



**Empowering families and communities to mind,  
body and spirit wellness through movement**

# LAND ACKNOWLEDGMENT



# SACRED MOVEMENT



“Yes, we have historical trauma...but we also have historical gifts...running is one of those gifts”





## WHO WE ARE

“Are you all a disease-prevention program?”

“No, we are a life-promotion program”

...focus and vision is about a community and culture of wellness, abundance, and on mind, body and spirit health

## SOME OF THE WAYS WE DESCRIBE RM

- Building community through running and walking
- A wellness program based in fun, family, fitness and culture
- A place for intergenerational play
- Wellness for mind, body, and spirit
- A program of the Native Health Initiative









## RM: THE OUTCOMES/NUMBERS

- 500+ people signed up for spring/summer season in ABQ, with smaller groups in Zuni, Acoma/Laguna, Las Cruces, and at the ABQ VA Hospital.
- Through 150+ partners, we can charge \$30 for 12 months, giving \$500-700 of value (shirts, race fees, discounted shoes, etc.) in exchange → THE POWER OF “WE”

## RM: THE OUTCOMES/NUMBERS

- Greater than 90% of participants state that RM is effective at improving their **mental, physical and spiritual health**.
- One of the greatest reasons people report joining RM is for the **social support** and our **incorporation of Indigenous culture into a wellness program**

# RM DURING COVID

Creativity

Flexibility

Safety







VIRTUAL RUN ON  
MAY 9TH AND 23RD, 2020 AT 8:00AM MST  
**CREATING COMMUNITY  
THROUGH MOVEMENT**



- FACEBOOK LIVE WILL START PROMPTLY AT 8AM WITH STRETCHES AND MESSAGES FROM OUR SPONSORS
- SCAN THE QR CODE FOR THE FACEBOOK EVENT DETAILS..
- MAKE SURE TO FILL OUT THE GOOGLE FORM TO LOG YOUR MOVEMENT

B I N G O				
Time Trial #3 RMY#1	Give up sugary drinks for a week RMY#2	Wall Sit complete a wall sit for 2 min RMY#3	Complete a Fartlek run workout RMY#4	Send a picture of your fitness workout to your coach RMY#5
Try a new healthy dish RMY#6	Run 1-mile RMY#7	Time Trial #4 RMY#8	Time Trial #2 RMY#9	Run 2 miles RMY#10
Wear Crazy Socks on your run/walk RMY#11	Fun Day RMY#12		Circuit training workout RMY#13	Write a Thank you card to one of the coaches RMY#14
30 min bike ride RMY#15	30 min walk/run with family RMY#16	Time Trial #1 RMY#17	Participate in the Creating Community Through Movement RMY#18	30 min run/walk at the Bosque RMY#19
30 min activity other than running/walking RMY#20	Family Board Game Night RMY#21	45 second plank/15 burpees/15 sit-ups/15 standing lunges RMY#22	Hill Repeat workout RMY#23	Attend a Zoom Youth Celebration RMY#24



**RUNNING**MEDICINE

**HIIT YOUR STRIDE**  
**HIGH INTENSITY INTERVAL TRAINING**  
**TUES. & THURS. @ 7-7:30AM**

**8 weeks of HIIT Workouts**

**Nov. 10 - Dec. 31st**

Zoom ID: 883 2014 6902

Password: 98765



Native Health Initiative  
[www.loving-service.us](http://www.loving-service.us)

**zoom**





MOTIVATION

15-Minute  
Zoom warm-ups  
for the weekends...

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Movement

SATURDAYS 7:45AM (MST)

7/11, 7/18, 7/25, 8/1, 8/8

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Hosted by NHI's Running Medicine &  
Wings of America, each session will  
provide motivation for families  
to keep using movement  
as medicine!

MEDICINE



## LESSONS LEARNED FROM OUR WORK

- Movement is medicine!
- Running/walking are great ways to get people to the table.
- Rediscovering the sacredness of play
- The power of “WE”

## LESSONS LEARNED FROM OUR WORK

- Creating an **inclusive, loving, and fun environment** allows great things to happen.
- Basing a wellness program in the **cultural and other strengths** of your community is critical.
- **Social connectedness** is an important aspect of health we should work to improve through wellness programs.



## MOVING DURING THE PANDEMIC

- Safety first, movement second
- Shift focus toward wellness
- Building a community of movers is more important than ever

## MOVING DURING THE PANDEMIC

- Provide opportunities for everyone
  - Those wanting in-person movement and those wanting virtual options
  - Those with and without Internet access
  - Social media users and those not on social media



THANK YOU FOR LISTENING!

- Consider NHI and RM as a partner for your wellness work!
- Contact me with questions

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