

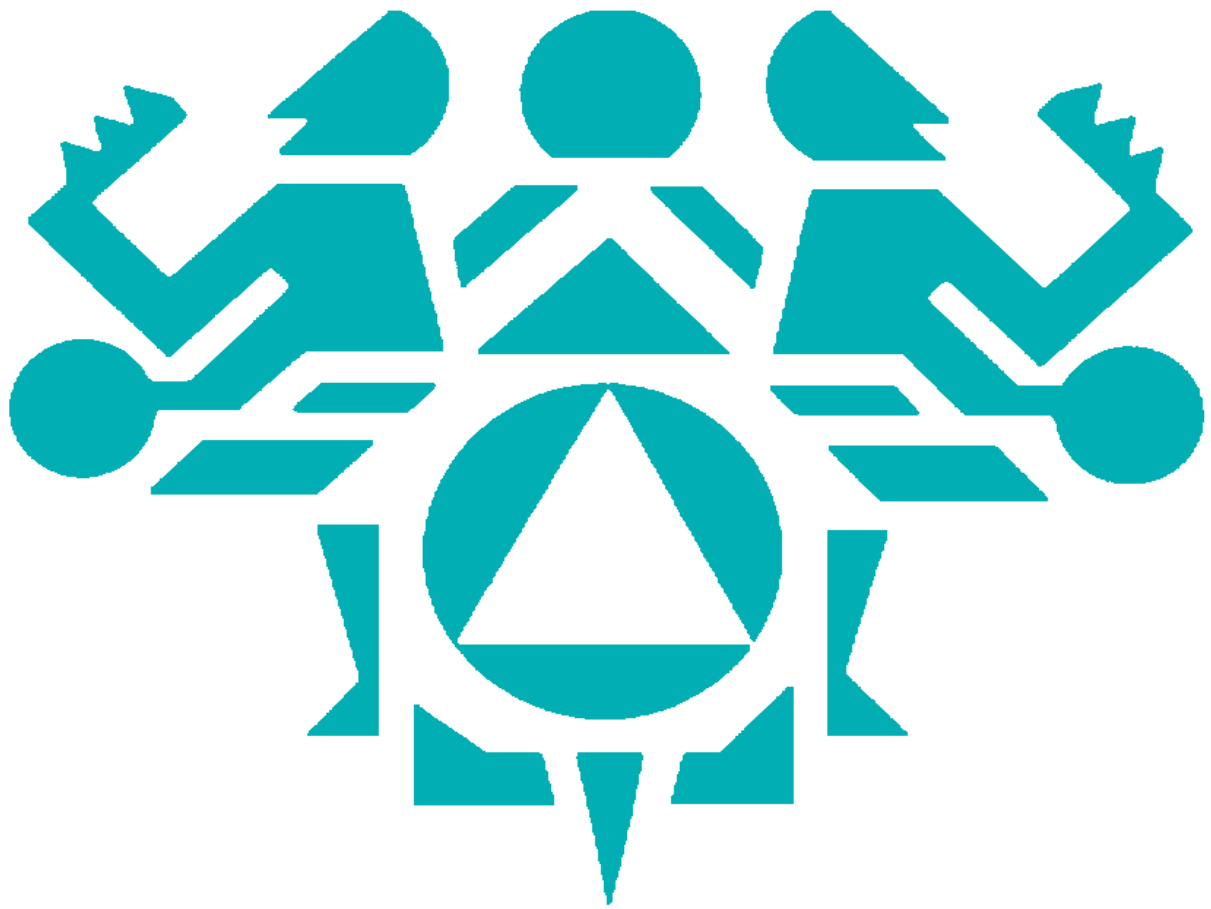
# NATIVE

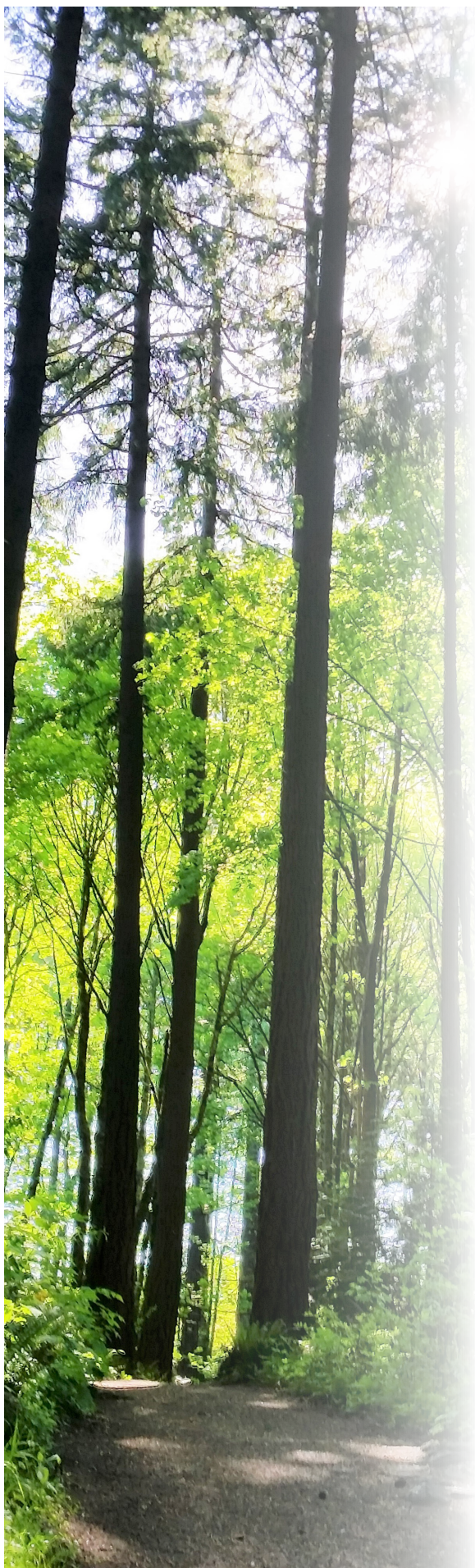


NPAIHB  
*Indian Leadership for Indian Health*

# FITNESS XIX 2025







<b>7</b>	<b><i>Agenda</i></b>
<b>10</b>	<b><i>Section I: Martial Arts for Everyone - Brian Laban</i></b>
<b>12</b>	<b><i>Section II: Breath Work and Movement - Marissa Baumgartner</i></b>
<b>14</b>	<b><i>Section III: Powwow Yoga - Acosia Red Elk</i></b>
<b>18</b>	<b><i>Section IV: Sports Speed System - John Blievernicht &amp; Erik Kakuska</i></b>
<b>24</b>	<b><i>Section V: Myo-Fascial Magic - Dwight Sandvold</i></b>
<b>28</b>	<b><i>Section VI: Food as Relationship - Claudia Serrato</i></b>
<b>34</b>	<b><i>Section VII: B3 Circuit Training - Dwight Sandvold</i></b>
<b>38</b>	<b><i>Section X: Traditional Native Running - Brian Laban &amp; Erik Kakuska</i></b>
<b>42</b>	<b><i>Section XI: Total Fitness Walking Program - John Blievernicht</i></b>
<b>46</b>	<b><i>Section XII: Double Ball - Shane Lopez-Johnston</i></b>
	<b><i>Resources</i></b>

## Western Tribal Diabetes Team

The Western Tribal Diabetes Project once again hosts the Native Fitness training for its 19th year! NF XIX 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 Tribal Nations in attendance.



**Dondi Head**  
Project Manger

WTDP



**Erik Kakuska**  
Project Manager

WTDP



**Alyssa Farrow**  
Project Specialist

WTDP

## Native Fitness Trainers



**Marissa  
Baumgartner**  
Founder & Creator  
Native Women's  
Wellness Movement



**Claudia Serrato**  
Culinary Anthropologist  
Plant-based Chef

# Native American Fitness Council

WELCOME!

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.



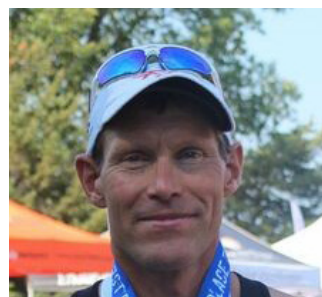
**John A. Blievernicht**  
*Executive Director*

*NAFC Presenter*



**Brian Laban**  
*Director of Culture  
and Education*

*NAFC Presenter*



**Dwight Sandvold**  
*Owner of  
F.A.S.T.*

*NAFC Presenter*

## Native Fitness Trainers



**Acosia Red Elk**

*Founder & Creator  
7Gen Wellness*



**Shane Lopez-Johnston**

*Project Director  
THRIVE 988 Project*

Native American Fitness Council

P.O. Box K

Flagstaff, AZ 86002

(928) 774-3048

(928) 774-3049 fax

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



## PROVIDENCE PARK

The Western Tribal Diabetes Program would like to express our gratitude to the Providence Park Team, for their support and collaboration.

