



It's up to you!
California 2009 Challenge

California Challenge Background



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.



East Central Region (1559 miles)

- Benton Paiute Reservation
- Berry Creek Rancheria
- Big Pine Reservation
- Big Sandy Rancheria
- Bishop Reservation
- Bridgeport Indian Colony
- Buena Vista Rancheria
- California Valley Miwok Tribe
- Childen Ranch Rancheria
- Chico Rancheria
- Cold Springs Rancheria
- Enterprise Rancheria
- Fort Independence Reservation
- Jone Band of Miwok Indians
- Jackson Rancheria
- Lone Pine Reservation
- Mooretown Rancheria
- North Fork Rancheria
- Pitayune Rancheria
- Shingle Springs Rancheria
- Table Mountain Rancheria
- Timbisha Shoshone Tribe
- Tule River Reservation
- Tuolumne Rancheria
- United Auburn Indian Community

Southern Region (1114 miles)

- Agua Caliente Band of Cahuilla Indians
- Augustine Band of Mission Indians
- Barona Band of Mission Indians
- Cabazon Band of Mission Indians
- Cahuilla Band of Mission Indians
- Campo Band of Mission Indians
- Cuyapaipe Band of Mission Indians
- Inaja Cosmit Reservation
- Jamul Indian Village
- La Jolla Band of Luiseno Indians
- La Posta Band of Mission Indians
- Les Coyotes Reservation
- Marzanita Band of Mission Indians
- Mesa Grande Band of Mission Indians
- Morongo Band of Mission Indians
- Pala Band of Mission Indians
- Pauma/Puima Band of Mission Indians
- Pedregal Band of Mission Indians
- Ramona Band of Mission Indians
- Rincon Band of Mission Indians
- San Manuel Band of Mission Indians
- San Pasqual Band of Mission Indians
- Santa Rosa Band of Mission Indians
- Santa Ynez Band of Mission Indians
- Santa Ysabel Band of Mission Indians
- Sebeba Band of Mission Indians
- Sycuan Band of Mission Indians
- Terres-Martinez Desert Cahuilla Indians
- Twenty-Nine Palms Band of Mission Indians
- Vejas Band of Mission Indians

West Central Region (557 miles)

- Big Valley Rancheria
- Cloverdale Rancheria
- Colusa Rancheria
- Cortina Rancheria
- Coyote Valley Reservation
- Dry Creek Rancheria
- Elm Indian Colony
- Graton Rancheria
- Grindstone Rancheria
- Gaikville Rancheria
- Hopland Reservation
- Laytonville Rancheria
- Lower Lake Rancheria
- Lytton Rancheria
- Manchester-Pl. Arena Rancheria
- Middletown Rancheria
- Packena Rancheria
- Robinson Rancheria
- Round Valley Reservation
- Redwood Valley Reservation
- Rumsey Rancheria
- Pinoleville Reservation
- Potter Valley Tribe
- Santa Rosa Rancheria
- Scotts Valley Rancheria
- Sherwood Valley Rancheria
- Stewarts Point Rancheria
- Upper Lake Rancheria

Northern Region (1351 miles)

- Alturas Rancheria
- Bear River Band of Rohnerville Rancheria
- Big Lagoon Rancheria
- Blue Lake Rancheria
- Cedarville Rancheria
- Elk Valley Rancheria
- Fort Bidwell Reservation
- Greenville Rancheria
- Hoopa Valley Tribe
- Karuk Tribe of California
- Pit River Tribe
- Quartz Valley Reservation
- Redding Rancheria
- Resighini Rancheria
- Smith River Rancheria
- Susanville Indian Rancheria
- Table Bluff Reservation-Wiyot Tribe
- Trinidad Rancheria
- Yurok Tribe



Just Move It
 - California 2009 Challenge -
 4581 Mile Virtual Walk Around
 Tribal/Urban Healthcare
 Programs



Supporting the diversity of California Tribes and the Indian Healthcare Programs

Share your local efforts at www.justmoveit.org

Just Move It: Welcome to Just Move It - Windows Internet Explorer

http://justmoveit.org/jmi/home.htm;jsessionid=6444673EBEC8013BD384488A172D6C08.jvm1

File Edit View Favorites Tools Help

Just Move It: Welcome to Just Move It

Let's Get 1 Million American Indians and Alaska Natives Moving! 29,138 participants from 336 partners and counting

JUST MOVE IT
It's up to you!

Programs Community Calendar Join Tools

Welcome to Just Move It

Just Move It is a national campaign to promote physical activity for **American Indians and Alaska Natives**.

