

GRIC FIT NEWSLETTER

#02 ISSUE

THE IMPORTANCE OF WARM UPS

5 Reasons why warm up exercises are important!

HEALTHY RECIPES

Need a healthy alternative to your lunch routine? Our Health Education Specialist has a wonderful recipe you can try out.

SPORTS TEAM NEWS

Highlights from the Youth Co-Ed Kickball Jamboree|Tournament



YOUTH CO-ED KICKBALL JAMBOREE | TOURNAMENT

Gila River Indian Community youth had an amazing time learning the fundamentals of Kickball...continued on page 2.

TRW COLLABORATES WITH GILA RIVER FIRE DEPARTMENT

TRW and Gila River Fire Department did a trial run of the Employee Health and Fitness Firefighter Challenge...continued on page 4.



HOURS OF OPERATION

Monday - Friday
8:00am to 5:00pm

CLOSED FOR CLEANING

9:30am to 10:00am
11:30am to 12:00pm
1:30pm to 2:00pm
3:30pm to 4:00pm

NO WALK-INS
GYM USE BY
APPOINTMENT ONLY

Limited space! | 16 years
and older only

MASKS MUST BE WORN
AT ALL TIMES

Each client must complete
a brief health questionnaire
and temperature check
upon entering the
building.

SCHEDULE TODAY!
Call: (520) 562 - 2026

TRW KICKS OFF 2ND "IN-PERSON" EVENT FOR GRIC YOUTH



Gila River Indian Community & Ak-Chin Community youth participants for Co-Ed Youth Kickball Jamboree/ Tournament, District 1 Ball Field.

CONTACT INFORMATION:

Fitness Questions?
Call: (520) 562 - 2026

Sports Questions?
Call: (520) 562 - 2024
or 2025

Administrative Questions?
Call: (520) 562 - 6087

Email:
Wellness.Center@
gric.nsn.us

The Tribal Recreation and Wellness (TRW) held their first Youth Kickball Jamboree Tournament on Friday, May 20th and Saturday, May 21st which was held at the District One Ball Fields. This co-ed tournament served youth 10-12 years old. This is the second "in-person" event for the Tribal Recreation and Wellness since 2019. The first "in-person" event for TRW was the Youth Free Throw Contest which was held at the District Two Service Center on April 30, 2022. The Kickball Jamboree drew in 17 youth participants from the Gila River Indian Community for this two (2) day event.

On Friday evening the TRW Sports Team: Huey Guy, Cael

Bennett and Rheanna Jackson taught the youth the fundamentals of the game which included instruction on how to kick the ball, base running, pitching and field exercises from the TRW Sports Team. TRW Fitness Instructor, Sylvester Reed also helped with the event by instructing the youth on how to warm up and stretch properly prior to any type of physical activity.

On Saturday morning, Day 2 of the event, youth members from the Ak-Chin Indian Community were invited to participate in a couple of friendly games with the local GRIC youth. The games became competitive real quick, putting their "new skills" to use on the playing field. We like to

see it as having fun while being competitive on the field and still remaining friends off the field.

The Tribal Recreation and Wellness Department would like to thank all the parents/guardians who signed up their children for this event. We would also like to thank Lisa Garcia from the Ak-Chin Indian Community, the participants, the parents/guardians who traveled to Gila River for this first ever event for the youth.

CO-ED YOUTH KICKBALL JAMBOREE/TOURNAMENT HIGHLIGHTS



TRW & GILA RIVER FIRE COLLABORATE FOR EHFw

On Monday May 23, 2022, Tribal Recreation & Wellness along with Gila River Fire Department Captain Robert Jackson and his crew, worked together to create the Firefighter Challenge course for the upcoming Employee Health & Fitness Week. Employee Health & Fitness Week is a week dedicated to GRIC and GRIC entity employees to participate in physical

activities to promote health and fitness. The Firefighter Challenge is one of the new activities that was introduced in this year's EHFw.

In order to make sure this challenge was not too difficult for employees, TRW & Gila River Fire decided to set up a run through of the course before the main event. Cael Bennett (Recreation Coordinator),

Reheanna Jackson (Recreation Aide), and Ryan Brown (Lead Fitness Instructor) ran the Firefighter Challenge course. They were able to complete the course in two minutes and fifteen seconds. "It was challenging but fun! We can't wait to see the teams compete during EHFw!" said Cael Bennett.