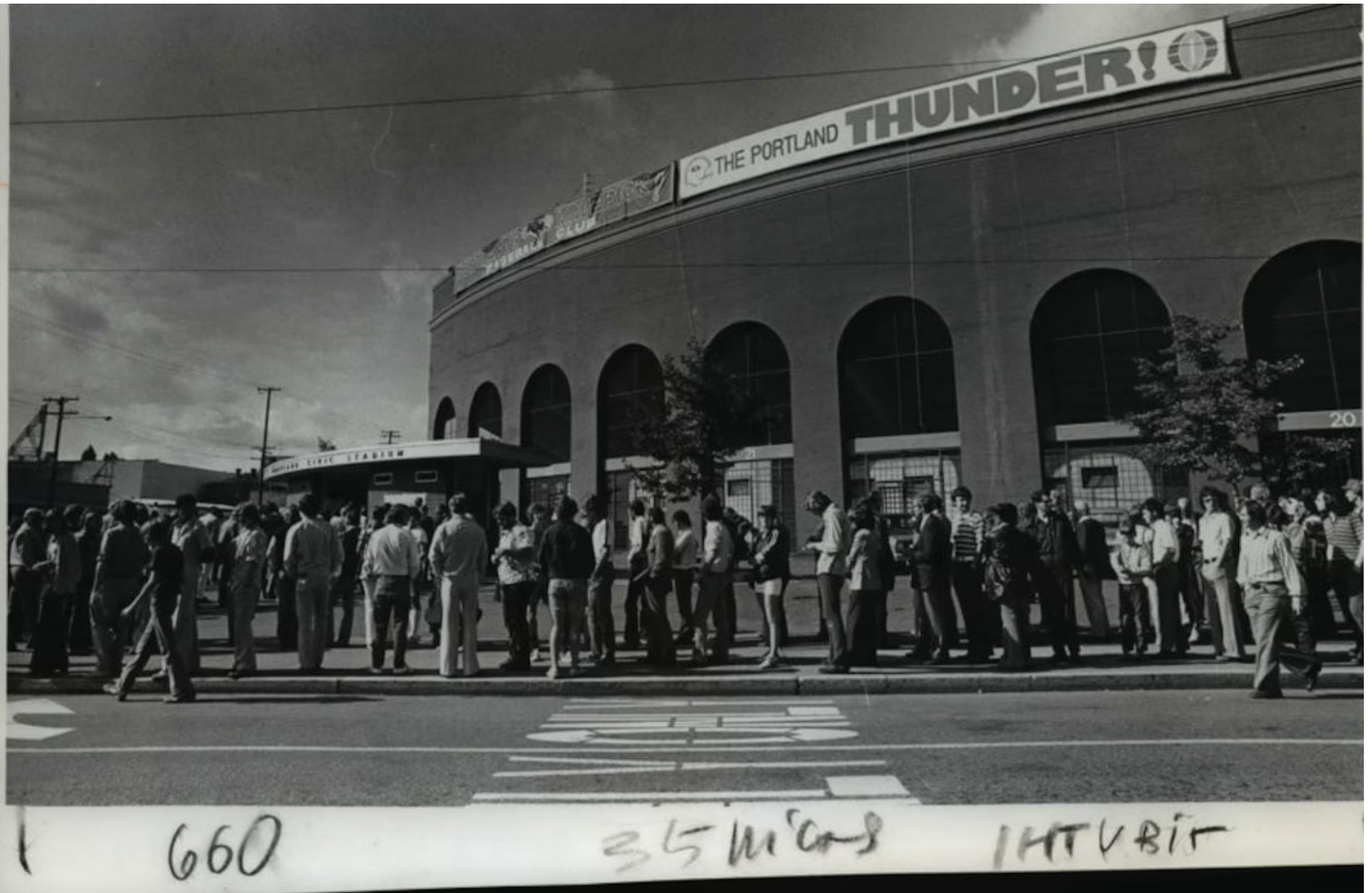
### History

Providence Park was originally constructed as Multnomah Stadium in downtown Portland in 1926. Throughout the years, the stadium has hosted a range of different events including presidential visits, NFL games, a concert by Elvis Presley in 1957, the final professional game for soccer legend Pele in the North American Soccer League's 1977 Soccer Bowl, the 2003 FIFA Women's World Cup, numerous college football games and decades of professional baseball.

We are honored to be hosting this year's Native Fitness training at Providence Park.

### Land Acknowledgement:

*Providence Park is located in Portland, Oregon. We honor the Indigenous peoples whose traditional and ancestral homelands we gather on: the Multnomah, Kathlamet, Clackamas, Tumwater, Watlala bands of the Chinook, the Tualatin Kalapuya, Wasco and many Indigenous nations of the Willamette and Columbia River region; we honor their lives, their legacy and their descendants.*



TUESDAY, SEPT. 16  
Providence Park, Portland, OR

8:00am – 8:30am	<b>Participant Check in</b>
8:30am - 9:15am	<b>Opening Song</b> - Cleve Johnson - <i>Quinault Nation</i> <b>Opening Remarks</b> – Laura Platero, Executive Director, NPAIHB <b>Welcome</b> – Alyssa Farrow, Don Head ,and Erik Kakuska - WTDP Team
9:15am – 9:30am	<b>Trainer Introductions / Room assignments / Housekeeping</b> – John Blievernicht
9:45am – 11:45am	<b>Breakout Session #1</b> <ul style="list-style-type: none"><li>• Martial Arts for Everyone/Cultural Tai Chi      Brian Laban     <i>(East Vista - upstairs)</i></li><li>• Breath Work and Movement      Marissa Baumgartner     <i>(Community Room)</i></li><li>• Powwow Yoga      Acosia Red Elk     <i>(Pitch - NW corner)</i></li><li>• Sports Speed System      John Blievernicht &amp; Erik Kakuska     <i>(Pitch - Middle Corner)</i></li><li>• Myo-Fascial Magic:   Injury Prevention and Self-Care      Dwight Sandvold     <i>(Pitch - SE Corner)</i></li><li>• Food as Relationship:      Claudia Serrato   Teaching Indigenous Nutrition for Collective Healing     <i>(Tanner Ridge)</i></li></ul>
12:00pm – 12:30pm	<b>Lunch Provided</b> – Please fix your lunch plate and return to the <b>(Club Room)</b>
12:30pm – 1:30pm	<b>Keynote Speaker</b> - Brian Laban, <i>Native American Fitness Council</i>
1:45pm – 3:45pm	<b>Breakout Session #2</b> <ul style="list-style-type: none"><li>• Martial Arts for Everyone/Cultural Tai Chi      Brian Laban     <i>(East Vista - upstairs)</i></li><li>• Breath Work and Movement      Marissa Baumgartner     <i>(Community Room)</i></li><li>• Powwow Yoga      Acosia Red Elk     <i>(Pitch - NW Corner)</i></li><li>• Sports Speed System      John Blievernicht &amp; Erik Kakuska     <i>(Pitch - Middle)</i></li><li>• Myo-Fascial Magic:   Injury Prevention and Self-Care      Dwight Sandvold     <i>( Pitch - SE Corner)</i></li><li>• Food as Relationship:      Claudia Serrato   Teaching Indigenous Nutrition for Collective Healing     <i>(Tanner Ridge)</i></li></ul>
3:45pm - 4:15pm	<b>Housekeeping and closing</b>

WEDNESDAY, SEPT. 17  
 Providence Park, Portland, OR

**8:30am - 8:45am**

**Opening Remarks** – Victoria Warren-Mears, EpiCenter Director, NPAIHB

**8:45am - 9:30am**

**Welcoming** - Alyssa Farrow, Don Head, & Erik Kakuska - WTDP Team  
**Introductions / Agenda / Housekeeping** – John Blievernicht  
 Group Photo

**9:45am – 11:45am**

**Breakout Session #3**

- B3 Circuit Training  
 Balls, Bands, & Body Weight  
*(East Vista or Pitch - Middle)* Dwight Sandvold
- Food as Relationship:  
 Teaching Indigenous Nutrition for Collective Healing  
*(Tanner Ridge)* Claudia Serrato
- Breath Work and Movement  
*(Community Room)* Marissa Baumgartner
- Traditional Native Running  
*(Pitch - NW corner)* Brian Laban & Erik Kakuska
- Total Fitness Walking Program  
*(Pitch - Middle or East Vista)* John Blievernicht
- Double Ball  
*(Lexus Lounge, then Pitch - SW Corner)* Shane Lopez-Johnston

**12:00pm – 12:30pm**

**Lunch** – Please fix your lunch plate and return to the *(Club Room)*

**12:30pm – 1:30pm**

**Keynote Speaker:** Acosia Red Elk, *7th Wellness (Club Room)*

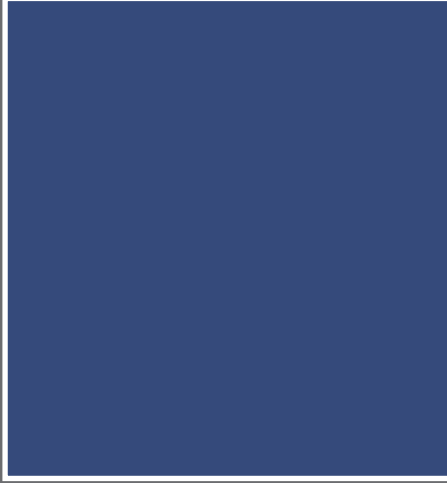
**1:45pm - 3:30pm**

**Breakout Session #4**

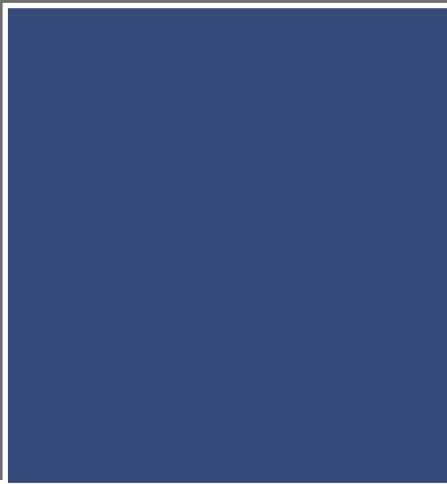
- B3 Circuit Training  
 Balls, Bands, & Body Weight  
*(East Vista or Pitch - Middle)* Dwight Sandvold
- Food as Relationship:  
 Teaching Indigenous Nutrition for Collective Healing  
*(Tanner Ridge)* Claudia Serrato
- Breath Work and Movement  
*(Community Room)* Marissa Baumgartner
- Traditional Native Running  
*(Pitch - NW corner)* Brian Laban & Erik Kakuska
- Total Fitness Walking Program  
*(Pitch - Middle or East Vista)* John Blievernicht
- Double Ball  
*(Lexus Lounge, then Pitch - SW Corner)* Shane Lopez-Johnston

**3:45pm - 4:30pm**

All group workout - Trainers - Pitch  
 Closing Prayer - Cleve Johnson - *Quinault Nation*  
 Receive Sports Incentive



# Day One Breakout Sessions



# Martial Arts for Everyone: Cultural Tai Chi



**Brian Laban**  
Director of Culture  
and Education

NAFC Presenter

## Workshop Description:

Martial Arts has a very long history in many cultures. Martial Arts was used as a teaching tool for many subjects. Healing and maintaining the body, mind and spirit is one facet that was used in ancient and now modern times. Martial Arts has many other facets that are beneficial to the public which does not include fighting.

