



KEEP IT SACRED

NATIONAL NATIVE NETWORK



Technical Assistance Webinar

Pow Wow Sweat

LoVina Louie

Consultant

Coeur d'Alene Tribe – Marimn Health

2017 – BS – Organizational Sciences – University of Idaho

Pow Wow Sweat

LoVina Louie

Consultant

Coeur d'Alene Tribe – Marimn Health

The Coeur d'Alene Tribe received a CDC REACH grant in 2015, LoVina Louie an enrolled member of the CoEur d'Alene Tribe developed a revolutionary, indigenous exercise program Pow Wow Sweat. Pow Wow Sweat includes a warm-up, 8 Pow Wow Dances with step by step instructions and a cool down. The exercise program is available via Facebook, Youtube, and www.ghestlife.com. The program was awarded Indian Health Services “Leadership Award” at the local and national levels and was invited to share the program with the Surgeon General at a national Native Youth Leadership gathering.

Faculty Disclosure Statement

- Funding for this webinar was made possible by the Centers for Disease Control and Prevention DP18-1808 Consortium of Networks to Impact Populations Experiencing Tobacco-Related and Cancer Health Disparities grant. Webinar contents do not necessarily represent the official views of the Centers for Disease Control and Prevention.
- No commercial interest support was used to fund this activity.



CE Certificate will not be offered
for this presentation.

Learning Objectives/Outcomes

By the end of this webinar, participants will be able to:

1. Be better prepared to work with their community to define wellness in a culturally appropriate manner.

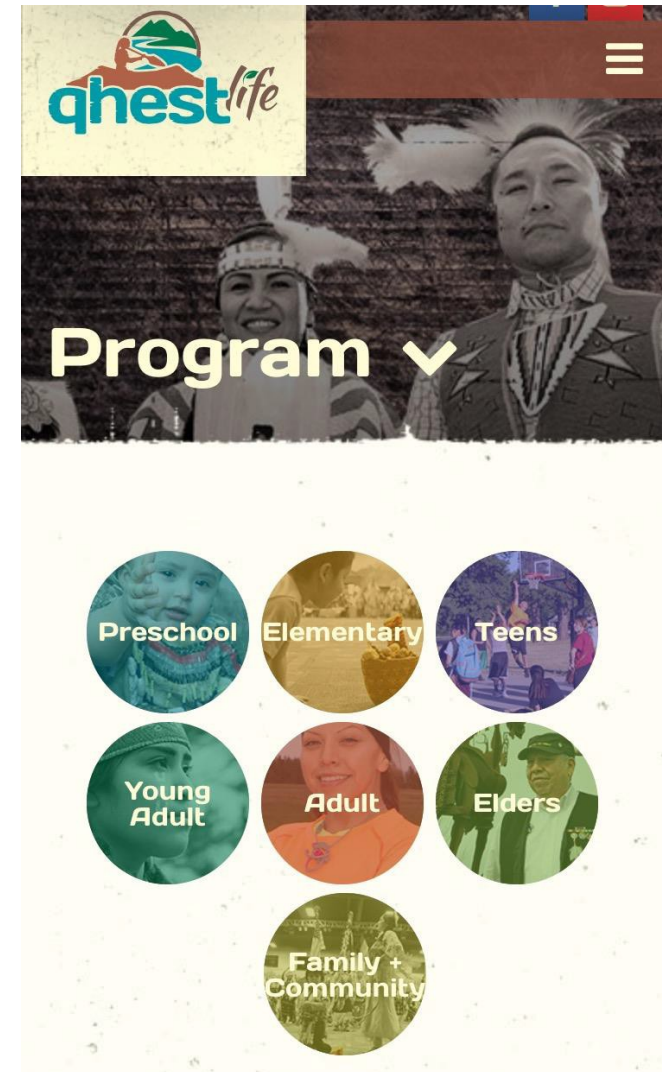


MÄRIMN
HEALTH



We Shall Remain





www.qhestlife.com



Eat.

What We Eat

Our health has always been tied to how we fuel our bodies. Whole, non-processed foods are the basis of a healthy diet. Along with fruits, vegetables, and lean proteins, incorporating foods from our own cultural heritage honors our bodies and who we are. These include traditional foods like camas, huckleberries, water potatoes and lean meats like trout, salmon, deer, elk and moose.

Things you can do right now:

- Things you can do right now:
- Look for qhest Life foods/beverages at local stores.
- Share a meal or plan a time to gather food with family and/or friends
- Drink more water
- Visit the Seasonal Farmers Market
- Post your activity on the qhest life Facebook page



Do.

What We Do

Activity and movement are natural parts of our everyday lives. Hunting, gathering, and migration were daily physical activities for our ancestors. Today, we can echo their movements by getting 30 minutes of daily physical activity through:

- Walking
- Running
- Swimming
- Gym workouts
- Traditional games and activities

Things you can do right now:

- Post your activity on the qhest life Facebook page
- Go for a walk/hike today
- Do Pow Wow Sweat workout video
- Plan a hunting/fishing trip

Honor.

What We Honor

By tapping into who we are as a people in the Coeur d'Alene Tribe, we can fuel the success of future generations. These values and activities include:

- Respect/honor of elders
- Preservation of our language
- Education and empowerment of our youth
- Traditional community activities such as gardening, ceremonials, story telling, and more

Things you can do right now:

- Post your activity on the qhest life Facebook page
- Attend a Coeur d'Alene language class
- Visit an elder
- Volunteer in your community



The qhest life
Public Group

Joined | Share | Notifications

Discussion | Members | Events | Photos | Files

Search this group

Write Post | Add Photo / Video | Create Poll | Add File

Write something...

RECENT ACTIVITY

LoVina Louie updated the group photo. 8 mins

ADD MEMBERS
+ Enter name or email address...

MEMBERS 247 Members (2 new)

Message · Invite by Email

DESCRIPTION Edit
Our ancestors were strong and healthy and we are too! The qhest ... See More

TAGS Edit
Food sovereignty · Pow-wow · Salmon

GROUP CHATS
No group chats, start one now.

Facebook: The qhest life



PO**W****W****W** **SWEAT**



MÄRIMN
HEALTH

Wednesday, October 16, 3 pm ET

We Don't Do Diets

Presenters:

Charla J Gordon, MA, RD, CDE, CHES
Contractual Dietitian
Little Traverse Bay Bands of Odawa Indians
Health Center

Sally W. Van Cise, MPH, Med, RDN Wellcoaches
Health & Wellness Coach
Nutritionist
Saginaw Chippewa Indian Tribe

Learning Objectives/Outcomes

By the end of the webinar, participants will be able to:

1. Distinguish two reasons why diets and weight loss have not been effective in the long-term.
2. Examine the approach dieting for weight loss can negatively impact emotional and physical health.
3. Apply three alternative approaches to promote health and wellness in mind and body for all clients.

Details and registration here:

<http://keepitsacred.itcmi.org/2019/08/we-dont-do-diets/>

Follow National Native Network Online



[Facebook.com/KeepItSacred](https://www.facebook.com/KeepItSacred)



[Twitter.com/KeepItSacred](https://twitter.com/KeepItSacred)



[LinkedIn.com/company/KeepItSacred](https://www.linkedin.com/company/KeepItSacred)



[Instagram.com/NNNKeepItSacred](https://www.instagram.com/NNNKeepItSacred)

[KeepItSacred.org](https://www.KeepItSacred.org)