Let’s Get Moving: The Power of Physical Activity

Good Health and Wellness at Santa Ana
Pueblo of Santa Ana
New Mexico
January, 2019
Tamaya Wellness Program

Community joining together to make wellness a way of life at Santa Ana

The Tamaya Wellness Program has been providing programming to increase physical activity and improve nutrition habits at Santa Ana Pueblo since 1999.
Good Health and Wellness in Indian Country Funding

• Centers for Disease Control and Prevention 2014-2019

• Policy, Systems and Environmental Approaches to promote health and support and reinforce healthful behaviors

• Increased opportunities for physical activity and increased use of these opportunities

• [https://www.cdc.gov/chronicdisease/tribal/factsheet.htm](https://www.cdc.gov/chronicdisease/tribal/factsheet.htm)
• [http://www.uihi.org/searchresult/?wpfb_s=ghwic&placeholder=](http://www.uihi.org/searchresult/?wpfb_s=ghwic&placeholder=)
Good Health and Wellness Activity

• Implement recreation path enhancements that includes signage and benches to continue engaging the community in using the path
America Walks Community Change
Micro Grant Goals

- Enhance recreation paths at Santa Ana Pueblo by adding signage
- The signs will include names in Keres, distances and other interactive information on the benefits of walking
- In this way we will increase use of the paths and support language learning
Collaboration
SANTA ANA NATIVE PLANTS

140 Ranchitos Rd

Hours: Monday-Friday
8:00 am - 4:30 pm

Phone #: 1-505-867-1323

[Image of butterfly]

[Images of flowers and plants]
Safety Information
- Whenever possible, cross the road at a crosswalk or intersection
- If a sidewalk or path is not available, walk on the shoulder facing traffic
- Use lights at night when walking

MAP LEGEND
RoadName
- Dove Road
- Dove Road-2
- Ranchitos Road
- Irrigation Ditches
**Safety Information**
- Whenever possible, cross the road at a crosswalk or intersection
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**MAP LEGEND**
- RoadName:
  - Recreation Path - Dove Road
  - Recreation Path - Ranchitos Road
  - Dove Road
  - Turquoise Loop - 0.68 miles
  - Orange Loop - 0.7 miles
  - Purple Loop - 0.9 miles
  - Green Loop - 1.84 miles

- Irrigation Ditches
Jeffrey Valdez, CHR walking with a few of our Seniors

Tamaya Wellness Program

October 2016

People would use the path more, if:

- Lighting
- Trees/Shade
- Mileage/Trail Signage
- Exercise Equipment
- Benches

0 5 10 15 20 25
Take It Outside!

Fall is a great season for getting outside and getting active. The Tamaya Wellness Program is working on ways to help support your efforts.

- Our Walktober walking program (see photo above) offered daytime and evening walks along the routes mapped. By popular demand, we are continuing into November and December.
- Our Growers Program has 15 participants over the summer, and few who are venturing into cool season gardening.
- We’re building on the interest and feedback from the Recreation Path celebration.

Watch for the Holiday Challenge!

Cool Season Gardening

Did you know cool-season vegetables grow best at temperatures averaging 15° cooler than those needed by warm-season types? Many have edible leaves or roots, such as lettuce, spinach, carrots, and radishes. Other vegetables, artichokes, broccoli, cauliflower are grown for their immature flowers and a few produce edible seeds, like peas.

Walk the Loop

Thursdays
10am & 4:30pm

2018 Summer Walking Series

Thank you to all who participated in the 2018 Summer Walking Series. The walking series consisted of six walks that started with the April Showers Walk and ended with the Farewell to Summer, Welcome to Autumn Walk held in September for the beginning of the fall season. The goal of the walking series was to engage the community to come out and enjoy a walk utilizing the recreational paths and to keep moving. Reminders were sent out via email, posted on Facebook as well as flyers placed on community message boards to remind of the upcoming walks, we averaged about 15 people per walk. Due to weather that included heat, winds and monsoon rains, a few of the walks took place inside with laps done around the gym and fitness activities for those who wanted some extra challenges. Overall, the 2018 Summer Walking Series was a fun time for all and we encourage everyone to continue to get out and walk for exercise, to clear the mind or simply to enjoy the outdoors. See you at WALKTOBER!