Native cultures as well as many cultures throughout the world have movements, ceremonies and prayers to help maintain and heal their people. Native cultures focus on nature and all things that are around us, to help connect and help us maintain the balance of the mind, body and spirit.

Martial Arts includes movements in the upper body and the lower body, and with movements that are together and movements that are opposites. Getting the movements smooth and coordinated is the challenge. Along with breathing with the movements, can be a lot to concentrate on. This is

also a type of meditation.

Intention and group intention are another way of helping heal ourselves. Intention is a powerful tool to help connect the Native culture and the Martial Arts culture with the ultimate goal of healing and maintaining the body, mind, spirit, soul and the ghou.

Cultural Tai Chi is a way to blend the Native cultures with the Martial Arts cultures to help on the journey to heal the people. By blending the core concepts of Native cultures and the core concepts of the martial arts cultures, we can find a way to address many aspects of healing the body, mind, spirit, soul and the ghou.

## 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 for Everyone: Cultural Tai Chi



## Martial Arts exercises:

### 1. Diaphragmatic Breathing



### 2. Stances

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



### 3. The Five Animals

The Tiger  
The Deer  
The Bear  
The Monkey  
The Crane

### 4. Yin and Yang

Heaven and Earth  
Father Mother



### 5. Chi Gong

Open the Gate  
Gather the Chi  
Paint the Fence  
Paint the World  
Push Away the Problems of the World  
Push Away Heaven  
Beating the Drum  
Move the Chi  
Sinking the Chi

### 6. Tai Chi Form

Embrace the Moon  
Pushing the Wind  
Parting the Wild Horses Mane  
White Crane Spreads Its Wings  
White Crane Says Good Morning  
Kicking Rooster  
Repulse the Monkey  
Step Up and Kick with Heel

Diving for the Needle at the Bottom  
of the Sea  
Shining the Lantern  
Snake Creeps Through the Grass  
Washing the Chi  
Releasing the Chi  
Settling the Chi  
Closing the Door



# Breath Work and Movement



**Marissa  
Baumgartner**

*Founder & Creator  
Native Women's Wellness  
Movement*

## Workshop Description:

This workshop will give trainers the opportunity to explore various forms of breathwork as well as experience a deeply integrative mind-body experience. Throughout our time together we will review Native Women's Wellness Movement pillars and how utilizing ancient modalities such as breathwork can be fundamental in providing our communities with access to healing and well-being. This workshop will give you the chance to experience homeostasis in the body and experience the mind. Together we will review the Chakra system, Kundalini meditation, and a spiritual take on how stagnant energy and emotions create disease in the body.

## Course Objectives:

1. Have a basic understanding of NWWM Pillars and the work we do
2. Learn about other frameworks used by ancient cultures such as the Chakra system and Kundalini Meditation
3. Experience the mind-body connection through breath work

## Who are we?

Native Women's Wellness Movement LLC utilizes intergenerational healing practices to create inner peace and well-being, nourishment, healthy relationship, and purpose. Through our 4 pillars we provide support to our community guided by the women before us and the children after us.

We envision Indigenous Women having access to proper healing practices that promote support, spirituality, and wellness. With this vision, NWWM seeks to provide opportunities for healing through multiple avenues such as meditation and breathwork, birth preparation, postpartum healing and support, Women's retreats and circles. With this approach we create a community of Indigenous Women who see a world where accessibility to wellness and inherent Rest is a norm.

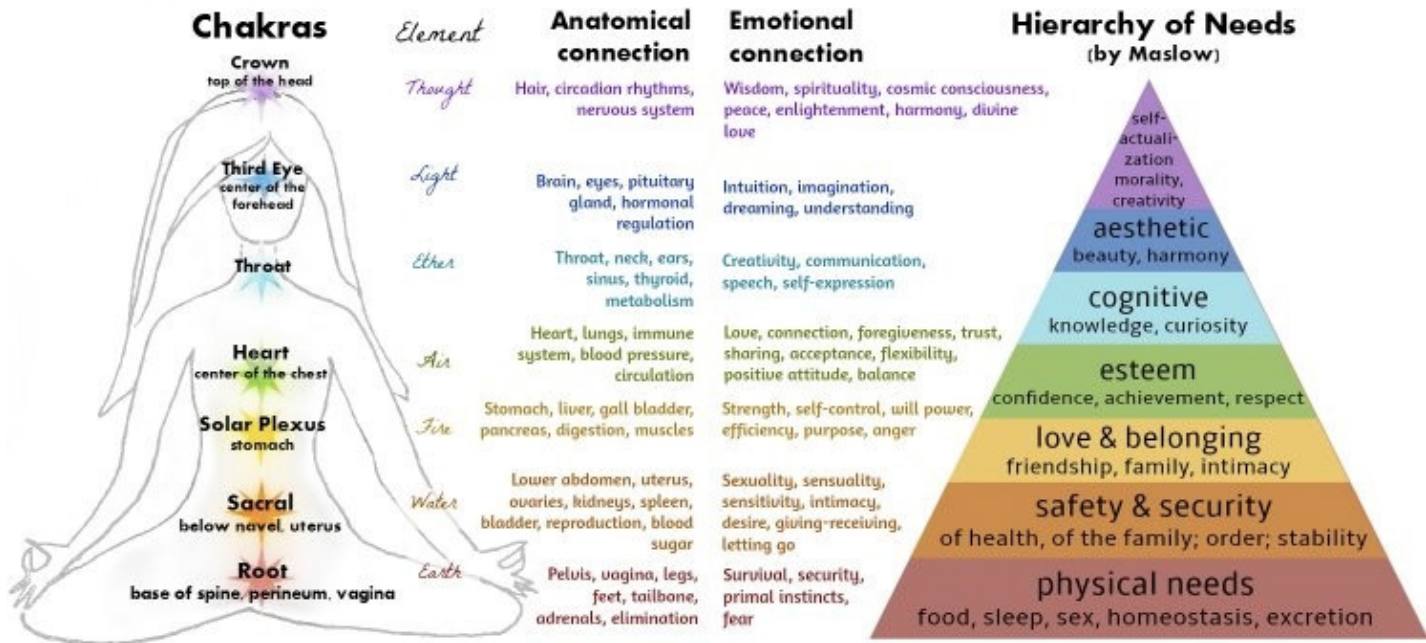
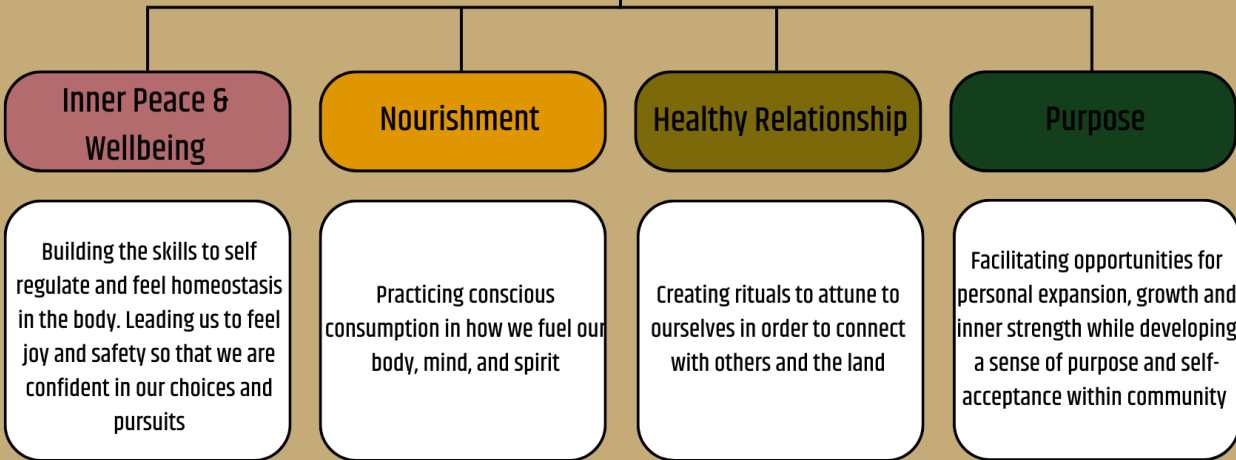
Native Women's Wellness Movement is a public health approach to healthy communities that follows an upstream prevention model. We view our women, Mothers, as the centerpiece of our communities. Creating access to proper support is essential in improving women's health.



# Breath Work and Movement



## Native Women's Wellness Movement



# Breath Work and Movement



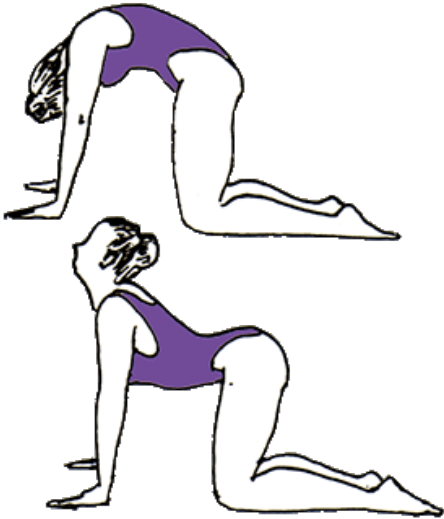
## Shoulder Shrugs

Still on the heels or in easy pose, shrug both shoulders up on the inhale and down on the exhale.

1- 2 minutes.

*To end:* Inhale up, hold, apply rootlock, and relax.

