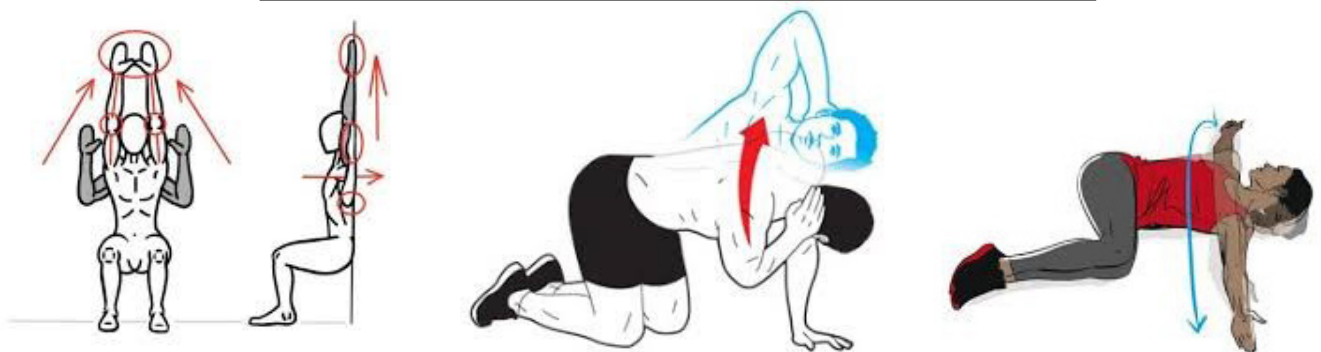
SEATED TRUNK ROTATION TEST: Measures Thoracic Spine Mobility. When mobility of the hips or thoracic spine are inadequate, the lumbar spine suffers. Improving mobility of the hips and shoulders will improve performance and decrease pain.

Equipment: Chair, Tape or stretchy band

Test Steps:

1. Cross 2 pieces of tape, dowel or stretchy band to create 90-degree angles and place them on the floor in front of the chair you will sit on.
2. Sit on the bench so that you are in the middle of one of the 90-degree angles with feet and knees together.
3. Sit with an erect posture and place arms in a "W" position.
4. Attempt to rotate the upper body both to the right and to the left as far as possible.
5. Client should be able to rotate beyond the 45-degree angle their body makes with the X on the ground.

Sample Thoracic Mobility Exercises



FUNCTIONAL FITNESS ASSESSMENT AND BEYOND



MODIFIED CLINICAL TEST OF SENSORY INTERACTION IN BALANCE:

This test is designed to assess how well an elder is using sensory inputs when one or more sensory systems are compromised.

Equipment: Stopwatch, foam pad or pillow

Test Steps:

Begin timing each trial using a stopwatch. Have participant stand with feet together, arms crossed over chest. The trial is over when (a) the participant opens his/her eyes in an eyes closed condition, (b) raises arms from sides, (c) loses balance and requires manual assistance to prevent a fall.

*Administer only one trial per condition if participant able to complete first trial without loss of balance.

Condition One: Eyes Open, Firm Surface

Trial One Total Time: _____ / 30 sec Trial Two Total Time: _____ / 30 sec

Condition Two: Eyes Closed, Firm Surface

Trial One Total Time: _____ / 30 sec Trial Two Total Time: _____ / 30 sec

Condition Three: Eyes Open, Foam Surface

Trial One Total Time: _____ / 30 sec Trial Two Total Time: _____ / 30 sec

Condition Four: Eyes Closed, Foam Surface

Trial One Total Time: _____ / 30 sec Trial Two Total Time: _____ / 30 sec

TOTAL: _____ / 120 sec

If you want more, look up the Fullerton Advanced Balance Scale, Y Balance Test, and or Functional Movement Screen (FMS)

<https://www.functionalmovement.com/system/ybt>

<https://geriatrictoolkit.missouri.edu/fab/FABScaleScoringFormwithCut-OffValues.pdf>

<https://www.functionalmovement.com/>



John A. Blievernicht
NAFC Trainer
Co-founder

Courtesy: NAFC web page



Erik Kakuska
WTDP
Project Specialist

Courtesy: facebook photo

Workshop Description:

Today's athlete can no longer just practice their sport if they hope to excel. Training methods to improve fundamental sports movements like running, jumping and footwork have led to better athletic performances. That's why we developed the Sport Speed System! In this course you will learn to appreciate mastering the basics and training *quality of movement* before focusing on *quantity of movement*.

Course objectives:

Learn to master basic fundamental movements and train *quality of movement* before focusing on *quantity of movement*.

Performing sports training drills provide an exciting and ideal way to exercise. Everyone can benefit from properly performing athletic movement drills. By properly performing sports training drills:

- Children will develop movement skills, fitness and health
- Athletes can improve their speed, agility, quickness and coordination
- Adults and elders, can master functional movement patterns and improve fitness
- Everyone can experience the fun and joy of moving with grace and skillfulness while developing confidence.

Sports training drills require open space for running, jumping and throwing exercises. A basketball half court is plenty of room to train 12 – 15 individuals at one time. The trainer needs to be experienced at organizing and working with groups of individuals. Often a whistle is useful to stop and start actions. Equipment needed is minimal and tape or sidewalk chalk can often be used to replace cones and agility ladders.

Some basic sports training equipment include:

- Cones
- Agility ladders
- Hurdles
- Balance pads
- Medicine balls





Footwork Patterns

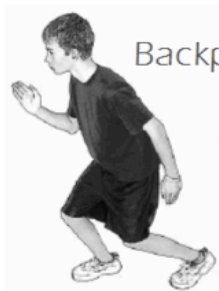
Mastering basic footwork while accelerating forward, backpedaling, moving laterally and crossing over is important to play at full speed.

These footwork drills are performed between two cones placed 30 feet apart. Alternate which foot is forward in the starting position and do lateral movements to both sides. Focus on technique, quiet feet and smooth movement.