Tamaya Wellness Program Directory

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Judy Reuter, Program Manager</td>
<td>771-6741</td>
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<tr>
<td>JoAnna Garcia, Adult Wellness &amp; Fitness Manager</td>
<td>771-6753</td>
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<tr>
<td>Perdita Wexler, Wellness Coordinator</td>
<td>771-6770</td>
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<tr>
<td>Kevin L. Montoya, Program Outreach</td>
<td>771-6883</td>
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<tr>
<td>Kathryn Herrera, Diabetes &amp; Health Heart</td>
<td>771-6772</td>
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<tr>
<td>Tina Trejo-Winn, Administrative Assistant</td>
<td>771-6753</td>
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<tr>
<td>Angela Moreno, Nutrition &amp; Fitness Specialist</td>
<td>771-6744</td>
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<tr>
<td>Isaac Leon, Fitness Trainer</td>
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Come Out and Join Us for WALKTOBER!
Meet in the Tamaya Wellness Center Lobby
Mondays at 9:30am
Wednesdays at 5:30p (no walk on the 31st) Fridays at 9:30am
The Tamaya Wellness Program presents the “2018 Summer Walking Series”

Inviting the Santa Ana Community to come out, bring your family & friends & join us for a walk. Walks will start from the TWC at 5 p.m. unless otherwise noted. All levels of walkers, joggers and runners are welcome.

For more information, call Kathryn 771-5772, Tina 771-5753 or Kevin 771-6383 or stop by & visit the Tamaya Wellness Program.

**April**
- **April Showers Walk**
  - Wed. April 11

**May**
- **May Flowers Walk**
  - Wed. May 16

**June**
- **Men’s Health Month**
  - Wear Blue to Support Men’s Health Walk
  - Wed. June 20

**July**
- **Sparkler Walk**
  - Tues. July 3

**August**
- **Celebrate Our Crops Walk**
  - Wed. Aug. 22

**September**
- **Farewell to Summer, Welcome Autumn Walk**
  - Thurs. Sept. 20

PLEASE NOTE: All dates and times are subject to change. Incentives (if any) are for Tribal/Community Members of Santa Ana Pueblo.
## Tamaya Wellness Program

### January 2019

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### Class Descriptions

**AGING WELL**
- 60 minutes
- Beginner

Fun moves, fun music, and good times await you in this non-intimidating class. Work at your own pace and get help with movements that are designed to mimic the activities of daily living. This class is perfect for older adults who want to stay active or anyone NEW to exercise. (Instructor: Dubra Kanes-Padilla)

**CARDIO BURN**
- 30 minutes
- All Levels

Get your heart rate pumping in this cardio express class. Improve your cardiovascular system and get a burst of energy to tackle that afternoon slump. A variety of cardio exercises will be incorporated, stairs, run, walk, jump, etc. Go at your own pace whenever needed. (Instructor: Lance Ami/Isaac Leon)

**CORE CIRCUIT**
- 30 minutes
- All Levels

Your core muscles (front, back, and sides of your trunk) work together to perform most body movements, and to stabilize your spine and pelvis. This class will include exercises that target each of these areas to stabilize, align, and help maintain good posture whether sitting or standing. (Instructor: Isaac Leon/Lance Ami)

**EMOM**
- 30 minutes
- All Levels

EMOM stands for "Every Minute on the Minute" a training protocol that requires you to complete an exercise for a certain amount of reps under a minute. If you complete the exercise or movement under that minute, you will rest for the remaining time. Come check it out! (Instructor: Isaac Leon)

**FOAM ROLLING**
- 30 minutes
- All Levels

Sore, stiff, tight? We feel you. Take some time for self-massage with a foam roller. This class will focus on the main areas of the body to help relieve sore, stiff, or tired muscles; not designed to treat or heal injuries. *Bring your own foam roller if you have one.* (Instructor: Lance Ami)

**HIIT**
- 45 minutes
- All Levels

HIIT = High Intensity Interval Training. Maximize your time & improve your fitness as this class alternates between intense bursts of activity and brief low-intensity exercises or rest. Modified for people of all levels. (Instructor: Lance Ami/Isaac Leon)