*Benefits:* This exercise loosens up the tension in the shoulders and relaxes upper back



## Cat Cow

Come on the hands and knees, knees shoulder width apart. Inhale as you flex your spine down and bring your head up. Exhale as you flex your spine up in an arched position with the head down. Keep the arms straight. Continue rhythmically with powerful breathing, gradually increasing the speed as your spine becomes more and more flexible.

1-3 minutes.

*To end:* Inhale in saggy cow, hold, pull the energy up the spine with the root lock. Exhale and relax on the heels. Sit quietly and let the breath slow down. Feel the energy circulate. Concentrate at the third eye.

*Benefits:* This exercise is known as the Kundalini chiropractor. Done regularly it loosens up and adjusts the spine.



## Rotate the Pelvis

Sit in easy pose. Place the hands on the knees. Deeply roll the pelvis around in a grinding motion. Relax into the movement. Make it a moving meditation.

Do 26 rotations or 1-2 minutes in each direction.

*Benefits:* This exercise opens up the energy in the lower spine, massages the internal organs and aids in digestion.

## NOTES



# Powwow Yoga



**Acosia Red Elk**

*Founder & Creator  
7Gen Wellness*

Powwow/Yoga Infusion is a Movement Practice that combines Native American powwow dance and yoga. The unique idea is to get cardio, strength and conditioning, stretching, and breathe work in one workout. Powwow/Yoga Infusion bridges the gap between the group fitness and yoga worlds but also adds a cultural element.

Powwow Dancing is high energy. It increases your heart rate and gets your lungs working. Dancing is a great way to shed weight, build stamina, and ground one's self. Through the intentional steps and stomping with feet to earth/ground we can ground our Chakras and bring more balance to our spiritual body.

A Vinyasa Yoga Flow is woven into each class with conscious breathe work. It gives the body a well-rounded workout, creates deep muscle toning, deep extension and flexibility. This flow also allows clients to practice mind calming control in challenging or uncomfortable situations. Powwow/Yoga Infusion is the perfect practice to bring balance to our physical, mental and spiritual bodies.

By holding the yoga postures we become more aware of our connection to the earth. This helps us feel more grounded, stable, and rooted. The energy of the earth draws up from the legs into the spine creating a lighter expanded feeling throughout the entire body. The standing yoga postures also help strengthen the joints in the body and promote comprehensive joint stabilization and integrity. In addition to developing strength and stability in the pelvis and legs, standing yoga postures help us focus on spinal alignment, improve and maintain overall posture, increase balance, and most important breathe awareness. Standing yoga postures will help us to focus our minds in challenging situations.

## **Workshop Goals:**

To learn the basics of yoga

To learn some Native American powwow dance styles and steps

To combine the two into one infused practice for an overall healthy mind, body, and spirit experience.

Each class starts with Sun Salutations (a yoga sequence) to warm up the body and clear the air passageways for better use of your lungs.

## **Sun Salutation Warm Up**

1. Standing in mountain pose, feet hip width apart.
2. Inhale, raise both arms over head.
3. Exhale, open arms, forward fold leading with the heart.
4. Palms grounding to floor.
5. Inhale, lift the chest, flat back with core engaged.
6. Exhale, forward fold, palms grounding to floor.
7. Inhale, right foot steps back.
8. Exhale, left foot steps back to meet right foot into plank.
9. Inhale, lower down into chaturanga (elbows in, core engaged), lift the chest into cobra (elbows in, chest up, top of feet lie flat on the mat)



1. Exhale, tuck toes, lift hips into downward dog.
  2. Press heels toward the floor, raise hips toward ceiling, drop weight between shoulders, weight pressed evenly into palms.
  3. Inhale, right leg lifts, exhale, bend right knee and open up hips.
  4. Inhale right foot steps forward, lift chest and look forward.
  5. Exhale, left foot steps up to meet right foot.
  6. Inhale, stand up while raising arms up over head.
  7. Exhale, palms together, lower hands to heart.
  8. Inhale, raise both arms over head.
- Repeat sun salutation on left side-----

Each class starts with a slow soothing song(s) at least 5 minutes long for Sun Salutations to warm up the body and lungs.

1. First powwow dance interval begins with Men's Traditional Style dance moves. Both feet grounded, feet hip-width apart or wide stance, tapping your feet left to right and adding any kind of moves you want to it. Get lower for more strengthening or stay shallow for modification.

Slower paced song will follow; going into a sun salutation and adding new yoga posture to hold.

2. Second powwow dance interval begins with women's style dance moves. Place hands to hips and get high up on your toes for Jingle style footwork. The higher on your toes the more cardio you get and smaller/shallower steps for modification.

Slower paced song will follow, going into sun salutations and adding new yoga posture to hold.

3. Third Powwow dance Interval begins with men's dance style moves. Grass dance footwork and kicks. Make smaller steps for modification.

Slower paced song will follow, going into sun salutations and adding a new yoga posture to hold.

4. Fourth powwow dance interval begins with women's fancy dance kicks and footwork, arms held out to the side as if holding a shawl. Higher the kicks the more cardio you get and smaller kicks for modification.

Slower paced song will follow, going into sun salutations and adding a new yoga posture to hold.

5. Fifth powwow dance interval begins with men's fancy dance kicks and footwork. Super-fast high energy moves burn major calories. Keep the moves smaller for modification.

Slower paced song will follow, going into sun salutations and adding a new yoga posture to hold.

10 minutes for cool down to slower paced music and seated yoga postures.

# Powwow Yoga

## Basic Standing Postures:



High Lunge



Low Lunge



Warrior



Goddess



Chair



Tree



Eagle



Half Moon



Dancer

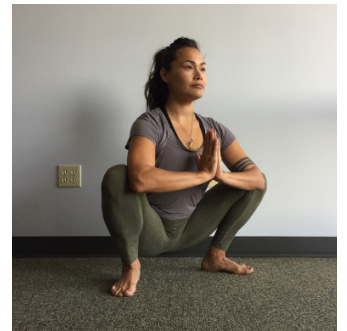
## Basic Seated Postures:



Forward Fold



Half Twist



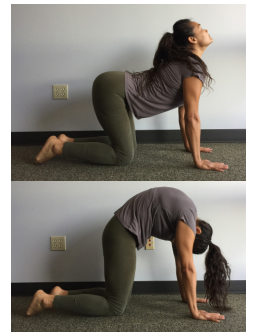
Malasana



Half Lotus



Cows Face



Cat - Cow





# Sports Speed System



**John A. Blievernicht**  
Executive Director

NAFC Presenter



**Erik Kakuska**  
WTD  
Project Manager

NW Portland Area  
Indian Health Board

## 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



# Sports Speed System



## Balance Training

Equipment - Stability Pads, Balance Board,



## Single Leg Exercises

Equipment - Floor, Stability Pad

- One Leg Stand
- One Leg Squat
- One Leg Squat & Reach with Foot & Hand
- Lateral Hop to One Leg Balance



## Balance Board Exercises

Equipment - Basic Board

- Stand
- Squat (side to side)
- Athletic Stance (side to side)
- Split Stance (front to back)

## Beam Exercises (forward/backward)

Equipment - 2x4 Beam

- Walk F/B
- Walk on Tip Toes F/B
- Move in Athletic Position F/B
- Forward Lunges with variations



## Beam Exercises (lateral)

Equipment - 2x4 Beam

- Up & Down
- Defensive Slide
- Lateral Lunge
- Carioca

# Sports Speed System

## Footwork Drills

Equipment - Cones, Sport Cords, Agility Ladder



Accelerated Starts  
Alternate Legs  
Falling Starts  
Athletic Stance  
(progress to Sport Cord)

30 feet



Backpedal  
Alternate Legs  
Athletic Stance  
→ Backpedal & Turn  
(progress to Sport Cord)



Lateral Movement  
Defensive Slide  
Carioca  
Defensive Slide, Turn & Run, Recover  
(progress to Sport Cord)