Accelerated Starts

30 feet



Backpedal



Defensive Slide

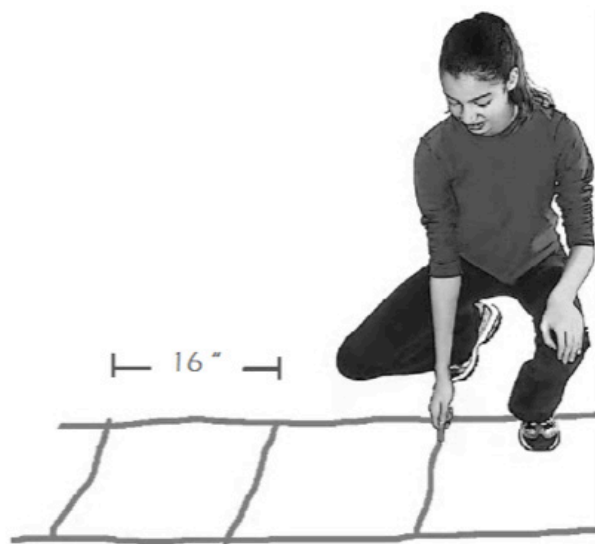


Carioca

Ladder Drills

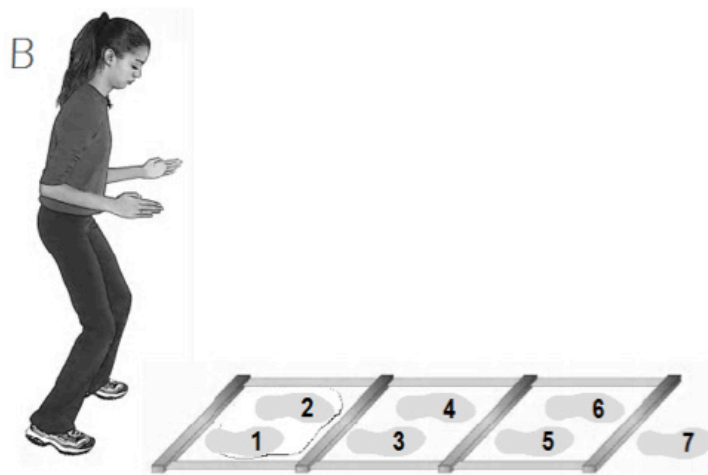
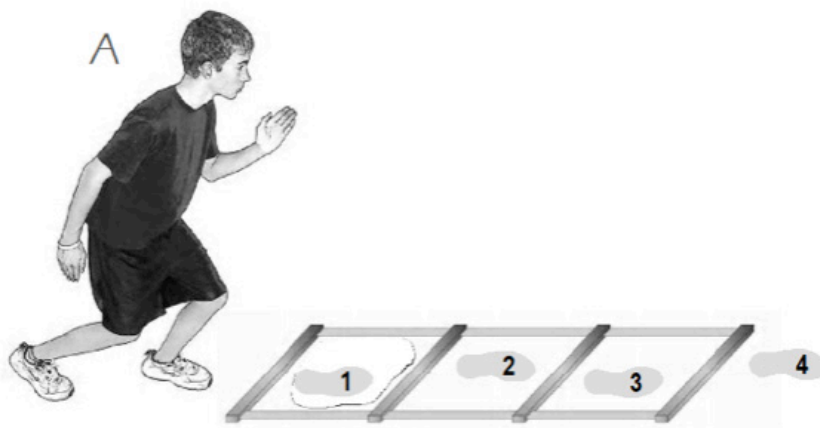
The Sports Speed program includes footwork drills using a rope ladder. These drills are great for developing quickness which is important to athletes.

You can make a ladder using chalk on the sidewalk or tape on the floor. The ladder consists of 10 squares that each measure 16 inches x 16 inches. Maintain a balanced athletic position when doing the ladder drills.



Ladder Drills
Forward
A. "One In"

B. "Two In"



SPORTS SPEED SYSTEM



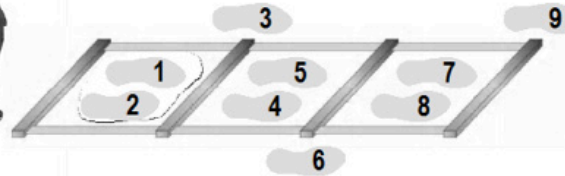
Ladder Drills

Forward

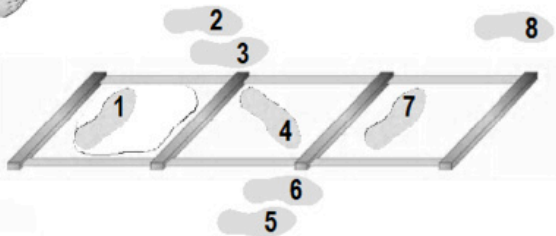
A. "In, In, Out"

B. "Cross, Out, Out"

A



B



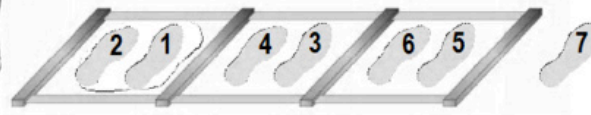
Ladder Drills

Lateral

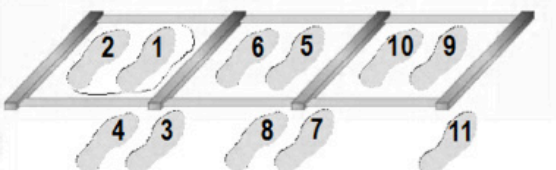
A. "Two In"

B. "In, In, Out, Out"

A



B

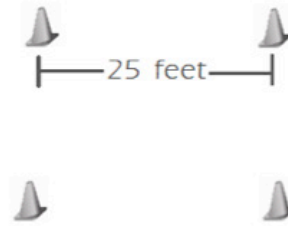
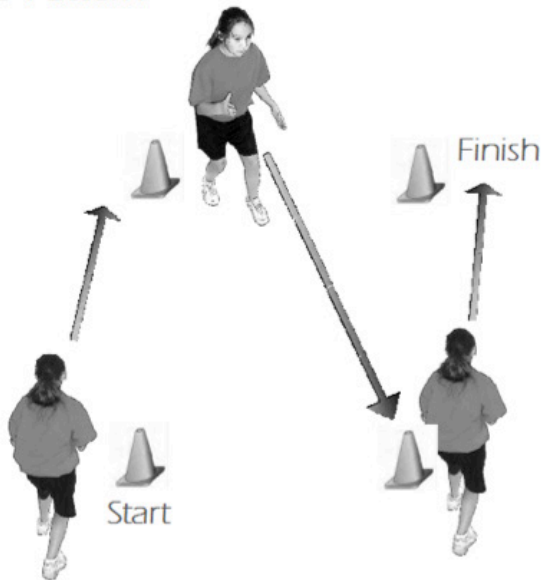


