



# California 2012 Challenge

---

The Indian Health Service California Area invites all tribal communities and organizations to participate in the seventh 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 counts 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 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 sixty nine partners in early 2012. The March Fun Run/Walk at the Annual Tribal Leaders' Consultation Conference kicked off the ***Just Move It – California 2012 Challenge***. All Tribal/Urban healthcare programs are invited to participate and become ***Just Move It*** partners. California is home to 109 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 can help address many of the chronic diseases facing California's American Indians and Alaska Natives.

Visit [www.justmoveit.org](http://www.justmoveit.org) for more information.

Also, for more on the First Lady's ***Let's Move!*** initiative visit <http://www.letsmove.gov/LetMoveinIndianCountry> comments can be sent to [Letsmoveinindiancountry@doi.gov](mailto:Letsmoveinindiancountry@doi.gov) These initiatives recognize building upon many important efforts that are already being made in Indian Country to address the crisis of childhood obesity.

### West Central Region

Big Valley Rancheria of Pomo Indians  
 Cachil Dehe Band of Wintun Indians  
 Cahto Indian Tribe of Laytonville Rancheria  
 Cloverdale Rancheria of Pomo Indians  
 Cortina Indian Rancheria of Wintun Indians  
 Coyote Valley Band of Pomo Indians  
 Dry Creek Rancheria of Pomo Indians  
 Elem Indian Colony of Pomo Indians  
 Federated Indians of Graton Rancheria

### Southern Region

Agua Caliente Band of Cahuilla Indians  
 Augustine Band of Cahuilla Indians  
 Barona Band of Mission Indians  
 Cabazon Band of Mission Indians  
 Cahuilla Band of Mission Indians  
 Campo Band of Diegueno Mission Indians  
 Ewilaapaayp Band of Kumeyaay Indians  
 Iipay Nation of Santa Ysabel  
 Inaja Band of Diegueno Mission Indians  
 Jamul Indian Village  
 La Jolla Band of Luiseno Mission Indians  
 La Posta Band of Diegueno Mission Indians  
 Los Coyotes Band of Cahuilla & Cupeno Indians  
 Manzanita Band of Diegueno Mission Indians  
 Mesa Grande Band of Diegueno Mission Indians  
 Morongo Band of Mission Indians  
 Pala Band of Luiseno Mission Indians  
 Pauma Band of Luiseno Mission Indians  
 Pechanga Band of Luiseno Mission Indians  
 Ramona Band of Cahuilla Mission Indians  
 Rincon Band of Luiseno Mission Indians  
 San Manuel Band of Mission Indians  
 San Pasqual Band of Diegueno Mission Indians  
 Santa Rosa Band of Cahuilla Indians  
 Santa Ynez Band of Chumash Mission Indians  
 Soboba Band of Luiseno Indians  
 Sycuan Band of Kumeyaay Nation  
 Torres-Martinez Desert Cahuilla Indians  
 Twenty-Nine Palms Band of Mission Indians  
 Viejas Band of Kumeyaay Indians

Grindstone Rancheria of Wintun-Wailaki Indians  
 Guidville Rancheria of California  
 Habematolel Pomo of Upper Lake  
 Hopland Band of Pomo Indians  
 Kashia Band of Pomo Indians  
 Lower Lake Rancheria  
 Lytton Rancheria of California  
 Manchester Band of Pomo Indians  
 Middletown Rancheria of Pomo Indians  
 Paskenta Band of Nomlaki Indians  
 Pinoleville Pomo Nation  
 Potter Valley Tribe  
 Redwood Valley Rancheria of Pomo Indians  
 Robinson Rancheria of Pomo Indians  
 Round Valley Indian Tribe  
 Santa Rosa Rancheria  
 Scotts Valley Band of Pomo Indians  
 Sherwood Valley Rancheria of Pomo Indians  
 Yocha Dehe Wintun Nation

### Northern Region

Alturas Indian Rancheria  
 Bear River Band of Rohnerville Rancheria  
 Big Lagoon Rancheria  
 Blue Lake Rancheria  
 Cedarville Rancheria  
 Cher-Ae Heights Indian Community  
 Elk Valley Rancheria  
 Fort Bidwell Indian Community  
 Greenville Rancheria of Maidu Indians  
 Hoopa Valley Tribe  
 Karuk Tribe of California  
 Pit River Tribe  
 Quartz Valley Indian Community  
 Redding Rancheria  
 Resighini Rancheria  
 Smith River Rancheria  
 Susanville Indian Rancheria  
 Wiyot Tribe  
 Yurok Tribe

### East Central Region

Berry Creek Rancheria of Maidu Indians  
 Big Pine Paiute Tribe  
 Big Sandy Rancheria of Mono Indians  
 Bishop Paiute Tribe  
 Bridgeport Indian Colony  
 Buena Vista Rancheria of Me-Wuk Indians  
 California Valley Miwok Tribe  
 Chicken Ranch Rancheria of Me-Wuk Indians  
 Cold Springs Rancheria of Mono Indians  
 Enterprise Rancheria of Maidu Indians  
 Fort Independence Indian Community  
 Jone Band of Miwok Indians  
 Jackson Rancheria of We-Wuk Indians  
 Mechoopda Indian Tribe of Chico Rancheria  
 Mooretown rancheria of Maidu Indians  
 North Fork Rancheria of Mono Indians  
 Paiute-Shoshone Indians of the Lone Pine Community  
 Picayune Rancheria of Chukchansi Indians  
 Shingle Springs Band of Miwok Indians  
 Table Mountain Rancheria  
 Tejon Indian Tribe  
 Timbisha Shoshone Tribe  
 Tule River Indian Tribe  
 Tuolumne Band of Me-Wuk Indians  
 United Auburn Indian Community  
 Utu Utu Gwailtu Paiute Tribe  
 Wilton Rancheria



**JUST MOVE IT**

**-California 2012 Challenge-**

