



## **What is Rez Robics?**

*submitted by Health and Wellness Center*  
[http://www.fcpotawatomi.com/feb\\_01\\_04/hw.html](http://www.fcpotawatomi.com/feb_01_04/hw.html)

"Rez Robics" and "Rez Robics for Couch Potato Skins" are a set of health and fitness videos produced by Dream Catchers and Navajo Health Promotions. The project was inspired by the fact that diabetes has become one of the most serious threats to the health of Indian people both on the reservations and in urban settings.

High sugar, high carbohydrates and high fat diets over the last 100 years have caused type 2 diabetes to run rampant. Since the best prevention of diabetes is a healthy diet and regular exercise, Dream Catchers and Navajo Health Promotions produced the videos especially for Native Americans which include aerobics as well as some nutrition information.

"Rez Robics" mixes powwow dancing and martial arts with aerobic moves. "Rez Robics for the Couch Potato Skins" is a comedy in which Drew and Elaine make excuses for not exercising or eating healthy. The Diabetes Program would like to start "Rez Robics" in February. Proposed days and times are Mondays and Wednesdays from 3:45 - 4:45 p.m.. If you have any questions regarding either the day or time please contact Theresa Marvin at 478-4383 or Cathy Chitko at 478-4367.

ALBUQUERQUE, N.M.—“Sweating off the fry bread.”

[http://www.reznetnews.org/news/031117\\_ncai\\_thur/](http://www.reznetnews.org/news/031117_ncai_thur/)

That was one of the signs at a march by about 100 people wearing light-blue baseball caps Wednesday on the first Native American National Health and Fitness Day. The event took place at the annual conference of the National Congress of American Indians.

“We’ve got to show our children how to walk into a better future,” said Sam McCracken, manager of Native American business for Nike.

Nike, Indian Health Service and NCAI were the sponsors of “Just Move It,” as the march was called.

McCracken, a member of the Fort Peck Sioux and Assiniboine tribes of Montana and a Nike employee for more than six years, said kicking off an event such as the march was a historical marker for wellness in Indian Country.

“Nike is committed to changing the lives of Indian people,” said McCracken before the walk began.

Navajo professional golfer Notah Begay III and NCAI president Tex Hall, Mandan-Hidatsa-Arikara, encouraged the walkers to challenge themselves to make a change in their lifestyles.

“Thirty minutes, five days a week,” Hall chanted as he cheered on the walkers.

### **Diabetes Death Rate**

The diabetes death rate for Native Americans is 420 percent higher than for other ethnic groups in the United States, Dr. Charles Grim, IHS director, told the crowd. But he said recognizing the problem and doing something about it is key.

“You’re responsible for your health care,” Grim said. “You can clearly see that this is not about the Indian Health Service. It’s about those Indian communities we serve.”

Nike and Indian Health Service recently signed an agreement to promote health and fitness in Indian Country. According to Grim, this is the first time IHS has established such a relationship with the private sector.

Nike and IHS hope to challenge tribes to improve health and fitness in their communities and to document progress. At next year’s NCAI convention, to be held in Fort Lauderdale, Fla., Nike, IHS and NCAI will honor the tribe that has demonstrated the most progress in improving the health and fitness of its members.

With the new partnership, McCracken said Nike and Indian Health Service have their work cut out for them to develop programs.

McCracken said the Nike-IHS partnership was a long, hard process.

“This has probably been the biggest day of my career at Nike,” McCracken said.

### **Other NCAI News: Rez Robics**

Rez Robics, a Native American aerobics class, is being held in the mornings at the convention.

“The whole point of Rez Robics is a whole new option to get your body moving,” said aerobics instructor Pam Belgarde, Ojibwe.

The 70-minute, two-part exercise video incorporates powwow dance steps and martial arts exercise through contemporary Native American music.

For information about obtaining the videos, visit the [Rez Robics](#) Web site.