Cone Cuts

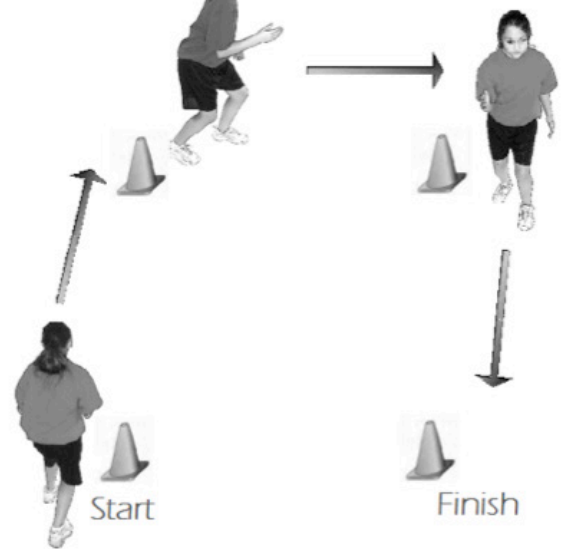
Cone cutting drills develop explosive acceleration & deceleration for quick starts & stops. They also develop body control which is good for sports.

When performing cone drills, stay low to the ground. Empty plastic bottles can be used for cones, which are placed 25 feet apart. Run cutting drills equally from both directions.

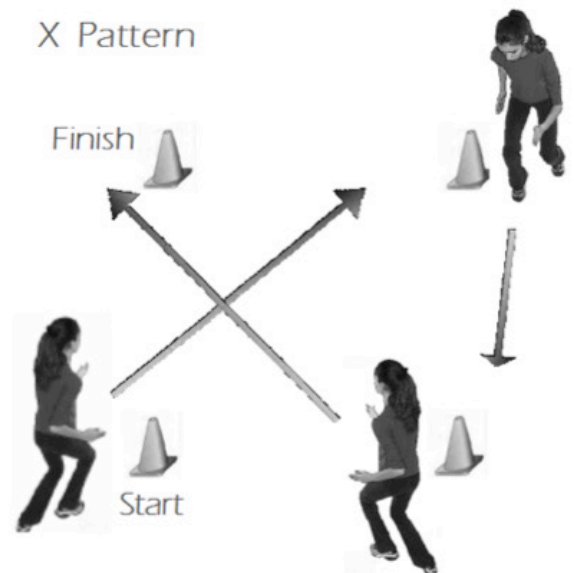
Z Pattern



Square Pattern



X Pattern



NOTES

Lined area for notes.



TRADITIONAL ADAPTIVE INTERVALS



Casandra Stouder
NAFC Presenter

Workshop Description:

This session will provide the learner with personal experience with adaptive interval training. Participants will organize workout programs with adaptable fitness movements that promote higher intensity levels at beginner to advanced fitness levels. Adaptive interval training skills allow for safer fitness progression and exploration. Participants will organize and perform beginner level, intermediate and advanced level intervals bridging the gaps and creating a unique experience shared equally from the new kid on the block to the ultimate interval warrior! All segments of this training session may utilize fitness equipment, but may also be accomplished without any equipment. Get ready to work!

Course objectives:

1. The learner will begin to increase awareness of fitness levels and practice safe and adaptive movement ultimately transitioning your fellow beginners into more advanced movements without experiencing burnout or awkward group isolation.
2. Understand that intensity is key by showing how work to recovery ratios and intensity can be measured and monitored.

High Intensity Interval Training (HIIT) is a cardio respiratory training organized into short bursts of hard work intermingled with periods of lower intensity intervals of active recovery. Intensity is key to burn the maximum amount of calories and to produce a higher level of fitness.

HIIT can be an effective way to burn fat and improve athletic capacity and overall condition. One of the amazing aspects of interval training is that people of all ages, genders, skills, and backgrounds can come together to experience the joy of movement. Intervals are beneficial because they take less time so they can be good for busy people.

As fitness instructors we must understand how to not only make an exercise harder, but also make it easier, and allow everyone to feel successful while doing so. As instructors, we play an active role in these factors and can potentially impact the self-efficacy of our participants in a positive way. How do we do this? By properly progressing movements and using language of inclusion, not exclusion. Inclusion language doesn't deliberately or inadvertently exclude people from being seen as part of a group. It can also be known as non-discriminatory language.

Lessons Incorporating Adaptive Intervals

PART 1:

Begin the session by identifying three groups. Group one is the beginner fitness level, group two is intermediate fitness level and group three is the advanced fitness level participants. Once all three groups are organized and separated, each group will be given team names to build support. The instructor will describe 5 full body exercises to the entire group and lead everyone into proper technique and movement breakdown starting with beginner level to intermediate and finally advanced level exercises.

All exercises will be taught and practiced at a slow pace to the entire group at a beginner level then at an intermediate level and finally at an advanced level. All participants will be encouraged to choose to only practice their movement at their identified fitness level, or they can choose to progress or regress depending on their ability and or limitations.

TRADITIONAL ADAPTIVE INTERVALS



Exercise	Beginner	Intermediate	Advanced
Burpee Breakdown	Using Chair	On the floor	Reverse it
Squat to Press	No weights	Add weights	Add plyometrics
Level up Lunge	Step back	Add upright row	Add knee lift
Adaptive Abdominals	Weight on chest	Add chest press	Elevate legs
Recruit Your Row	Add calf raise	Add squat	Isometric squat

PART 2:

Once all participants have practiced the 5 exercises at each adaptive level of intensity the entire group of learners will go through a 30-minute circuit (perform all 5 exercises in a row with less than 30-60 seconds recovery in between) with a “team captain”. There will be a beginner level trainer, an intermediate level trainer and an advanced level trainer. Each of the three groups will work on the same exercise only at different fitness levels lead by one team trainer. After 30 minutes of circuit, the entire group will take a short break of about 2-5 minutes for water and clean up.

PART 3:

A new team leader will be selected per group and now these groups will work the same 5 exercises in an interval format. Learners will complete all 5 exercises first in a longer working to resting interval ratio. Learners will complete a final round of the same 5 exercises in a shorter working to resting interval ratio.