# Sports Speed System

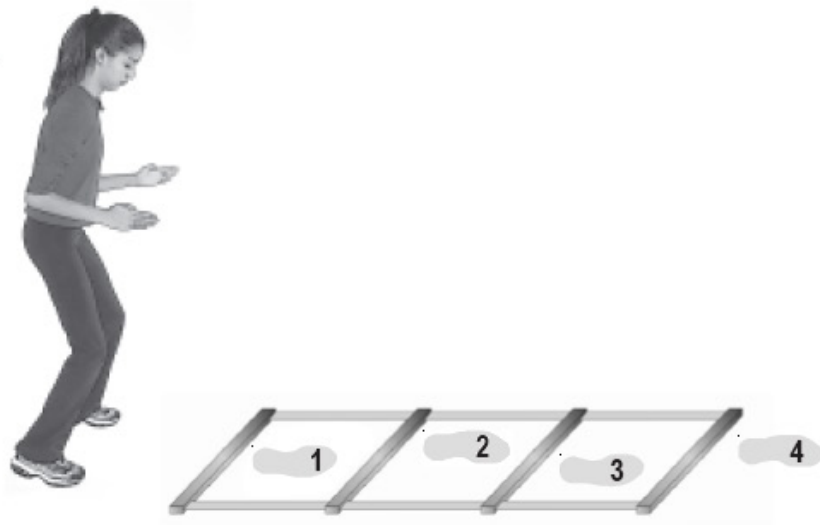
## Agility Ladder Drills

A One In

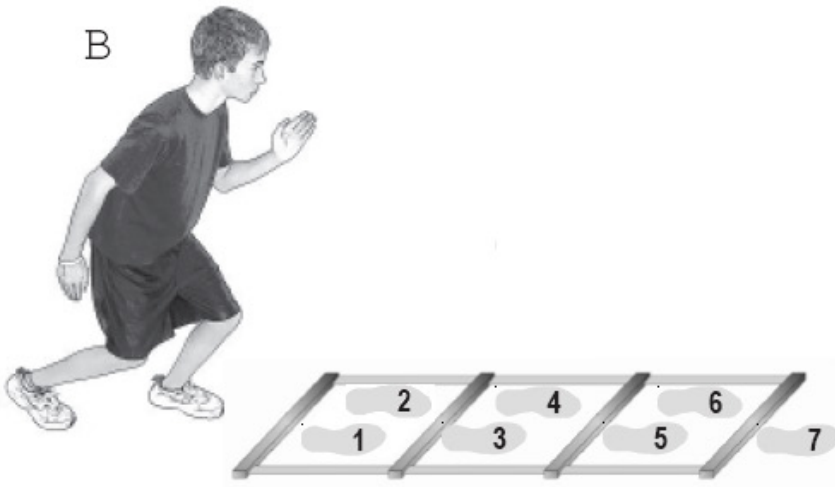
B Two In

C In, In Out

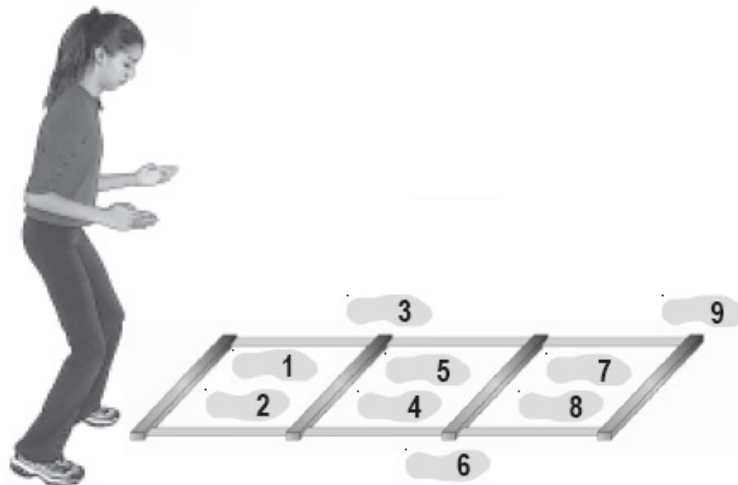
A



B



C



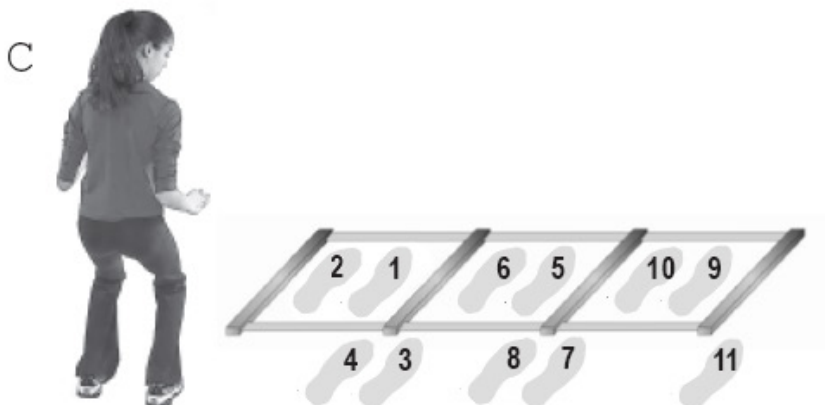
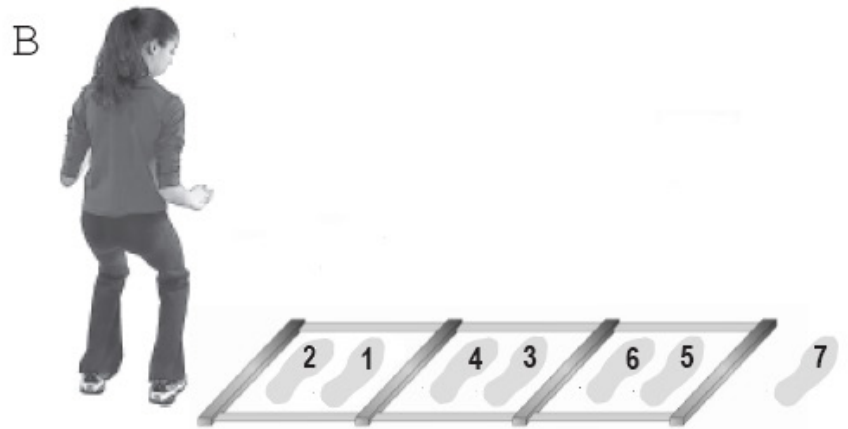
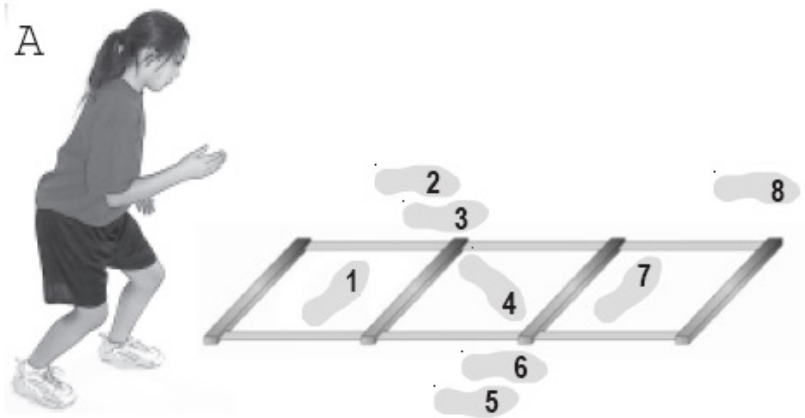
# Sports Speed System

## Agility Ladder Drills

A Cross, Out, Out

B Two In

C In, In, Out, Out



# Sports Speed System



## Jumping, Bounding & Skipping Drills

Equipment - Hurdles, Jump Boxes, Cones, Tape



### Jumping Exercises

Equipment - Hurdles, Jump Boxes

- Jump Landings
- Forward Jumps for Height/Speed
- Lateral Jumps for Height/Speed
- Rotational Jumps for Height/Speed



### Bounding Exercises

Equipment - Cones, Tape

- Lateral Bound to Balanced Landing
- Forward Bound for Distance
- Lateral Bound for Distance/Speed
- Lateral Forward Bound for Distance/Speed
- Lateral Backward Bound for Distance/Speed

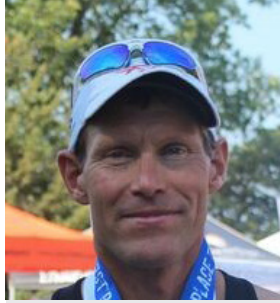


### Skipping Exercises

Equipment - Cones

- Forward Skip
- Lateral Skip
- Backward Skip
- Skip for Height

# Myo-Fascial Magic: Injury Prevention and Self-Care



**Dwight Sandvold**  
Owner of  
F.A.S.T.

NAFC Presenter

## Workshop Description:

A well-functioning body contains the ideal combination of alignment, balance and coordination. When muscles and the fascia surrounding them (Myo-fascial unit) become tense the “ABCs” are negatively affected. The resulting a lack of flexibility and alignment make moving efficiently difficult. Falls, sprains and strains discourage individuals from participating in traditional Native activities.

By applying a self-massaging action to these Myo-fascial areas, neuro-muscular tension can be reduced and extensibility returns as relaxation occurs. Self Myo-fascial release can be performed using apparatus like massage balls and foam rollers.

## Precautions to Myo-Fascial Pressure

Clients with medical conditions should have physician clearance to participate in exercise programs including self myo-fascial release. Following are some general precautions.

### Clients should not perform Myo-fascial release if they have:

- Painful bruises, fractures or open wounds- Are suffering from serious and persistent pain
- A temperature, inflammation or infection
- Have sensory defects and can't sense appropriate pressure.

### Myo-Fascial areas to focus on & apply gentle pressure include:

- Plantar fascia of the foot
- Calves
- Hamstrings
- Quadriceps
- Adductors
- Hip extensors & abductors
- Low back extensor muscles
- Upper back musculature of neck
- Deltoids & pectorals
- Upper arms & forearms.



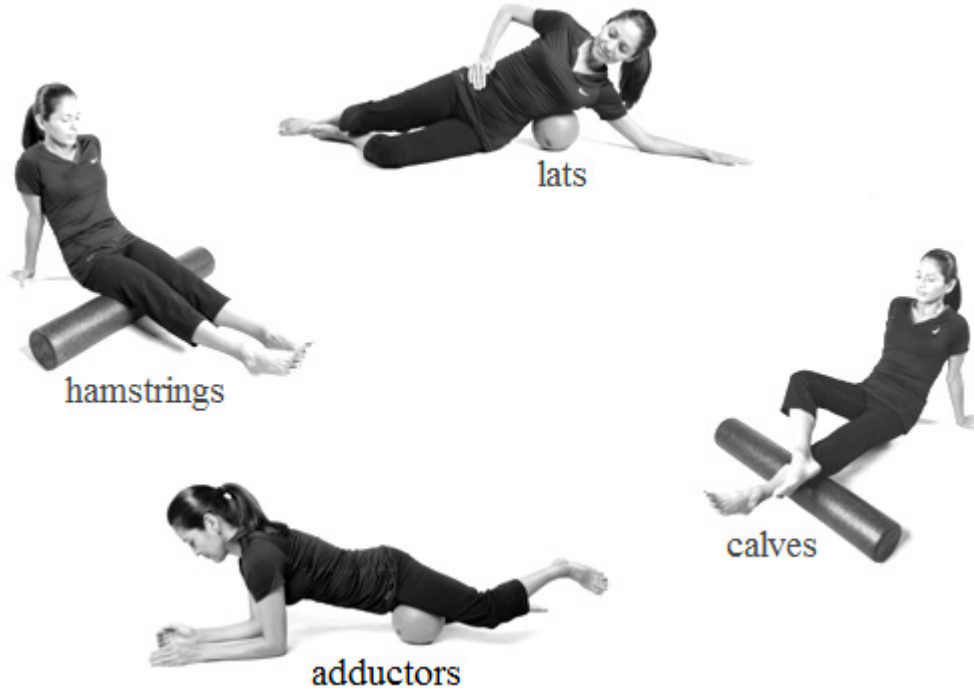
### Clients should avoid applying pressure to:

- Bones
- Major veins & arteries
- Groin & genitalia
- Abdomen & its organs
- Armpit & breasts
- Face, front & side of neck.