Use this website to learn how to start an activity in your own community, share information about ongoing programs, contribute stories and enter information in Just Move It's calendar.

Learn more by watching the JMI video

Get & share ideas and tools

JMI News
National JMI Video

PREPARE IT
TRACK IT PLAN IT PROMOTE IT
DO IT

Upcoming Events
Saturday, Jun 15 -
Tuesday, Jun 15
* 100 Mile Club

Microsoft PowerPoint - [J...]
Just Move It: Welcom...

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Read and share what is happening around the country

Wednesday, Mar 25

* [Tribal Leaders Meeting, Fun Run/Walk](#)

Community

[Browse Forums](#)
[Success Stories](#)
[News Stories](#)
[Activity Reports](#)
[Charts](#)
[Related Links](#)
[Contact JMI](#)

Coordinator Login

Username

Password

[Forgot password?](#)

Login

[New User? Sign up!](#)

Friday, February 27 2009 @ 02:43 PM

Contributed by: [Just Move It - CA](#)

Views: 78

The *Childhood Obesity & Diabetes Prevention in Indian Country* conference was held December 2-4, 2008 in San Diego California. The theme of the conference was, *Making Physical Activity Count*. It was sponsored by IHS, BIE, Active Research Center at San Diego State University, LIFESCAN, and The University of Arizona. The purpose was to bring together health care providers, school nurses, physical education teachers, school administrators, fitness coordinators, and health educators.



[\[read more...\]](#)