Sample Workout # 1 - work/rest ratio of 1:1.

5 minutes of Warm Up
 5 minutes of Stretching
 5 minutes of low intensity work - example walking or slow tread milling
 5 minutes of high intensity work - reach your target heart zone
 5 minutes of low intensity work - slow down active rest
 5 minutes of high intensity work - reach your target heart zone
 5 minutes of low intensity work - slow down active rest .
 5 minutes of cool downs.

Sample Workout # 2 - work/rest ratios of 2:1

5 minutes of Warm Up
 5 minutes of Stretching
 Interval 1 - 2 minutes of work followed by 1 minute of rest.
 Interval 2 - 2 minutes of work followed by 1 minute of rest.
 Interval 3 - 2 minutes of work followed by 1 minute of rest.
 Interval 4 - 2 minutes of work followed by 1 minute of rest.
 Interval 5 - 2 minutes of work followed by 1 minute of rest.
 2 minutes of low intensity work - slow down active rest .
 5 minutes of cool downs.

Sample Workout # 3 - work/rest ratio: zig-zag

5 minutes of Warm Up
 5 minutes of Stretching

TRADITIONAL ADAPTIVE INTERVALS

2-3 minutes of Low intensity work.

Interval 1 - 2 minutes of work followed by 1 minute of rest interval.

Interval 2 - 1 minute of work followed by 30s of rest interval.

Interval 3 - 3 minutes of work followed by 45 minute of rest interval.

Interval 4 - 5 minutes of work followed by 1 minute of rest interval

Interval 5 - 3 minutes of work followed by 1 minute of rest interval

Interval 6 - 5 minutes of work followed by 30s of rest interval.

5 minutes of cool down

Intensity

The effectiveness of your Interval Training workout will depend upon the Intensity and duration of your exercise interval and the period of your rest intervals.

If you are trying to accelerate your weight loss and speed training, it is imperative that you train with high intensity.

The Ideal work/rest ratio

The common exercise to interval ratio is 1:1, 1:2 and 1:3 . A typical interval workout using running as an example would be 5 minutes of high intensity running followed by 5 minutes of rest or low intensity running. This is a work/rest ratio of 1:1. Another example, a 1:3 ratio for a sprinter would look like this - run fast for 10s and then rest for 30s to train his high phosphate energy system.

Exercise interval followed by an equal rest interval has been found to be very effective for weight loss as it trains the aerobic system better. You can start with 1 minute work/1 minute rest duration and add up as your body adapts and improves.

Duration and Frequency

Interval Training Workouts can be very intense and therefore performed 2-3 times per week. The overall workout duration can be anywhere from 30 minutes to 1 hour or more.

HIIT training workouts can be fun and challenging but not without their risks if performed without knowledge. Using the following tips will ensure that you have a safe and efficient Interval Training Workout.

Proper Warm Up and Recovery

Any exercise requires your lungs, heart and muscles to be filled with blood and ready for the oncoming assault. This is all the more important when you train with high intensity as in HIIT.

If the interval training workout has been easy then you can train at a higher intensity or by increasing the cycle duration or workout duration. If you feel you have challenged yourself then make sure you take at least 48-72 hours of rest before your next HIIT workout.

Adding Intensity Techniques

Intensity training is about breaking plateaus and getting out of the comfort zone. If you keep repeating the same workouts then the very purpose of interval training is compromised.

You can add intensity to your intervals in 3 basic ways.

- Increase the duration of workouts,
- Increase the number of cycles or
- Increase the work/rest ratio.

You can also zigzag the work and rest intervals. (See Sample Workout #3)

NOTES

[illegible]

INDIGENOUS YOUTH FITNESS



Brenda Charley, MS
NAFC Presenter

Workshop Description:

An important belief of American Indian life is that you can learn while you play and play while you learn. The aim of this session is to provide a more culturally meaningful connection to games and activities while incorporating concepts of resilience, teamwork, health, and sports-related fitness.

Course objectives:

1. Participants will understand how physical activity, games, and sports are important to the survival of culture and lifestyle of tribal communities.
2. Participants will be exposed to four categories of games and sports: ball sports, wrestling games, running games, and children's games.

Physical activity, games, and sports have always been an important part of indigenous cultures and lifestyles. Even today, many traditional ceremonies require a certain level of physical stamina in order to participate such as sitting up in a certain position all night, dancing for long periods of time, and running or playing a ball game to receive blessings. Traditionally, many games and

sports were played for some purpose which was communicated and understood by all those involved. For children and adolescents, the purpose might have been to prepare them for life. In traditional life, sports and games were seen as a cohesive force, imperative to the mental and spiritual health of communities. With this understanding, these games are meant to show two things: that everyone can play at their own ability and winning is not the most important thing. These games are meant to bring joy, strength in mind and body, and the feeling of renewed spirit – these things are the most important part of playing.

BALL GAMES

“Ball playing is their chief and most favorite game; and is such severe exercise, as to show it was originally calculated for a hardy and expert race of people, like themselves and the ancient Spartans.”

~ James Adair (1775), Trader & Explorer~

Ball games have a rich cultural significance to tribal communities dating back thousands of years. Outsiders thought that these games were primarily used to train for war often describing the games as looking like combat, however most tribes played ball games for enjoyment, healing, or to ask for blessings such as rain and/or good fortune. There were many varieties of tribal ball games, but the most popular are lacrosse, shinny, double ball, and ball races.

It should be noted that these games are rough by nature, but players were held to high standards of sportsmanship. Cheating or losing one's temper was considered cowardly. It was not uncommon to have 50-100 players on the field and with such a high number it was important to play with grace and integrity at all times, otherwise the games could easily deteriorate into chaos.

SHINNY – Modified Version

A game played primarily by women, children and older men, this game was usually played for enjoyment. It looks very similar to field hockey with the object of the game to drive a ball through a goal. Players are not allowed to use their hands to touch the ball, only their curved sticks and feet are allowed. The field is rectangular and can be any length, depending on the number of people playing.

INDIGENOUS YOUTH FITNESS



In this modified version, the rubber playground ball or any soft ball can be used and instead of using wooden curved sticks, foam noodles cut in half are utilized. This eliminates the risk associated with such a physical game. To start the game, throw the ball in the air in the middle of the playing field.

