

# GRIC FIT NEWSLETTER

## #03 ISSUE

### HOW TO MAKE EXERCISE A DAILY HABIT

Looking for motivation to start exercising, or are interested in changing up your current routine? Here are 10 tips for making exercise a daily habit! [PG. #](#)

### HEALTHY RECIPES

Need a healthy alternative to your lunch routine? Our Health Education Specialist has a wonderful recipe you can try out. [PG. #](#)



### EMPLOYEE HEALTH & FITNESS WEEK RETURNS

Tribal Recreation & Wellness brings back EHFw to the Community after being postponed due to COVID-19. [page 2.](#)

## HOURS OF OPERATION

### Monday - Thursday

6:00am to 7:00pm

### Fridays

6:00am to 5:00pm

Limited space! LIMITED TO 20 PARTICIPANTS AT ANY GIVEN TIME | 16 years and older only

MASKS MUST BE WORN AT ALL TIMES

SOCIAL DISTANCING IS REQUIRED

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

NO APPOINTMENTS WILL BE NECESSARY

## 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

# EMPLOYEE HEALTH & FITNESS WEEK RETURNS



Gila River Indian Community Employees & GRIC Entities (First Group) who participated in the TRX workout challenge.

This year Tribal Recreation & Wellness brought back Employee Health & Fitness Week to the Community after being postponed due to COVID-19 restrictions. Employee Health & Fitness week is a week dedicated to employees of the Gila River Indian Community and GRIC entities to be active and healthy by participating in activities focused on health and fitness. This year's EHFw started on Monday, June 06, 2022 and ended on Friday, June 10, 2022.

Previous years EHFw had many fan favorites, such as dodgeball, mud volleyball, and chair volleyball. This year's EHFw saw many changes, that included

the number of activities, location, and the absence of spectators. This year's activities included the firefighter challenge, TRX workout challenge, team free throw contest, horseshoe tournament, virtual 5K run/walk, and virtual trivia. Due to COVID restrictions spectators were not allowed at the activities, but spectators could watch their fellow coworkers via Facebook live. EHFw had 136 employees out of 200 who signed up, participated in this year's activities.

## EHFw 2022 CHAMPIONS

### FIREFIGHTER CHALLENGE

**Champions:** District 4 Rebels  
Department: District 4 Service Center  
Raymond Antone  
Jay Dedman  
Coree Whitman

**Runner Ups:** Nightmare on Pear Rd.  
Department: Residential Youth Program  
Mark Miller  
Devin Jackson  
Fernanda Maciel-Torres

### FREE THROW CHALLENGE

**Champions:** Old Knees  
Kenyan Thompson - TED  
Leonora Stone - GRGE  
Lance Reyna - TED  
Mark Sanchez - CSD

**Runner Ups:** Box Kickers  
Department: Procurement  
Larry Champagne  
Albert Verdugo  
Lomakoyva Manuel  
Terrence Miles

### HORSESHOE CHALLENGE

**Champions:** OCM Team  
Department: OCM  
Elisha Bishop  
Michael Preston

**Runner Ups:** Double G  
Department: Various  
Godfrey Nish - CFDP  
Garry Jackson - GRDC



## EMPLOYEE HEALTH & FITNESS WEEK HIGHLIGHTS





# ANNUAL WEIGHT LOSS CHALLENGE

February 2022 Tribal Recreation & Wellness held the annual weight loss challenge; during the challenge, participants were able to earn a raffle ticket for every 3 – 30 minute or more workouts over the course of 12 weeks and provided their weight to staff on a 4-week basis. Tribal Rec. & Wellness hosts this particular challenge in hopes of motivating participants to make healthier food choices, and getting in at least 30 minutes of movement. Thank you to all who participated and completed the challenge.

## TOP 3 MALES & FEMALES OF THE WEIGHT LOSS CHALLENGE

### MALES

**1st Place**  
**Raymond Antone**

**2nd Place**  
**Robert Jackson**

**3rd Place**  
**Juan Hernandez**



### FEMALES

**1st Place**  
**Maria White**

**2nd Place**  
**Starlet Antone**

**3rd Place**  
**Stacy Brown**



# HEALTHY CHOICES RECIPES

## Firework Watermelon Pizza

### Ingredients

- Watermelon
- Greek Yogurt (Vanilla)
- Pop Rocks Red/Blue (Candy)

### Directions:

1. Cut one end of the watermelon off.
2. Slice into 1" rounds.
3. Choose one of the larger rounds as the base of the pizza.
4. Take your Vanilla Greek Yogurt and dollop some in the center of your base, use the back of a spoon to spread the yogurt throughout.
5. Sprinkle on Pop Rocks.
6. Slice 1" round into triangle slices.
7. Enjoy!



Share your recipes using #gilariverwellness

# 10 TIPS ON MAKING EXERCISE A DAILY HABIT

*Need assistance on how to make exercise a daily habit? Check out these 10 tips to get you started.*

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## 1. PIECE YOUR WORKOUT TOGETHER.

10 Minutes morning, noon, and night exercise can give much of the same benefits as a 30 minute workout.

## 2. EXERCISE WITH A FRIEND.

Finding a workout partner can help keep you motivated and on track.

## 3. KEEP IT BRISK.

When you walk, make it brisk. What is brisk enough? Walk as though you are meeting someone for lunch and you are a little late.

## 4. MOVE YOUR FEET BEFORE YOU EAT.

Hit the gym or go for a 20 minute walk and have lunch afterwards.

## 5. TRY A PEDOMETER.

Step counters are an easy, inexpensive way to keep motivated and active. Work up to 10,000 steps per day.

## 6. TURN OFF THE TV, COMPUTER, AND SMARTPHONE.

Cutting back on screen time is a great way to curb your “sit time”. Move around by cleaning the house or visiting a gym.

## 7. TURN SIT TIME TO FIT TIME.

Try doing simple exercises while watching TV, or set reminders to get up and walk a few minutes every hour.

## 8. SIGN UP FOR A CLASS.

Check out your local gym or community center for fitness courses.

## 9. PLAN EXERCISE INTO YOUR DAY.

Set aside a specific time in your schedule to exercise.

## 10. REWARD YOURSELF.

Set short-term goals and reward yourself for achieving them.





# NEW GYM HOURS!

## STARTING JULY 11, 2022

Monday - Thursday  
6am - 7pm

Fridays  
6am - 5pm

Masks and social distancing are required. Gym will be limited to 20 participants at any given time. No appointments will be necessary.



For more information  
please call  
(520) 562-2026.



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## LOCATION

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



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**FITNESS**



**SPORTS**