

GRIC FIT NEWSLETTER

#01 ISSUE

WORKOUT ROUTINES

The TRW Fitness Instructors have a few tips and tricks on how to stay active at home or in your office.

HEALTHY RECIPES

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

SPORTS TEAM NEWS

Check out our upcoming events.

NEW RENOVATION NEW EQUIPMENT

Tribal Recreation & Wellness celebrates their new renovation & equipment by hosting an Open House.



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

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

TRIBAL RECREATION & WELLNESS HOSTS AN OPEN HOUSE



Fitness Instructor Sylvester Reed giving community workers a tour of the new equipment.

On April 06, 2022, Gila River Tribal Recreation and Wellness Center hosted an "in-person" open house to showcase their newly installed floors and equipment and sports activities to the community. With COVID-19 restrictions still in place, tours had to be scheduled in order to attend.

There was a total of 51 tours that were guided by the Fitness Instructors and the

Recreation Manager throughout the day. The tour showcased the following fitness rooms; The Weight Room, The Cardio Room, The Machine Room, The HITT Room, and the outside workout area in the back of the building. Guests were able to ask questions about how the equipment worked and how to schedule future appointments.

At the end of the tours TRW Sports Team held a mini sports

trivia for those who wished to win a TRW prize. The prizes included, fishing poles, dartboards, backpacks, utility carts, etc. They also provided information about future events that are to come for the communities youth, such as the Free Throw Contest and the Youth Jamboree/Tournament.

Call Gila River Tribal Recreation & Wellness Center at (520) 562 - 2026 to sign up.



Left: GRIC youth with prizes won from TRW Sports Trivia. Right: Angel Orque Recreation Manager giving a tour to the Community.



DAILY WORKOUT ROUTINES

Tribal Recreation & Wellness service the Gila River Indian Community by providing fitness opportunities to encourage healthy lifestyles.

"Always stretch before doing a workout."

-Sly Reed



20 chair squats

20 chest squeezes

40 criss-cross arms



40 leg extensions

10 chair body lifts



10 knee pull-ins

20 oblique bends

MEET THE FITNESS TEAM



Lead Fitness Instructor:
Ryan Brown



Fitness Instructor:
Sylvester Reed

MARCH TO MUL-CHU-THA VIRTUAL RUN SERIES

Tribal Recreation & Wellness hosted this years first March To Mul-Chu-Tha Virtual Run Series, for the community.

In December 2021, Gila River Tribal Recreation & Wellness announced that they would be providing the Community with the very first March To Mul-Chu-Tha Virtual Run Series. The MCT Virtual Run Series was open to all federally recognized tribes. The MCT Virtual Run Series is usually an in-person event, but since the Community is under COVID-19 restriction, TRW decided to make the MCT run series virtual this year.

For the MCT run series participants had to complete two 5K runs, two 10K runs and a Half Marathon in order to complete the series. Participants had a time frame on when they

had to complete their runs and a deadline to submit their proof. The MCT Run Series began in January 2022 and ended in March 2022, which is usually around the time when the Mul-Chu-Tha Fair starts.

This year Gila River Tribal Recreation & Wellness had a total of 171 adults ages 18-54 years old, 16 elders ages 55 and older, and a total of 13 youth ages 18 years and younger registered for the MCT run series, that brings the total to 200 participants. Out of the 200 participants 159 completed the MCT run series. For completing the series, participants recieved some very special incentives.



QUALIFICATIONS

- Must be +16 years or older.
- To qualify for incentives you must be enrolled in a Federally Recognized Tribe.
- To receive a run series incentive you must complete all runs by each deadline.
- You must use a mobile phone app of your choice to provide proof that you have completed each run.

SCAN ME!



RUN SERIES SCHEDULE

5K (3.2 Miles) Event #1
Start Date: January 10, 2022
Deadline: January 16, 2022

5K (3.2 Miles) Event #2
Start Date: January 24, 2022
Deadline: January 30, 2022

10K (6.2 Miles) Event #3
Start Date: February 07, 2022
Deadline: February 13, 2022

10K (6.2 Miles) Event #4
Start Date: February 21, 2022
Deadline: February 27, 2022

Half Marathon (13.1 Miles) Event #5
Start Date: March 14, 2022
Deadline: March 20, 2022

FOR MORE INFORMATION CONTACT RYAN BROWN AT RYAN.BROWN.TRW@GRIC.NSN.US

HEALTHY CHOICES RECIPES

Healthy Choices Recipe of the Day! EGG BREAKFAST MUFFINS

Ingredients

HASH BROWN CRUST

- 20 oz of hash browns (frozen, thawed and strained)
- 1 egg
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 1 tsp. dried parsley
- 3 cloves minced garlic
- 1/4 tsp. smoked paprika
- 1 tsp. olive oil

EGG MIXTURE

- 12 eggs
- 1/2 cup milk (optional)
- 1 cup shredded cheese
- 3/4 tsp. salt
- 1/2 tsp. pepper
- 1 1/2 tsp. dried parsley (optional)



Instructions

1. Preheat oven to 400 degrees
2. Spray two 12 cup muffin tins with non-stick baking spray.

For the hash brown crust:

1. Mix entire bag of hash browns with egg, oil, cheese, salt, pepper, minced garlic, and parsley in large bowl until seasonings are well combined.
2. Split hash brown mixture evenly among the 12 baking cups then pat it down.
3. Bake hash brown crust in the pre-heated oven for 10 - 15 minutes or until it gets slightly brown and crispy.