How to include: This is a physical activity game that doesn't need a lot of skill or explanation. If you want to get heart rates up and people moving, play this game.

Equipment Needed: Small Rubber playground ball, foam noodle for every participant, large cones for goals

Variations: For bigger crowds, use multiple balls.

DOUBLE BALL

Double ball is a game played for enjoyment primarily played by women, but today men play as well. It is similar to shinny except the object is now two balls attached by a string. The stick can be handmade using traditional ways or can be as simple as a wooden dowel. The field is rectangular shaped and length is determined by the number of people playing. Before playing a full-fledged game, it is recommended that skills are developed properly. This can be done in many ways. You are not limited to these activities! With imagination and educating oneself on the sport your activities can grow. Below are some skill development tasks you can use to begin playing.

Equipment Needed: Double balls for every 2-3 people, a stick for every person in the group, 1 cone for every 2-3 people, 4 hula hoops, as many flags as you have.

Organization: Need a large field

Cues for Passing:

- Focus on direction – step toward your target
- Think of your stick like a catapult or fishing pole
- Follow through – your top hand should slide down after release

Double Ball activity #1– double balls, sticks, flags, cones

For 3 minutes, work with your partner to see how many flags you can pick up. On "GO", one partner will stay in a designated area and the other partner will run to where a flag lies. From there, pass the double ball to them, if they catch it, the flag is picked up. See how many flags you can pick up in 2 minutes. Switch.

Double Ball activity #2 - Set up a large square area and place one hula hoop on each corner of the square. Place 8 – 10 double balls in the center of the square formed by the 4 flat markers. Divide participants into four groups and have each group line up behind one of the hula hoops which will be their "home-base", facing the double balls with stick in their hand.

On "GO", one athlete from each team sprints to the center of the square to retrieve one of the double balls for their team. Once they pick up a double ball, they sprint back to their "home-base" and place the double ball in the hula hoop. As soon as the double ball is completely on the marker the next team member can leave "home-base" to retrieve another double ball. This teammate has the choice of going to the center of the square for another bean bag, or can run to the "home-base" of an opposing team to retrieve their next double ball. The object of the game is for one team to get 3 double balls resting on their home base, and yell "DOUBLE BALL", before anyone else.

INDIGENOUS YOUTH FITNESS

BALL GAMES

Ball races require runners to kick a ball (or another object) while they race around a course. The object is to finish first. Running races were taken very seriously. Winning a race ensured plentiful crops and health for all who supported the runner. With this in mind, runners were more than just athletes, they were regarded as communicators of culture and safe keepers of knowledge. They upheld their jobs as sacred and dedicated their lives to maintaining their swiftness and sharp minds. Vowing celibacy, observing strict dietary rules, promising to be truthful, they dedicated their lives to this position. Their very presence brought a kind of blessing.

Equipment Needed: Depending on the race, you can use double balls or a billiards pool ball is also a great way to practice kickball.

Organization: Set up a course for runners to race around. It can be as long or as short as you'd like. It can also have obstacles.

Game #1 – Ball Race: The object is to race around the course without losing your ball, letting it hit someone else or another ball, and be the first to cross the finish line.

Game #2 – Blanketball: played with a double ball, with two teams playing on a large field. A blanket is used as a goal and instead of using a stick, participants kick the double balls onto the blanket to score.

KICK STICKS OR BALLS

Southwest tribes played this game. This game was played against other neighboring tribes/bands. The games would take place over many miles. This tested the endurance and teamwork of the men of each tribe/band. Winning a kick ball/stick race also harbored honor and spiritual significance for both the runner and the people he represented.

Materials: One ball or kick stick per team. The ball should be one that cannot be kicked long distances like a wooden ball (billiards pool balls work well!). If possible, make each of the balls/sticks a different color or design so there is no confusion on whose ball it is.

Organization: Set up a relay path with cones. Start with a simple path and work up to a more challenging course as the athletes get comfortable with the game. Give each student a ball to kick. Each student will have a ball at their feet at the starting line.

Tasks:

1. Practice Barefoot – See how far you can kick your stick/ball using only your feet. Dig under it so it lies on top of your foot and flick forward. The objective is distance.
2. Partner Pass - On the signal “GO”, each student will start kicking the ball to a partner, make sure they are following safety guidelines.
3. Partners – Relays - Once the students have mastered the game individually, they can work on playing in teams of two. Each person on the team alternates, with their teammate, kicking the ball through the course until completed. The first team ball to cross the starting line wins!
4. Groups of 3 or more – Line up like a train and make sure to stay in formation. First person in line kicks then

INDIGENOUS YOUTH FITNESS



runs to the back of the line. The second person kicks and runs to the back and so on. Time how long it takes for your group to kick it over and back.

CHILD'S PLAY

In tribal communities, it was very important to learn how to work together. Hunters often did not kill a prey on their own but with the help of others. Ceremonies and dances were not coordinated by just one person, but by whole families so it is important to learn how to work well with one another. Teamwork is a key component in several games. Communication is important in the game to be successful and honesty is a valued characteristic among tribal members. Below are some games that can help you teach the teamwork concept.

HAVE YOU SEEN MY FISHY? (*Body control, Teamwork, Integrity, Planning*)

Materials: 2 cones, one fake fish or other small stuffed animal

Organization: Have participants line up between the cones, shoulder to shoulder. Have them kneel down. Ask for one volunteer to be the "Fish Owner"(FO). Note – if the game is played with younger kids then you will have to be the Fish Owner (FO).

Description of Task: In this game it is all of you vs. the FO! Since this is a contest you have to make sure you are working as a team. You are trying to steal the fishy from its owner without being caught.

You start at the line and the FO stands about 20 feet in front of you – facing away from you, the fishy laying on the ground behind them. FO will start counting to 3. When FO starts counting, start moving forward. When the FO hits "3", Freeze! FO will look down to see if their fish has been taken and to see if anyone is still moving. If they catch you moving, you must start all over again. Once your team reaches the fishy and picks it up, then as a team you must get the fishy back over your line before the FO figures out who has it. By figuring out who has it, FO can ask "Have you seen my fishy?"

If you have it, you must give it up. FO wins! Game starts again.

If you don't have it, you must turn around and show them your hands. FO will turn back around and count to 3 again and ask again. If you get the fishy across the line you win!