HEALTHY CHOICES RECIPES

Healthy Heart Smoothie

INGREDIENTS:

- 1 Cup of Strawberries
- 1/2 Cup Blueberries
- 1 Orange, peeled
- 1 Cup Papaya, peeled, seeded & diced
- 1 Cup of Dairy or Non-dairy Milk
- 1/2 Cup Ice Cubes

DIRECTIONS

1. Add all of the fruit to a blender with the milk and ice.
2. Blend until smooth.

Enjoy!



Share your recipes using #gilariverwellness

5 REASONS WHY WARM UP EXERCISES ARE IMPORTANT

Before you start running or using the machines at the gym, make sure you complete a warm up and do a few stretches. What makes them so important?

1. THEY HELP TO INCREASE BODY AND MUSCLE AND BODY TEMPERATURE

A good warm-up or stretch will raise your body temperature, which is helpful to your muscles.

Oxygen becomes more available to your muscles, allowing them to contract and relax more easily.

2. YOU'LL REDUCE YOUR RISK OF INJURY

Warming up will improve muscle elasticity and allow for efficient cooling. You'll have less chance of accidentally hurting yourself or overheating during your workouts.

3. CAN HELP YOU MENTALLY PREPARE

Use your time warming up and stretching to think about what you're about to do. This will help both your body and mind to be successful. Set your intention for your workout!

4. INCREASES YOUR FLEXIBILITY

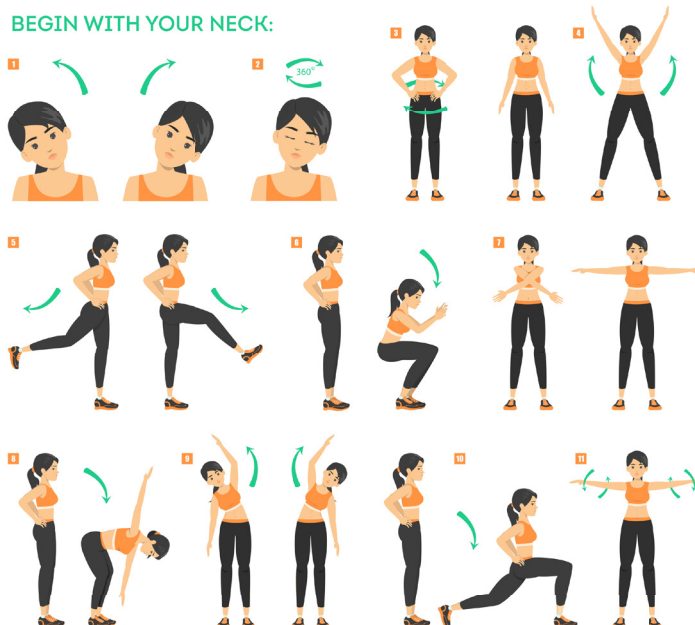
Warm ups and dynamic stretching helps increase blood flow to your muscles. It allows your body to increase its flexibility in both short and long-term.

5. YOU'LL BE READY TO TACKLE HEAVY DUTY MACHINES AT THE GYM

Warm ups will ensure that both your body and mind are in the right state of mind to handle gym equipment.

WARM-UP EXERCISES

BEGIN WITH YOUR NECK:



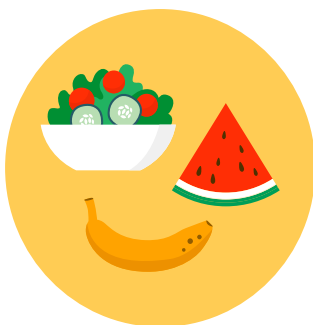
STAYING COOL FOR THE SUMMER!

5 ways to stay cool during the summer heat.



STAY HYDRATED

Drink water frequently, do not wait until you are thirsty to drink more. During summer our bodies utilize water more, be sure to increase your intake!



EAT FRESH

Limit stove use, avoid hot foods and heavy meals. This will help to increase your energy levels during the hot summer months.



DRESS LIGHT

Wear lightweight, light-colored, loose fitting clothes.



SUNSCREEN

Use sunscreen with SPF 15+ wear and reapply as indicated on the package.

HELP OTHERS

Check on those around you: people at greatest risk of heat related illness include but are not limited to adults ages 65+, children under 2, those with chronic diseases and pets.

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LOCATION

**315 W. CASA BLANCA RD.
SACATON, AZ, 85147**



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NUTRITION



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