



JUST MOVE IT

It's up to you!
California 2009 Challenge

The Indian Health Service, California Area, invites all tribal communities and organizations to participate in the fourth Just Move It – California Challenge.

The challenge is a virtual walk throughout California Indian Country, covering 4,581 miles or 9,192,000 steps! It supports ongoing efforts of Tribal/Urban healthcare programs that encourage community wellness through increased physical activity. The challenge can be incorporated into existing physical activity programs or used to start a new program. It can be done individually or as a group. Every 2,000 steps or 15 minutes of physical activity count as 1 mile walked. The goal is to complete 4,581 miles, which equals 1145.25 hours of physical activity!

Just Move It, is a national physical activity campaign focused on community partnerships, with the idea that fitness can be fun. The campaign's goal is to get 1 million American Indians and Alaska Natives moving by working together to build and strengthen healthy communities. The number of *Just Move It* partnerships in California continues to grow, increasing from twenty partners in 2005 to fifty nine partners in early 2009.

Just Move It – California 2009 Challenge will kick off in March, during the Annual Tribal Leaders' Consultation Conference fun walk. All Tribal/Urban healthcare programs are invited to participate and become *Just Move It* partners. California is home to 107 federally recognized tribes, and the largest population of American Indians/Alaska Natives in the country (2000 census). Working together, emphasizing community and having fun with fitness, the power of prevention can address chronic diseases facing California's American Indians and Alaska Natives. Visit www.justmoveit.org for more information.