TEAM TAG (*Communication, Planning, Teamwork*)

Materials: 4 cones, 1 foam noodle cut in half

Organization: Set out 4 cones for boundaries (large space). Have participants find their own personal space inside the coned boundaries and kneel down.

One person starts out as the tagger. Once a person is tagged, they become part of the team by linking arms, wrists or hands with the tagger and then continue to try to tag others so the team can get bigger! The last person left is the next tagger for the next game.

- If the team is not all linked together when a tag is made then the tag does not count
- Stay inside the boundaries! – going out makes you a part of the tag team
- Please be nice to your neighbor! – complaining about who you are linked to is not allowed

This image shows a full page of blank, lined paper. It features approximately 20 horizontal blue lines spaced evenly across the page, typical of notebook or primary writing paper. The lines are thin and light blue, set against a plain white background. There are no margins, text, or other markings on the page.

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TRADITIONAL Running



Brian Laban
NAFC Trainer
Co-founder

Courtesy: NAFC webPage

Workshop Description:

Running is a natural movement, which the human body was made for. It is a natural progression from walking, to fast walking, to jogging and then to running. Most runners are self-taught, and are very surprised at how simple and easy running is once they learn the basic techniques.

There are many reasons why we should run. There is very little equipment needed and running is part of tradition. We can work at our own pace and there are many support programs for races or tracking mileage. Running can be done any time of the year and we can reap the health benefits.

It is believed that running banishes unhappiness, strengthens the body, and rejuvenates a person's energy. Running is a way of keeping modern illnesses away, such as diabetes, heart disease, and many other stress related illnesses. Running is also therapeutic, and is a form of meditation and stress relief.

Once the runner has enjoyed success with running, most want to improve. Whether it is decreasing times for personal goals or increasing speed for competition running. Efficiency and speed are based on understanding the components of fitness.

Course objectives:

1. Develop successful running by going back to the basics.
2. Use the components of fitness to set up the foundation. This approach makes running easy. Once the foundation is set, then it can be applied to the different types of running and you will help make your client's running experience more enjoyable.

We will be using the ABC's of running.

1. A is for Alignment - posture

Posture and alignment are key techniques in running economy, but they are also very important in injury prevention. Flexibility is part of posture and alignment, without good flexibility, the posture will be compromised.

- A. Flexibility exercises
- B. Tall posture
- C. Shoulders, elbow swing
- D. Hips, in neutral position
- E. Feet pointed forward

2. B is for Balance

Understanding center over base is key for running economy. Instead of muscle strength, runners should use less energy by utilizing gravity in propelling forward.

- A. 1-inch lean
- B. 2-inch lean
- C. 3-inch lean

TRADITIONAL Running

Balance is also related to foot strike. Understanding where the base needs to be, under the center, is critical in knowing where foot strike needs to be.

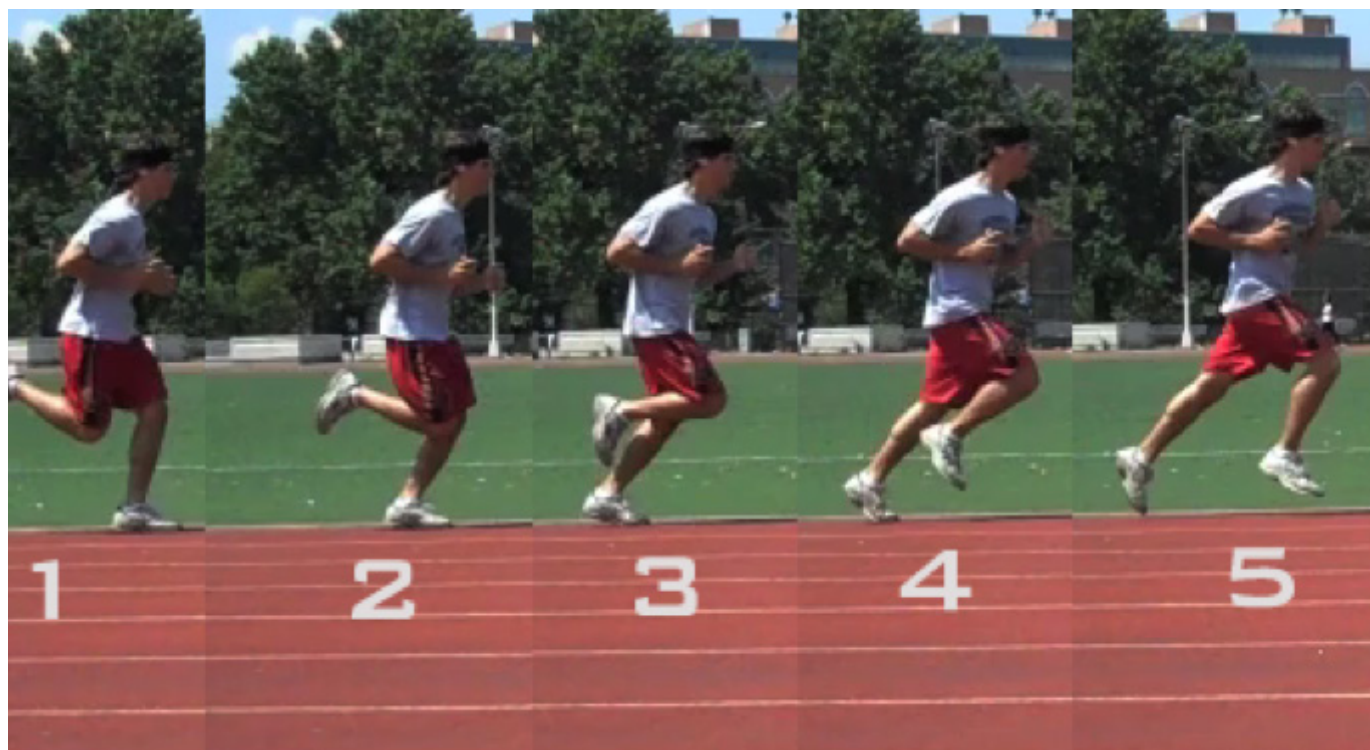
Foot Strike

Mid-sole foot strike or using the whole foot to land will help in catching the body and floating it along during the run. The foot strike should be under the body's center in order to not go against the direction of the body's center.