NIHB



NCAI



Nike

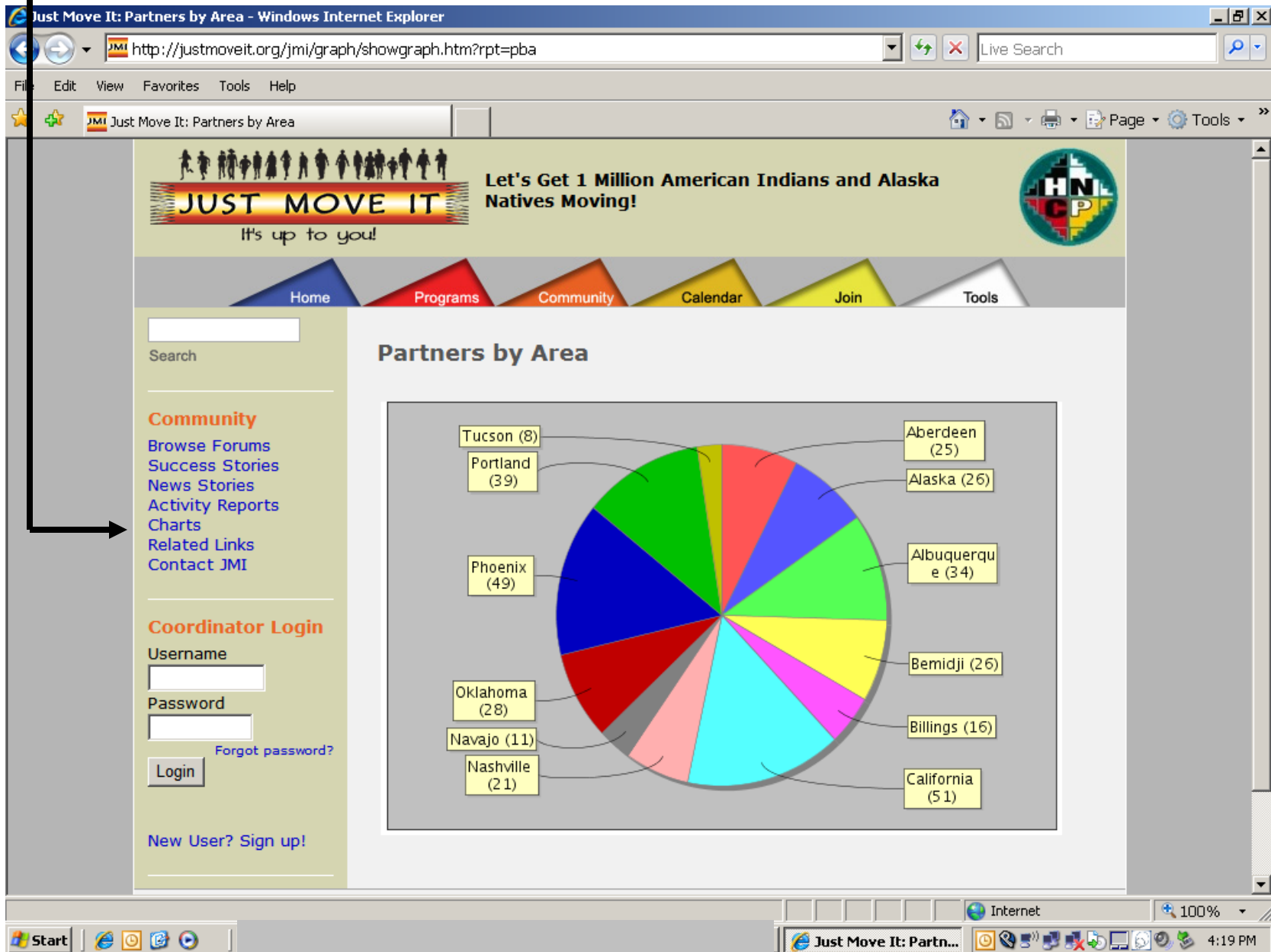


HNCP

National DM Program

Contact JMI, a [Healthy Native Communities Initiative](#)
Technology by [North Island Software](#)

Checkout partners by IHS Area or State



Visit the Programs to find out if your community is a Just Move It partner, or if contact information needs updating.

File Edit View Favorites Tools Help

Just Move It: Browse Programs

JUST MOVE IT
It's up to you!

Let's Get 1 Million American Indians and Alaska Natives Moving! 29,138 participants from 336 partners and counting

Home Programs Community Calendar Join Tools

Search

Community
Browse Forums
Success Stories
News Stories
Activity Reports
Charts
Related Links
Contact JMI

Coordinator Login
Username
Password

Browse Programs
Click on headers to sort

428 items found, displaying 81 to 120.
[First/Prev] 1, 2, 3, 4, 5, 6, 7, 8 [Next/Last]

Name	City	St	Coordinator
Just Move It - CA	Sacramento	CA	Beverly Calderon
Walking Program	Blue Lake	CA	Elizabeth Jackson
Sacramento NAHC on the Move	Sacramento	CA	Cathy Culleton
Walking with Native Stride	Redwood Valley	CA	Charlotte Alvarado
SD American Indian Health Center Health & Fitness Day	Rancho Santa Fe	CA	Cheri Myron
Choctaw Inst. Culture Wellness Center	Lemon Grove	CA	Eileen George
Choctaw Stickball	San Diego	CA	Eileen George
	Oakland	CA	Christina Weahunt, RD, CDE
	Bakersfield	CA	Carmen Bias
	Covelo	CA	Rose Sita Francia
	Calpella	CA	Ali Infante
ss Promotion	Santa Rosa	CA	Tim Campbell

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Click on the Program tab, CA partners start on page three.

To update partner contact information or reset password contact the Just Move It National Coordinator Shelley Frazier justmoveit@hncpartners.org

High quality graphics available when logged in as coordinator

The screenshot shows a web browser window displaying the Just Move It website. The browser's address bar shows the URL <http://www.justmoveit.org/jmi/coordination>. The browser's menu bar includes File, Edit, View, Favorites, Tools, and Help. The browser's toolbar includes a home button, a search button, a print button, a page button, and a tools button. The website's header features a banner with the text "JUST MOVE IT It's up to you!" and "Let's Get 1 Million American Indians and Alaska Natives Moving! 29,138 participants from 336 partners and counting". The banner also includes a logo for the National Indian Council on the Americas (NICA). Below the banner is a navigation menu with links for Home, Programs, Community, Calendar, Join, and Tools. The main content area is divided into two columns. The left column contains a "Coordinator Menu" with the following items: "Add stories, activities...", "Just Move It - CA", "Logged in as bcalderon", "> Edit your Profile", "> My Programs", "> My Incentives", "> JMI Logos", and "> Logout". Below the menu is a search box and a "Community" section with links for "Browse Forums", "Success Stories", "News Stories", "Activity Reports", "Charts", "Related Links", and "Contact JMI". The right column contains a "JMI Logos" section with the following text: "To save a logo, right-click on the desired logo, release, and select 'Save Link As...'". Below this text are four links: "National JMI Logo (3057px x 852px)", "National JMI Logo - Color-separated EPS", "National JMI Logo - Color-separated PSD", and "Water Bottle Label for JMI Day (2160px x 660px)". A black box highlights the "JMI Logos" section, and a black arrow points from the "JMI Logos" link in the "Coordinator Menu" to the highlighted section. The Windows taskbar at the bottom shows the Start button, several open applications (Inbox - Microsoft Out..., Just Move It: JMI L..., untitled - Paint, Microsoft PowerPoint ...), and the system tray with the Internet icon, a 100% zoom level, and the time 4:20 PM.