For the egg mixture

1. While crust is cooking, mix eggs, cheese, salt, pepper, parsley and other favorite ingredients in a large bowl.
2. Once hash brown crust is slightly browned, split egg mixture evenly on the top of the hash brown in the muffin tin, filling 3/4 full.
3. Bake in the oven for another 10-15 minutes or until eggs are fully cooked.
4. Remove from oven and let cool for a few minutes before removing from the muffin tins.
5. Serve hot or at room temperature.

Share your recipes using #gilariverwellness

1ST ANNUAL YOUTH FREE THROW CONTEST

On Saturday, April, 30, 2022, Tribal Recreation & Wellness held the 1st Annual Youth Free Throw Contest at the District 2 Service Center, one of the first in-person sports activities. The three age divisions included ages 10-12, 13-15, and 16-17. The youth participants had the opportunity to show off their free throw skills! Each participant attempted to make 10 free throws in a row in order to be considered the champion of their respective division.

A total of 25 indigenous youth participated this year with most

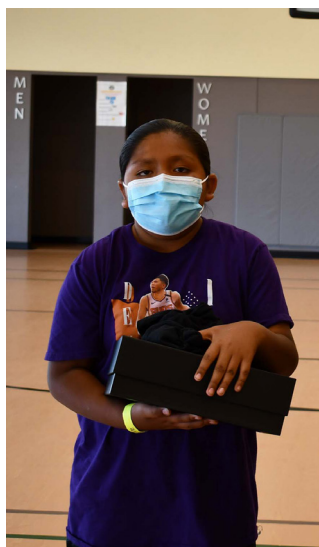
being from the Community. "It felt really good to come back out and see all the kids that entered into the free throw contest. Especially after coming back from COVID. I know a lot of kids had to get back into things and it felt good to see all the parents that made it out in a safe way and be able to try to get back into sports again which is good for the community and good for the kids." said Camille Miguel, a D5 Community member and proud parent of one of the contestants.

Jace E.; a D3 Community member is the free throw champion in

the 10-12 age division, Amare P.; a D2 Community member is the champion in the 13-15 age division, and Alexander S.; a D5 Community member is the champion in the 16-17 age division. Gila River Tribal Recreation & Wellness would like to thank all of the parents and youth who participated this year as well as the District 2 Service Center for graciously providing their facility. For more information on upcoming events, please call (520) 562-2026 to be put on the TRW email listing.



Champions and Runner - Ups received a crystal engraved award.



Jace E.; District 3, Champion of 10-12 age division. Amare P.; District 2, Champion of 13-15 age division. Alexander S.; District 5, Champion of 16-17 age division.

MEET THE SPORTS TEAM



Recreation Coordinator
Huey Guy



Recreation Coordinator
Cael Bennett



Recreation Aide
Rheanna Jackson

FOR MORE INFORMATION:

Call: (520) 562 -
2024 or 2025

or

Email:
gila.river.athletics@
gric.nsn.us

UPCOMING EVENTS



The graphic features a central shield-shaped banner with a tan background. At the top of the banner is a red circular logo for the Wellness Center, which includes a mountain and a house icon, and the text "WELLNESS CENTER" and "SPIRITUAL PHYSICAL MENTAL". Below the logo, the text "CO-ED YOUTH" is in a small, sans-serif font, followed by "Kickball" in a large, elegant script font, and "JAMBOREE | TOURNAMENT" in a bold, sans-serif font. At the bottom of the banner, the dates "FRIDAY, MAY 20 - SATURDAY 21, 2022" are written in a sans-serif font. To the left of the banner is an illustration of a female player in a yellow jersey with the number 7, and to the right is an illustration of a male player in a green jersey with the number 9. Both players are shown in action, kicking a red ball. The background of the entire graphic is a dark grey with a pattern of light grey rectangles.

REGISTRATION OPENS:
MONDAY, APRIL 25, 2022 AT 9:00AM

REGISTRATION CLOSES:
FRIDAY, MAY 06, 2022 AT 6:00PM

We are proud to announce that we are back in providing services for "in-person activities". We are mandated to follow all GRIC COVID task force protocols for this tournament and all other activities in the future.

EVENT DATES: FRIDAY, MAY 20 - SATURDAY 21, 2022

LOCATION: District 1 Ball Field

START TIME: Friday - 6pm to 8pm
Saturday - 9am to 2pm

QUALIFICATIONS:

- Parent/Guardian must be an enrolled GRIC member.
- Parent/Guardian must register their youth.
- Open to youth Co-ed 10-12 years old.

SCAN ME!



For more information contact Huey Guy or Cael Benett at (520) 562 - 6087 Ext. 2024 or 2025. Email gila.river.athletics@gric.nsn.us

SAVE THE DATE!



EMPLOYEE HEALTH & FITNESS WEEK! JUNE 06 -10, 2022



COVID PROTOCOLS WILL BE ENFORCED

DAY:

Monday

Tuesday

Wednesday

Thursday

EVENTS:

Team Free Throw Contest

TRX Workout Challenge

Horseshoe Tournament

Fitness Obstacle Course

LOCATION:

Boys & Girls Club

Fairgrounds

Fairgrounds

Fairgrounds

Virtual 5K Walk/Run
(Throughout week completed on own)

LIMITS:

- Participants must be a current employee of the Gila River Indian Community or its enterprises.
- All fitness activities will be limited to 20 participants a session.

CONTACT INFO:

Email: Wellness.Center@gric.nsn.us
Call: (520) 562-2026

**MORE INFO
COMING SOON!**