Strengthening the foot:

A. Single leg stand

- B. Single leg reaches



3. C is for Coordination

180 Turn Over Rate

180 Turn Over Rate helps improve running economy by spending less time in the air. A quicker and lighter stride rate minimizes the landing shock which may help in injury prevention during training.

A. Cadence – music/song or chant

Coordination is also used for breathing patterns, which are guided by timing from the Turn Over Rate.



TRADITIONAL Running

Breathing patterns

The purpose of breathing is to bring fresh air into the lungs, but also to remove the not so fresh air (carbon dioxide) from the lungs. The harder we run, the more important breathing or ventilation becomes. We need to use breathing patterns that increase depth of breath more than rate of breath.

- A. 1-1
- B. 2-2
- C. 3-3
- D. 4-4

Most find a combination of B and C more comfortable.

- E. 2-3
- F. 3-2

4. Partner Drills

Using partners to help keep the cadence and also to help monitor techniques.

- A. Cadence
- B. Geronimo's (Alternating Lean)
- C. Sprinting – $\frac{3}{4}$ sprints
- D. Kick Sticks
- E. Racers (turn over and lean with posture)

5. Energy System

Training in the energy system that will be used for the distance and the speed of the run.

Energy Systems

Easy

Comfortable

Hard



6. Cool Down

Dynamic stretching

Static stretching

TRADITIONAL Running

NOTES



SUPERSTAR ELDER FITNESS



Heidi Gabalski, BS
NAFC Presenter

Workshop Description:

Retirement no longer means a rocking chair. Being an elder does not have to mean being frail. You are never too old to get better! There is increasing evidence that a significant amount of age-related decline in function are related to deconditioning and can be greatly improved through regular exercise. We know about the health benefits that can prevent age-related diseases, but new studies show that regular physical activity has an anti-aging effect at the cellular level. In addition, regular exercise can enhance memory, cognition, hormone production, muscle strength and power, metabolism, cardiovascular health, reaction time, bone density, balance, and coordination. One of the primary goals of exercise programs for elders should be to help maintain independence as long as possible, and empower them to take charge of their health. Its time to start unlocking the Super Star potential in every Elder!

Course objectives:

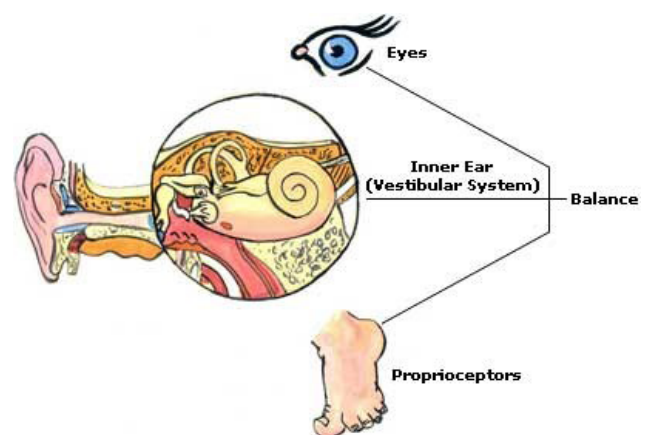
1. Feel confident in working with elders by being able to modify exercises for all ability levels to improve strength, power, balance, and reaction time.
2. Understand progression as it pertains to the elderly population.
3. Identify exercises that will enhance the ability to perform all activities of daily living independently.

Movement is essential to complete all activities of daily living (ADL's). Our ability to move efficiently requires continuous control of our postural alignment or balance.

Maintenance of balance depends on:

- Ability of the sensory system to process accurate information about what your body position is relative to the environment
- The brain's ability to process this information
- Ability of muscles and joints to coordinate the movements required to maintain balance

The vestibular (or inner ear) system provides signals of self-motion, important for gaze, postural control, distance traveled, and spatial orientation (especially in the dark). Multiple studies have shown that aging reduces the number of sensory hair cells in the vestibular system that regulate balance and spatial awareness affecting the ability to change directions quickly and react to sudden environmental changes. Sensitivity to foot position also declines with age. A 70yr old needs twice the stimulus as a 40yr old in their feet for the same reaction time. Footwear impairs foot position awareness in both young and old. Older adults tend to wear shoes that minimize impact, but in the process also accelerate loss of foot position awareness.



SUPERSTAR ELDER FITNESS



Things we can do to improve and revitalize sensory system:

- Trigger point release/Golf Ball
- Foot Core connection
- Reaction time Ball drills (hands/feet)



Re-establishing the foot-core connection:

1. With bare feet, start by pressing the tip of each big toe into the ground without any of the other toes.
2. Alternate big toes and simultaneously activate pelvic floor muscles (stop the flow).
3. In tandem stance press the tip of both big toes into the ground and “stop the flow”.

Day to day functional activities require the ability to quickly adjust posture while remaining stable and in control. Many elders have difficulty integrating quick balance adjustments into ongoing movements such as walking, lifting, or carrying objects. The ability to remain stable in response to unexpected sensory environmental changes such as the lights in the room suddenly going out is critical. Functional training that strengthens our ability to react to our environment include exercises that support reaching, lifting, throwing, or moving through obstacles.

Balance Exercises:

Seated or Standing Airplanes

Seated Ball Footwork

Single Leg Balance (hold rail)

Seated or Standing Tandem Stance (add arm movements as appropriate)

Heel & Toe Taps

Long Steps (over obstacles)

Knee Lifts with Arm Pumps

Stagger Steps

Butt Kicks

Tandem Walks

Walk with Head Rotations

Walk with U-Turns

Resisted Walking

Tape Agility Ladder

Core strength is foundational to remaining active and independent for as long as possible. Core muscle strength affects how we lift, reach, turn, and bend. Core stability is required for most activities of daily living. A weak core can lead to a forward flexed posture, a condition that's been linked to poor balance and an increased risk of falls. If core muscles are allowed to further deteriorate and weaken, just standing up straight becomes a challenge, and a fall becomes almost inevitable.