### Self Myo-Fascial Release

- Assume a relaxed position over the massage device
- Provide gentle pressure to the targeted myo-fascial area
- Gently roll over the massage device moving in the direction of muscle fibers
- Roll for 2 minutes
- Sense any tender areas in the myo-fascia, breathe & stay relaxed
- Stop and hold on tender areas for 60-90 seconds monitoring for release

# Myo-Fascial Magic: Injury Prevention and Self-Care



## Myo – Fascial Tips for Specific Body Areas:

For all areas roll for about one minute the direction of the fiber and one minute across the fiber, applying enough pressure to cause a level 6 out of 10 discomfort.

**Foot:** Target the arch, using a golf ball, small super ball or deep tissue roller. How: place ball in the heel end of the arch and roll front to back; repeat side to side (cross fiber)

**Calf:** Target the entire length from its origin above the back of the knee to just above the Achilles, using a foam roller, large massage ball or a Lacrosse ball. How: Foam Roller – place both calves on the roller starting above the Achilles. Using the arms elevate the hips and move forward until the roller is in the back of the knee. Perform 6 strokes down the center, turn foot out for 6 strokes on outside, foot inward 6 strokes. If a trigger point is found stop on top of it and perform 10 foot pumps.

**Hamstring:** Target entire length from back of knee to lower gluteal using a large massage ball or foam roller. As with calves lift hips and target middle, inside and outside.

**Quadricep:** Target the entire length from just above the kneecap to the bend in the hip. Assume an “army crawl” position with one leg off the roller and the knee bent to 90 degrees. Use the leg and arms to pull front to back the full length. As calves and hamstrings target the middle, inside and outside.

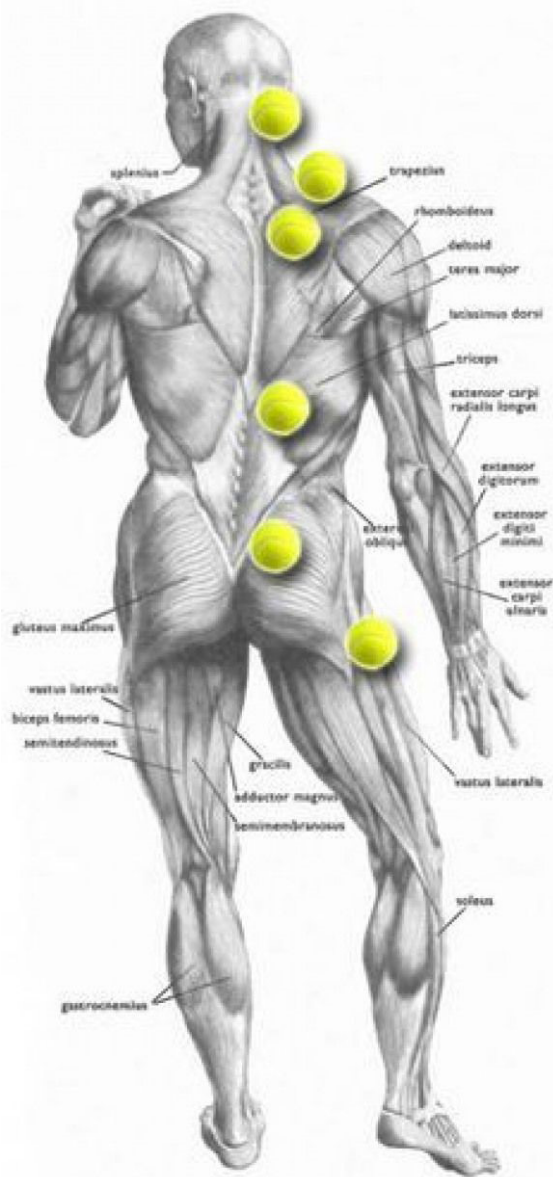
**Gluteal:** Sitting on a foam roller or a large massage ball cross the right leg over the left (R ankle on L knee and knee at 90 degrees) and lean to the right. As with quads target the middle, inside and outside. Repeat with the left gluteal. Option two: standing and leaning up against a wall place a tennis or lacrosse ball against the gluteal. Lean in and move in all directions. If you find a trigger point stop, lean in and hold for 90 seconds.

# Myo-Fascial Magic: Injury Prevention and Self-Care

**Mid Back (Scapular Area):** Place the foam roller on the lower border of the scapula. Cross the arms across the chest (hug yourself) Lift the hips and very slowly roll to the top of the scapula, avoiding the neck. Return to bottom and continue. Option two: standing and leaning up against a wall place a tennis or lacrosse ball against the muscles on the inside of the scapula. Lean in and move in all directions. If you find a trigger point stop, lean in and hold for 90 seconds.

**Latissimus:** Lying on the side, place a large massage ball or roller under just below but not in the armpit. Cross the top leg over the bottom and using that leg and the arms roll the length of the latissimus to just above the hip. Rotate the torso and hip to target different areas of this large muscle.

**Neck:** Stand with back to the wall. Place a tennis or other soft ball between the wall and the neck. Bending the knees and the hips roll the length of the neck. Do the same side to side. Apply gentle pressure only.





# Food as Relationship: Teaching Indigenous Nutrition for Collective Healing



**Dr. Claudia Serrato**  
*Culinary  
Anthropologist  
  
Plant-based Chef*

## Workshop Description:

Welcome. You are entering a space where food is not just nutrition—it is relationship, memory, ceremony, and medicine. This workshop offers a pathway into traditional nutrition practices that support healing, balance, and cultural continuity—for ourselves, our communities, and the lands we come from.

As facilitators, program leaders, and culture bearers, you are invited not just to learn—but to carry these teachings back to your communities. This guide is meant to support both your personal reflections and your role as someone who may teach or organize community meals, wellness programs, or food-based gatherings rooted in Indigenous knowledge.



## Carrying Forward Food as Relationship in Your Community

This workshop honors intergenerational food knowledge and invites you not only to reflect, but to share and activate these teachings in your own communities. Whether you're working with youth, elders, wellness circles, or organizing community gatherings, this toolkit offers a flexible and grounded structure to help you guide others in exploring food as a relational practice.

You are encouraged to:

- Reflect on your own food story and cultural memory
- Learn about land-based nutrition rooted in ancestral teachings
- Engage with traditional ingredients through a five-taste sensory experience
- Explore how food can support collective healing and cultural survival
- Envision how these practices can shape your programming, meals, and community events

Use this framework to adapt the Food as Relationship approach in ways that are rooted, relevant, and respectful to the people and places you serve.

## Reflection

Food is a relationship—not a commodity. It connects us to land, memory, healing, and future generations.

“How do we return to our original instructions with food? What does healing taste like for us?”

# Food as Relationship: Teaching Indigenous Nutrition for Collective Healing



## Workshop-at-a-Glance

Segment	Purpose	Suggested Time	Key Questions
<b>Opening</b>	Grounding, setting the tone, honoring the space	5–10 min	Who are we feeding? What brings us here?
<b>Story Sharing</b>	Personalizes the work through lived experience	10–15 min	What's your food story? What traditions shaped you?
<b>Mini-Teaching</b>	Introduces relational nutrition + ancestral knowledge	15–20 min	How is food a relative? What are ancestral ways of eating?
<b>Taste Activity</b>	Sensory learning through 5 Indigenous taste profiles	20–30 min	What do you feel in each taste? What does it awaken?
<b>Reflection Circle</b>	Integration and community dialogue	15–20 min	What will you carry forward? What does nourishment mean to you?
<b>Closing</b>	Harvesting insights and gratitude	5–10 min	What wisdom are we taking home?

## Ingredients for the Taste Practice

Choose regional and accessible ingredients to represent each of the five traditional taste profiles:

Taste	Examples	Notes
<b>Sweet</b>	Berries, maple, roasted squash, agave	Evokes comfort, memory
<b>Bitter</b>	Dandelion greens, sage, arugula	Stimulates detoxification, presence
<b>Sour</b>	Rosehip, lime, sumac	Cuts heaviness, sparks clarity
<b>Salty</b>	Blue corn ash, sunflower seeds, seaweed	Mineral-rich, grounding
<b>Umami</b>	Wild mushrooms, beans, nuts, game	Deep, savory, ancestral

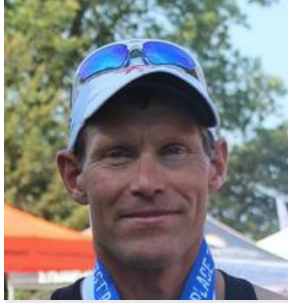




## Day Two Breakout Sessions



## B3 Circuit Training: Balls, Bands, & Body Weight



**Dwight Sandvold**

Owner of  
F.A.S.T.

NAFC Presenter

Circuit Training is a form of interval training. Multiple exercises are performed one after another during the Work Interval with a Recovery Interval based on the length and intensity of the Work Interval. The longer and more intense the Work Interval the longer the Recovery Interval. Circuits work well with as few as three exercises and as many as 12. Each exercise targets a different body part, thus the Recovery Interval can be shortened.

Circuits that target large muscles include strength movements from three major movement patterns:

Pushing (EG. – overhead and bench press)

Pulling (EG. - rows and pulldowns)

Squatting (EG. - lunges and squats)

These exercises can be grouped together to develop agility, balance and coordination. To increase the participant's ability to move well, add stepping to these movements.



Circuit options:

(Emphasis full range of motion over speed in all circuits)

### General Fitness Population

Details: 30 seconds “on” or hard effort and 30 seconds of recovery. (1 to 1 work recovery ratio)

1. Medicine Ball Squat to Overhead Press – ball touches ground each rep.
2. Body Weight Jack Knives – straight arms and legs – reach for feet
3. Band Straight Arm Pull Back – no elbow bend and constant tension
4. Medicine Ball Push-ups- kneeling or traditional – switch hand on ball each rep.
5. Band Row and Reverse Step- pivot 45 degrees. Switch each rep
6. Body Weight Windshield Wipers – on back, feet off the floor, knees at 90 degrees, arms T'd at shoulders, rotate legs side to side.