**POWER SCULTPT**
- 30 minutes
- Intermediate/Advanced

Pyramid + Superset Training: Combining both encourages overload to build & increase the metabolic rate for fat loss. Starts with finisher low & supersets to target opposing or same muscles groups; this class will use a variety of equipment: landmine, hex bar, dumbbells, curl bars, + more to get a great workout. (Instructor: Lance Ami/Isaac Leon)

**SPIN INTERVAL**
- 60 minutes
- All Levels

This spin class will simulate varied terrain as you tackle rolling hills, sprints and other drills to give you a great interval workout. Come find the inspiration you've been looking for to help you achieve your personal goals and torch some calories! (Instructor: Lance Ami)

**STEP OUT & WALK**
- 30 minutes
- All Levels

Meet in front of the TWC for a brisk 30 min. walk (don’t have 30 min to spare, no worries, join us for 10-15 mins). Walks will take place around the Orange Loop, at the Men’s Ballfield or if necessary in the gym. (Instructor: Lance Ami/Isaac Leon)

**TOTAL BODY**
- 60 minutes
- Intermediate/Advanced

Total Body Conditioning uses a variety of exercises to help you define, tone, and target ALL the muscles of your body. Don’t think about what you have to do, let the instructor help you and push you out of your comfort zone to get results. (Instructor: Isaac Leon)

**ZUMBA**
- 60 minutes
- All Levels

Ditch the workout...join the party! Join us for a fun way to reach your fitness goals faster, we’ll mix it up with regular Zumba or Strong by Zumba. It only takes a few classes to learn the moves. (Instructor: Honey Garcia)
Beyond Walking

**Senior Fitness times in the cardio/weight equipment room:** Trainer Dubra Karnes-Padilla specializes in senior fitness. She's there Tuesdays & Wednesdays from 8:30-9:20. Other trainers can also help you get started.

**Aging Well Workouts:** Group exercise class includes line dancing, chair exercise, balance, and stretching and cardio circuit. Tuesdays & Wednesdays from 9:30-10:30. Instructor: Dubra Karnes-Padilla.

**Friday Walking/Chair Volleyball:** Fridays 9-10am. Sponsored by the CHRs, with assistance from Wellness Staff.

**Water Exercise:** No-impact workout in the pool to improve flexibility, balance, strength, cardio, and stress relief. Taught by the TWC pool staff.

Santa Ana seniors are having fun and taking advantage of the programs and services being offered!
Have a Healthier Get Together

Always offer Fresh Fruits & Vegetables

Include brief activities and stretch breaks

Provide water and/or unsweetened coffee or tea. Fruit infused waters & Indian tea are great ideas!

Be Tamaya Healthy

Find additional tips and resources at http://www.santaana-nsn.gov/wellness/

Artwork by Christopher Menchego

Reduce, Reuse, and Recycle whenever possible
It’s that time of year again! This year the Grower’s Club started the season by offering two “hands on” classes at the Santa Ana Native Plant Nursery. Mike Halverson demonstrated how to mix the perfect amount of soil and nutrients, how to place seeds and gave information on properly starting and caring for your seedlings.

Each participant was given two trays and were able to pick what type of food seeds they would like to plant. Surprisingly, there was a variety of different choices picked; swiss chard, spinach, snap peas, and of course chili! The nursery will care for their seedlings until they are ready to be transplanted into the earth. Participants are welcomed at the nursery to check on their seedlings.

Both classes went well and participants mentioned that they enjoyed the class and would do it again. Watch for more opportunities to learn about food plants and how to care for them.

For more information about joining the Grower’s Club, contact Tina Winn with Tamaya Wellness Program at 771-6753 or by email: Tina.Winn@santaana-nsn.gov.

Tips for starting & caring your Garden

1. Plan your space and group plants with like requirements together.
2. Grow a variety of crops. Your garden is a great place to experiment with more than just a couple of veggies.
4. Start your seeds. Know which seeds will transplant and which won’t.
5. Inspect your plants. Take a good look at the seedling to make sure it is free of diseases and pests.
6. Water regularly, fertilize garden, control weeds and pests.
7. Harvest your food and save seed for next year.
Thank You

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