Coordinator Menu
Add stories, activities...
[Just Move It - CA](#)

Logged in as bcalderon
> [Edit your Profile](#)
> [My Programs](#)
> [My Incentives](#)
> [JMI Logos](#)
> [Logout](#)

Search

Community
[Browse Forums](#)
[Success Stories](#)
[News Stories](#)
[Activity Reports](#)
[Charts](#)
[Related Links](#)
[Contact JMI](#)

JMI Logos
To save a logo, right-click on the desired logo, release, and select "Save Link As...".

- [National JMI Logo \(3057px x 852px\)](#)
- [National JMI Logo - Color-separated EPS](#)
- [National JMI Logo - Color-separated PSD](#)
- [Water Bottle Label for JMI Day \(2160px x 660px\)](#)

Add activities to the calendar and post event stories

1. Log in as coordinator

Just Move It: Browse Programs - Windows Internet Explorer

http://justmoveit.org/jmi/browseprograms.htm?d=1342894-p=3

File Edit View Favorites Tools Help

Just Move It: Browse Programs

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Choctaw Inst. Culture Wellness Center	Lemon Grove	CA	Eileen George
Choctaw Stickball	San Diego	CA	Eileen George
Fruitvale On The Move	Oakland	CA	Christina Weahunt, RD, CDE
Pathwalkers	Bakersfield	CA	Carmen Bias
Fit Teens	Covelo	CA	Rose Sita Francia
Walking with Native Stride	Calpella	CA	Ali Infante
Healthy Traditions Wellness Promotion Program - Youth Group	Santa Rosa	CA	Tim Campbell

Done

Internet 100%

Start | Inbox - Microsoft Out... | Just Move It: Brow... | untitled - Paint | Microsoft PowerPoint ... | 4:22 PM

2. Click on your partner program



Let's Get 1 Million American Indians and Alaska Natives Moving! 29,138 participants from 336 partners and counting



Coordinator Menu

Add stories, activities...
Just Move It - CA

Logged in as bcalderon
> [Edit your Profile](#)
> [My Programs](#)
> [My Incentives](#)
> [JMI Logos](#)
> [Logout](#)

Help

Activities get posted to the calendar.

Submit an **Activity Report** to add your count of participants to the growing number of JMI participants nationwide. Reports are posted to the home page for 30 days.

Stories are posted to the home page for 30 days.

Tools allow you to share individual tools to help other programs with their activities. They are posted to the home page for 30 days.

Activity Recipes is one type of tool that allows you to share your activity process with other programs. They are posted to the home page for 30 days.

Community

Just Move It - CA

A CA Area IHS wellness program, and that encourages increased physical activity and wellness. Incorporates the use of pedometers, group activities and peer support for lifestyle changes

[Activities](#) + [Add New Activity](#)

3. Click on "Add New Activity"

Title	Date	Report
Tribal Leaders Meeting, Fun Run/Walk	03/25/2009	+
California Area Tribal Leaders Conference 2007	03/21/2007	[-] [edit]

[Stories](#) + [Add New Story](#)

3. or click on "Add New Story"

Title	Date
Making Physical Activity Count	02/27/2009
2008 Tribal Leaders Fun Run/Walk - Wellness: It's a Matter of Community	04/22/2008
AI/AN Heritage Month - RezRobics	12/15/2006
Just Move It - California 2006 Challenge	05/22/2006
Just Move It - CA, 5 Week Wellness Challenge	12/14/2005
Just Move It California Update	06/30/2005

[Tools](#) + [Add New Tool](#)

3. or click on "Add New Tool" to share.

Tool Type

Nothing found to display.

[Activity Recipes](#) + [Add New Activity Recipe](#)

3. or click on "Add New Activity Recipe" to share ideas.

Nothing found to display.



Clicking on "featured" will post the story when you finish and "draft" will save it for you to edit.

Search

Edit Story

Please fill in the following fields (* next to required fields):

Title *

Topic *

News
 Success

Draft?

Featured?

Intro Text *

Format Font Size

Large text area for Intro Text

Body Text

Body Text

Adding story content is simple, just fill in the text boxes!

It can be helpful to think about the Who, What, Where, When, Why and How of the event to help inform the reader. You can think about the writing as an inverted pyramid. Putting the most important facts to share first and other interesting, with the supporting details follow.