# B3 Circuit Training: Balls, Bands, & Body Weight

## Senior Circuit:

**Details:** 30 seconds “on” and 30-45 seconds of recovery depending on fitness level. Range of motion may be reduced. Look for range of motion improvement over time.

1. Chair Band Press – loop band behind chair – press forward.
2. Chair Squats – body weight- sit back
3. Chair Medicine Ball Forward Reach to Overhead Press
4. Standing or Chair Band Straight Arm Pull Back ( as General Fitness)
5. Chair – Body Weight March or Double Leg Lift- back flat against chair



## Tabata Circuit

**Details:** Tabata’s are high intensity, short duration, and short recovery circuits. Each movement is repeated 2-3 times before rotating to the next exercise. Typical work to recovery ratio is one to one. 20 seconds “on”, 20 seconds recovery, 20 seconds “on” and switch stations works well.

1. Body Weight Jump Squat or BW Squat to Heel Raise - drive arms overhead
2. Body Weight Bridge with Big March- hips high and alternately drive knee to chest
3. Medicine Ball Wall Chest Passes or Squat to Front Press
4. Band Step and Press
5. Medicine Ball Slams – reach high and use abs to “throw it down!”

## Design Your Own Circuit!

**Details:** Groups of 5 - one coach and four participants. Plan squat, push, pull and rotate movements. Can use one med ball, two bands and body weight. 30 seconds “on” and 30 to rotate. Each person rotates to a different movement each 30 seconds. Establish the order of your exercises and place the equipment in that order. The coach could hold a band for presses and rowing.







# Traditional Native Running



**Brian Laban**  
*Culture and Education*

*NAFC Presenter*

## Workshop Description:

All Native cultures have a strong history of running. Strong runners were held in high positions in every culture. Whether it was for carrying a message, prayers, or physical competition, the runners were cared for and praised.

Running is a natural movement and the human body is made to run. 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 of running.

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 of running.

As far as the health aspect of running is concerned, 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 some success with staying with running, most want to improve. Whether it is for decreasing their times for personal goals or increasing speed for competition running. Efficiency and speed is based on understanding the foundation or what we call the components of fitness.



**Erik Kakuska**  
*WTD*  
*Project Manager*

*NW Portland Area*  
*Indian Health Board*

## Goals

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

# Traditional Native Running

## 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

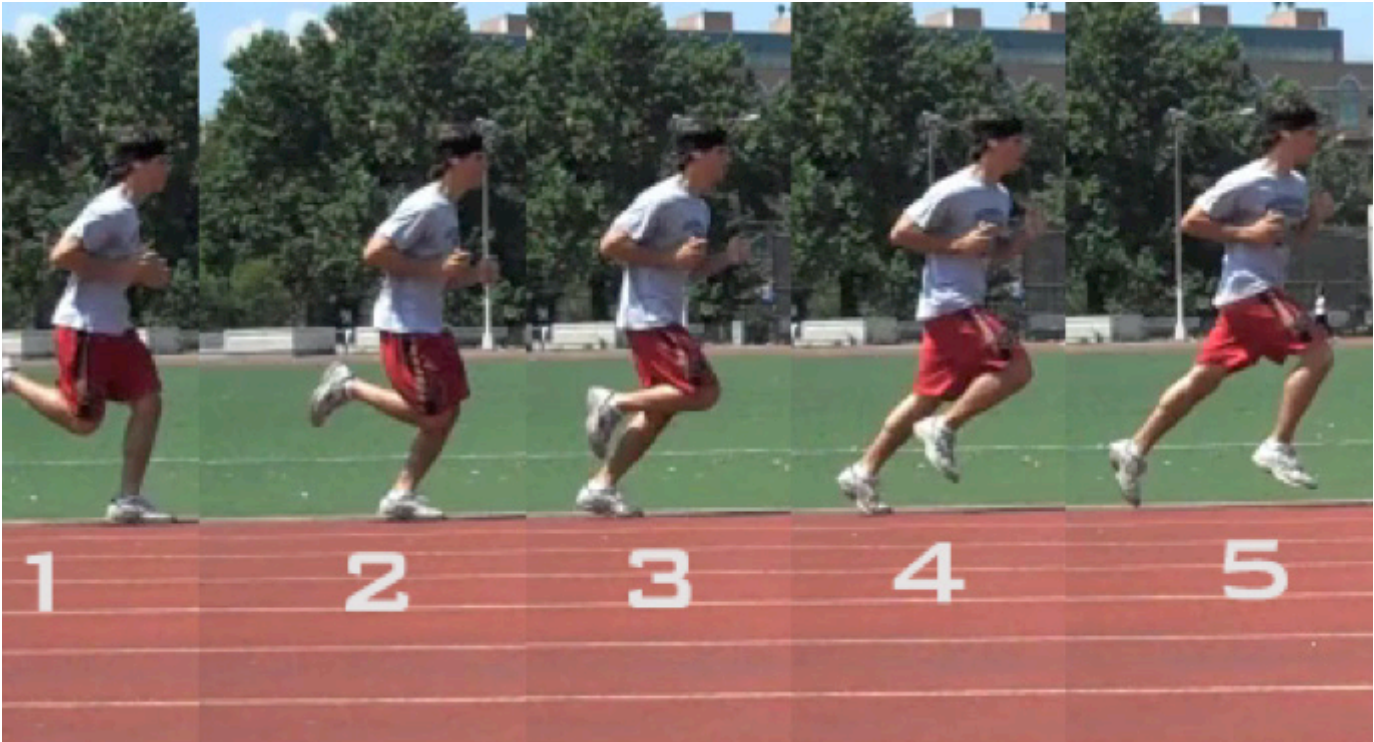
Balance is also related to foot strike. Understanding where the base needs to be, under the center, is critical in knowing where foot strike needs to be.

### 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. *Native Fitness XIX*

# Traditional Native 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. Geronimos (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



# Walking Exercise Program

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**John A. Blievernicht**

*NAFC Trainer  
Co-founder*

Native Americans value our elders, as the history, wisdom, and knowledge of our people, they are a very important assets to our communities. Helping our elders to stay healthy and moving well is a challenge. The goals are not the same as an athlete or an adult getting back into shape. The goal is functional fitness, moving well.

The fear of falling or getting injured, is a concern for our elders. Most trainers either put too much stress on our elders, not enough stress on our elders, or the stress that will not benefit our elders with what is really needed. Chair exercises are great and the elders have a lot of fun, but it would be most helpful to increase their ground based, standing, movement patterns.

Being able to move and have functional movement is the key to independence. The more an elder can move then the more freedom they have to enjoy everyday life. Just going for a walk is something we all take for granted, and once that ability is diminished then our lives become smaller and less dynamic.

We will not only train our elders in functional fitness, but also give them knowledge so they can continue to train on their own. We will use the principles of progression to help every elder be successful.

## Goals

In this course, you will learn the foundations of movement training and how to apply them in working with our adults and elders. Application will be made to teaching functional movement patterns that help elders in everyday life. Balance, strength, flexibility, stamina and other components of fitness can be developed in an elder walking program.

Most of the beginners and elders want to do all the exercises but lack the confidence to do so. So we will be taking the basic exercises of push, pull, squat, and step, and regressing the components of fitness to make everyone successful, which builds confidence.

## Principles of Progression

Taking an exercise or movement pattern and modifying its components, to make it more challenging, but most importantly, or to make it less challenging, so to make it successful.

