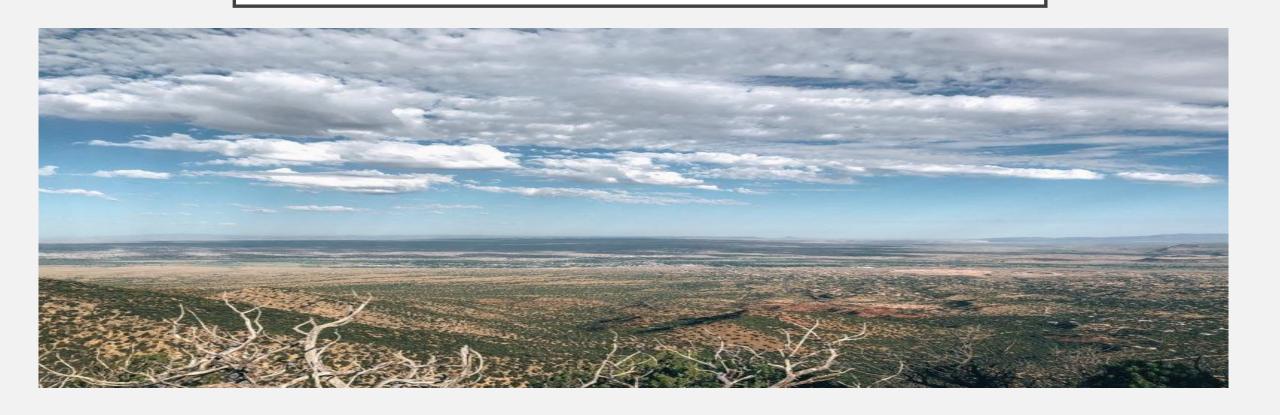


Empowering families and communities to mind, body and spirit wellness through movement

# 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

В		7	G	0
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	RUNNINGMEDICINE	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



# HIGH INTENSITY INTERVAL TRAINING THES & THURS @ 7-7-30AM

8 weeks of HIIT Workouts

Nov. 10 - Dec. 31st

Zoom ID: 883 2014 6902

Password: 98765



zoom



# 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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