Core Exercises:

Seated or standing Diagonal reach (eyes follow hands)

Balloon or ball wall push

Seated then standing, resist rotation

Seated manual balance perturbation

Band resisted trunk lean seated

“Plank” on elevated surface

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Isometric Anti-Extension (sit stand with band)
Isometric Anti Flexion (sit stand with band)
Isometric Anti Lateral Flexion (sit stand with band)

Reaction time exercises:

Exercises barefoot in safe environment
Catching ball
Ball wall tosses forward and sideways (against wall)
Hockey
Balloon toss
Seated volleyball
Say alphabet or answer questions while doing exercises
Band resisted walks and throws

Weight Shifting: Backward Pass Relay:

Participants line up and pass a ball overhead to the person behind them. When the ball gets to the back of the line the last person walks to the front and start over again. When the participants see the last person walk by they each take a step back. Repeat! You can also use several balls!

Strength Exercises:

Seated dumbbell row with Back step
Rotating ball or Dumbbell row with Back step
Seated dumbbell or ball chops
Seated Rotations
Standing back step Seated or standing abduction with or w/o resistance
Seated or standing isometric ball squeeze chest and legs Seated or standing band pull a parts Horizontal and diagonal Seated lean back - add arm and leg movements with neutral spine and core stability
Sit – Stand
Heel raises

Sample Chair class with stretchy band:**

Wrist and Ankle rolls
Seated marching – jogging
Giant arm circles
Kicking with or without stretchy band
Jumping jacks with or without stretchy band
Torso rotation punches
Alternating arm chest press with kick opposite hand foot
Alternating arm row w/back step
Push Pull Arms and legs
Single or double arm chop (low shelf – high shelf) with or without stretchy band
High knees
Bicycle w/arm movements
Arm/Leg Abduction w/band under feet
Double arm row with band around feet
Seated band knee lift
Seated point and flex toes with band around feet

SUPERSTAR ELDER FITNESS

***Side Note – if possible use bands without handles, soft weights or balls for arthritic hands.*

If you have access to a pool, the following exercises can be very helpful. They are ideal for those with arthritis, are frail, or are overweight to ease impact on joints.

Pool exercises:

Walk back-and-forth with arm swing focus on utilizing the whole foot

Tandem stance while sculling

Tandem walk

Single leg balance while sculling

Alternating arm Foam dumbbell row (or no equipment)

Trunk rotations (with foam dumbbell, stretchy band, or no equipment)

Chest Press

Toe taps on step

Lateral and backward walking

Seated kicking on steps and other leg exercises

Standing kick forward kick back

Standing shoulder Ab-Adduction with kick forward

Double and single leg calf raises,

Jogging/ marching in place or in circles with direction change

High knees

Pool noodle side hops

Pool Noodle “leg press”, straight arm lat pulldown and scoop up,

Warrior stance arms out of water



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INDIGENOUS FOODS IN AN INSTANT(POT)



Danielle Scott
*University of Idaho
Extension Educator for
Nez Perce Reservation*

*Nez Perce/Spokane Tribal
Member*

Workshop Description:

In this session participants will learn about cooking a variety of Indigenous foods quickly and easily in a modern electric pressure cooker. Most of the ingredients in these recipes are harvested, gathered or grown in the homelands of our Native people and some of the ingredients are trade commodities. This hands-on demonstration workshop encourages participants to seek out traditional foods and add them to their everyday diet as a way to attain and maintain good health and stay in touch with their Native culture.

Workshop Recipes:

Instant Pot Bison Meatballs

Prep Time 10 minutes
Cook Time 7 minutes
Pressure Time 15 minutes
Pressure Release Time 5 minutes
Total Time 37 minutes
Servings 8

Ingredients

- 1 ½ pounds ground bison
- 2 Tbsp fresh parsley, chopped
- 2 Tbsp Parmesan Cheese
- 1/2 cup almond flour
- 2 eggs
- 1 tsp kosher salt
- 1/4 tsp black pepper
- 1/4 tsp garlic powder
- 1 tsp dried onion flakes
- 1/3 cup warm water

Instructions

Prepare Meatballs

1. In a large bowl, mix together the ingredients thoroughly by hand.
2. Form into approximately 16 two inch meatballs. Do not over mix or you will have tough meatballs.

Pressure Cook Meatballs

1. Pour 1 cup of water or beef stock into pressure cooker. Add in trivet to inner pot of pressure cooker.
2. Gently, place prepared meatballs onto trivet, stacking as needed.
3. Place lid on pressure cooker and be sure vent knob is pointed to sealed.
4. Cook on high pressure for 7 minutes.
5. Let pressure release naturally for at least 5 minutes before releasing pressure manually.
6. Remove the lid and serve the meatballs. (serve with cooked, shredded spaghetti squash if desired).

INDIGENOUS FOODS IN AN INSTANT(POT)



Mountain Tea (labrador Tea)

Prep Time 2 minutes
Cook Time 20 minutes
Total Time 22 minutes
Servings 4

Ingredients

- 2 tsp. of Labrador Tea Leaves (15-20 leaves)
- 4 cups cold water
- Maple syrup to sweeten (optional)

Instructions

1. Add the tea leaves to a stainless steel pot of water
2. Bring the water to a boil
3. Continue boiling the water until it darkens in color
4. Strain the leaves (save the leaves for later use)
5. Pour into a cup and sweeten with Maple Syrup if so desired

Note: Due to the potency of this tea, it is recommended that you fill 1/2 of a cup with tea, and then add water to the rest in order to dilute the mixture. If you drink the undiluted tea, do not drink more than 2 cups per day.

Instant Pot Wild Rice

Prep Time 2 minutes
Cook Time 33 minutes
Total Time 35 minutes
Servings 4

Ingredients

- 1 cup wild rice
- 1.5 cup cold water
- A pinch of salt
- 1 teaspoon olive oil

Instructions

1. Rinse Wild Rice: Gently rinse wild rice under cold water. Drain well.
2. Pressure Cook Wild Rice: Place 1 cup wild rice, 1.5 cup cold water, a pinch of salt, and 1 tsp olive oil in Instant Pot Pressure Cooker. Close lid and pressure cook at High Pressure using Manual/Pressure Cook button for 15 minutes. Turn off heat and Full Natural Release (~10 mins). Open the lid carefully.
3. Fluff & Serve: Fluff wild rice with rice spatula or fork, then serve with your main dish.

Nutrition

Calories: 151kcal | Carbohydrates: 29g | Protein: 5g | Fat: 1g | Sodium: 2mg | Potassium: 170mg | Fiber: 2g | Sugar: 1g | Calcium: 8mg | Iron: 0.8mg



Northwest Portland Area Indian Health Board

Indian Leadership for Indian Health