# Walking Exercise Program



## Components of Fitness

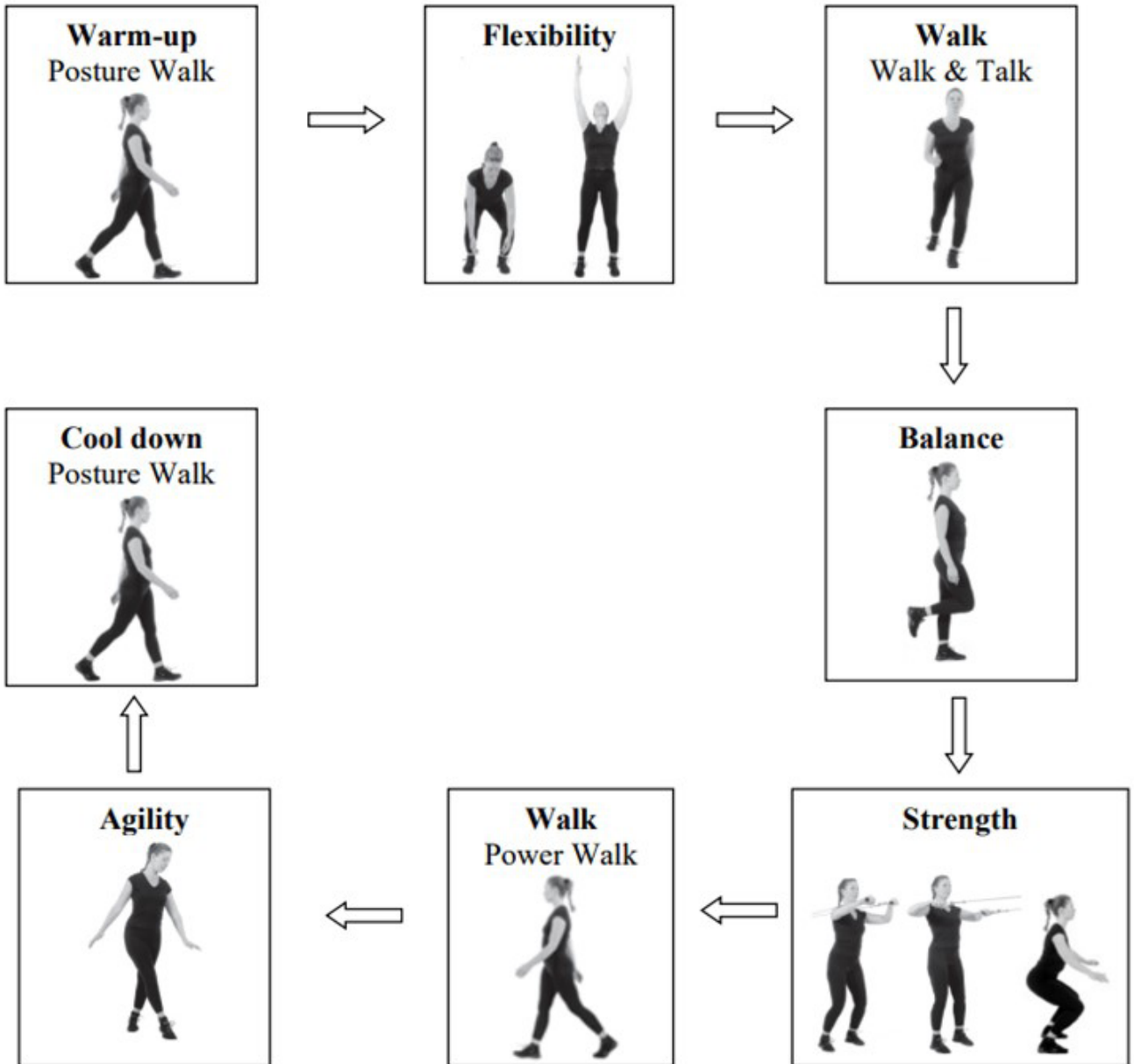
1. Posture – Head, spine, shoulders, hip, feet  
Most pain and faulty movement patterns can be contributed to poor posture and alignment.
2. Flexibility – limited range of motion to full range  
Many elders lose the flexibility, their range of motion of their movements.
3. Balance – stance – wide, split, narrow, single  
Balance is a huge component when it comes to elders. Falls can lead to the fear of falling and many elders are inactive once they have a major fall.
4. Strength – body weight to light weight  
Strength is needed to keep the body strong, like the muscles, ligaments, joints, and bones.
5. Agility – total body movements - arms, spine and hips, foot work  
Elders need to be agile, have the ability to move in all directions.
6. Stamina – duration  
Elders need to work in the different energy systems of the body, to work the different kinds of muscles.
7. Speed – slow to fast  
Elders need to train speed. Life moves at the speed of life and does not slow down if you are an elder.
8. Directional – forward, backward, side to side, rotational  
Elders need to be able to move in all directions. We all seem to focus on one direction, in front, and that leads to diminished other components, flexibility, balance, agility.
9. Coordination – mental training, right brain, left brain  
Elders need mental stimulation and need to coordination drills to help keep the mind engaged.
10. Breathing - diaphragmatic breathing and stress relief  
Learning about the most faulty movement pattern that we all need to change.



# Walking Exercise Program



## Basic Walking Strong Workout Format





# Traditional Games - Double Ball



**Shane Lopez-  
Johnston**

*Project Director  
THRIVE 988 Project*

This workshop will provide a history of double ball, as well as an opportunity to make your own double set to take back with you. We will spend the first part of this session crafting our sticks and double balls, followed by some drills and practice, and finally playing games. There are multiple facets to this game that allow for all to participate and learn. There will be lots of laughter, cultural sharing, and movement. So get your water bottles full and come share in some of our Native Culture through Traditional Games.

## **Double Ball**

Double ball is similar to lacrosse, but is played with sticks around waist high that each player holds. The game ball is usually two smaller balls just smaller than tennis balls wrapped in some type of hide that connects them both. The game ball must have around 6 inches of space where they are connected.

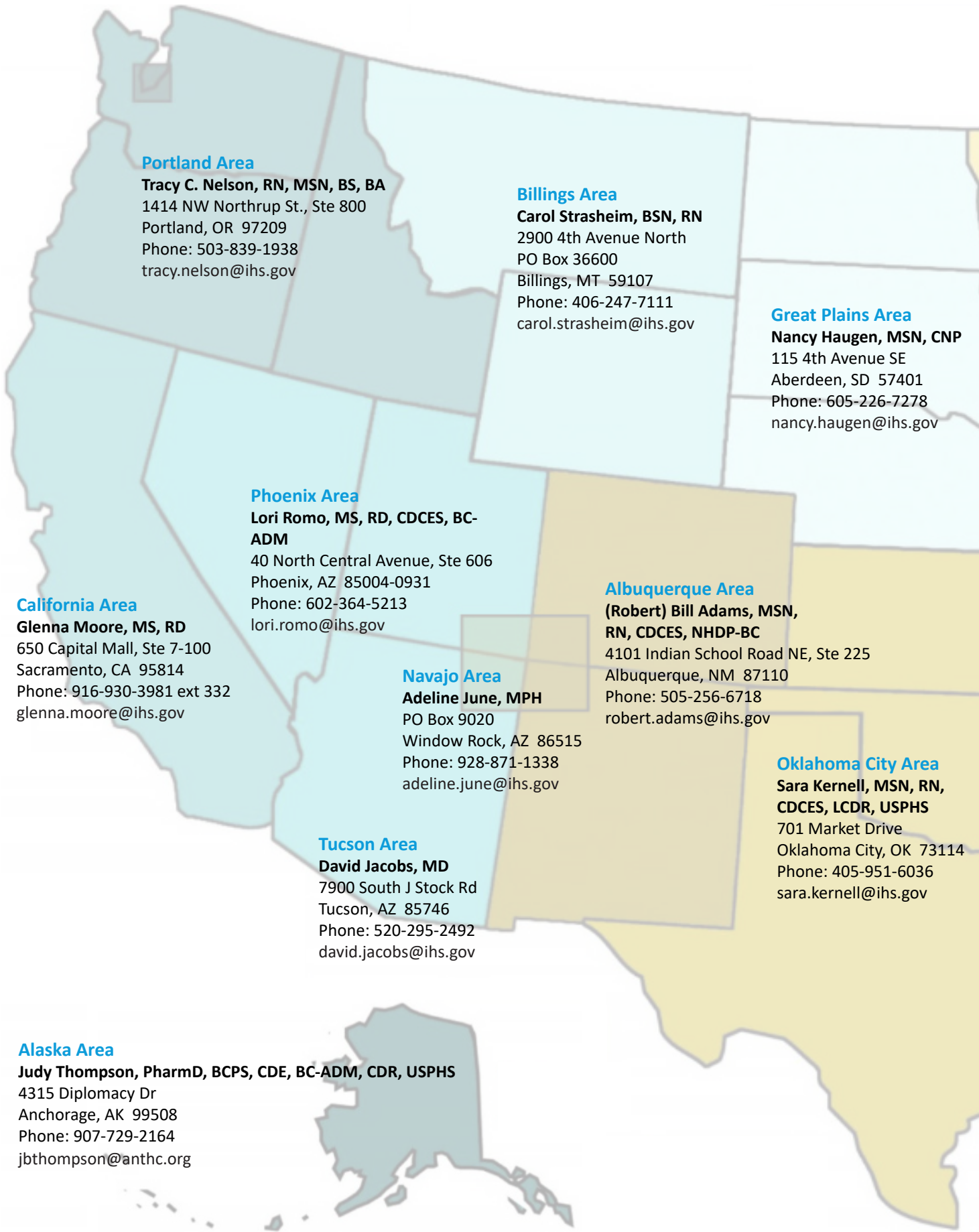
The playing field is similar to a lacrosse field in size, but can be changed based on how many players. The goals are usually two bundles made up of three sticks that lean against one another like a tripod or a very small and skinny teepee. Around 5 feet tall they will also hold a stick that goes across the two bundles. These will be the goals that are on each side of the field where the teams will score. The balls must either go through the goal within the frame of the goals from either side or slightly above the goal; around one foot or so above is acceptable.

The game is played with two teams at each end and at the start of the game, a referee or official will toss the double ball to the center of the field which signals the start of the game. When it is thrown out to the center and hits the ground, that is when all players can run after the double ball. Players are free to use their sticks to pick up the double ball, but cannot use their bodies to touch it. If the double ball goes out of bounds or a team scores, the referee or official must throw the double ball back out to the center of the field.

All players must have their own sticks and cannot hit other players with them. They are only to be used for blocking the double ball or picking it up to take down the field. The goals should be about 10 or so feet from the back of the playing field. There can be players anywhere on the field and can have as many players blocking or attacking the goal as you need.



# Resources Page - ADC Contact Info



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# Resources Page

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## WTDP Favorite SDPI Resources

**IHS Division of Diabetes Treatment and Prevention website:** [www.diabetes.ihs.gov](http://www.diabetes.ihs.gov)

Contact information for the national program as well as area diabetes consultants and model programs; fact sheets; best practices; audit information; conference announcements; and more.

### Area Diabetes Consultant directory:

Go to [www.diabetes.ihs.gov](http://www.diabetes.ihs.gov) and click on ADCs under “People” in the navigation bar on the left. The directory is a link on the ADC page.

### iCare website:

<http://www.ihs.gov/Cio/ca/icare/index.asp> (or search for ‘iCare’ on [www.ihs.gov](http://www.ihs.gov))

Download the software, check technical requirements, find WebEx training (recorded, so you can follow at your convenience), give feedback, and ask for support.

### WebAudit Reporting Tool:

Go to [www.diabetes.ihs.gov](http://www.diabetes.ihs.gov) and click on Audit under “Resources” in the navigation bar on the left.

You will need to request an account for your clinic, and once you are connected, you can upload audit files, and run reports on that data.

### Diabetes Screening Toolkit:

Contact the Western Tribal Diabetes Project at the Northwest Portland Area Indian Health Board, [WTDP@npaihb.org](mailto:WTDP@npaihb.org)

Everything you need to plan, run, and follow up on a community diabetes screening event, including checklists, screening tools, and a database to track lab results and contact information.

### Western Tribal Diabetes Project at the Northwest Portland Area Indian Health Board

Alyssa Farrow, Specialist ([afarrow@npaihb.org](mailto:afarrow@npaihb.org))

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