The 4th Annual Painted Desert Farmers’ Market (PDFM) Kickoff event was a success! Events started on Saturday, in Moenkopi, Arizona, where runners & walkers enjoyed the cool morning air thanks to the free 10k and 5k run & walk. Participants of the run/walk event received free transplants from the greenhouse coordinator, Mr. Steven Lomadafkie from the Moenkopi Day School.

New canopies and tables brought excitement to all the vendors & were purchased for each of the farmers to use during the market.

Clouds and light sprinkles of rain welcomed our market event, along with our nine (9) vendor & booths. Many of whom sold fresh organic produce, that were later sold out toward the end of the market.

Organizations such as St. Jude’s Food Bank, Johns Hopkins Center for American Indian Health’s Native Vision and Feast for the Future programs, Hopi Farmers’ Market and Exchange, Talashoma Farms, Moenkopi Day School, & Dan Rose Farms were all represented at the market. They shared program & activity information, as well as provided an interactive kids booth and live entertainment was provided by Roadsmiths, a country band from Kayenta, Arizona.

The Kick Off event also included our first ever trade activity. Where two individuals exchanged goods instead of money. The couple traded with two booths and provided the vendors with parrot feathers. They received transplants and patty pan squash in return for their trade.

Other highlights of the Farmers’ Market were the abundance of prize-winning squash and zucchini. The Primary School Edible Garden had provided over 62 pounds of veggies including 2 pounds of fresh basil that was utilized in the infused water demonstration provided by Native Vision.

The Painted Desert Farmers’ Market will be held on Tuesdays (3pm MST) & the first Saturday of each month throughout the months of August, September. Our 4th annual Cultural Sustainability Exposition concludes our market on October 3rd, 2015.

Vendors & organizations expressed their gratitude and thankful that they were able to provide the community with fresh produce and value added foods such as jellies, and salsa. For more information about the Painted Desert Farmers’ Market, call (928) 707-0346. Come & join us with your family & friends!
Going into its 2nd year, the Diabetes Prevention Program is looking at ways to encourage families to prepare healthy meals at home through the programs Healthy Cooking Series. With these classes we are able to reach out to the community and educate them about how they can prepare well balanced meals at home while incorporating several healthy cooking styles. Each class also focuses on a different topic such as, starting your morning right to heart healthy meals.

MyPlate is also used as a model when planning future cooking demonstrations, this gives participants an idea about how healthy plates should look like when meals are served. It also gives us an opportunity to show participants how simple it is to incorporate the 5 essential groups of MyPlate (grains, protein, fruits, veggies & dairy) to their menus. Another plus it that the recipes and foods we use can be purchased at the local grocery store, giving individuals a chance to prepare these delicious recipes in their kitchens. Many of the cooking demonstrations are hands on depending on the recipes, for example, the upcoming Healthy Halloween demo is open to the kids to attend and everyone prepares their own treats. So, bring your appetite and be open to trying new recipes and food.

If you are interested in learning more about our cooking demonstrations, please refer to the Healthy Cooking Series schedule or you can contact DP Health Educator, Elena Curley at (928)283-1420 x-20703. All cooking demonstrations are free and open to the public; classes are held in the HPDP conference room and runs from 5:30pm-6:30pm, depending on recipes.

**Healthy Cooking Series**

All classes will begin at 5:30pm DST. Learn more about preparing healthy & nutritious meals.

- **Post-Workout Energizers** Thursday, August 6th HPDP Conference Room
- **Happy Halloween** Thursday, October 22nd HPDP Conference Room
- **Start Your Morning Right** Thursday, September 17th HPDP Conference Room
- **Have a Healthier Thanksgiving** Thursday, November 19th HPDP Conference Room

For more information about the cooking demonstration contact: Elena Curley at (928)283-1420.

Get moving in the right direction!
The Tuba City Health Promotion Program has concluded a successful 2015 Summer Just Move It Walk/Run. The Just Move It (JMI) started its 13 walk/run series at Kaibeto Boarding School on May 19th with 410 participants in attendance and ended the series at the Tuba City Fairgrounds with a color run on July 28th with a grand total of 1,209 participants. This year was one the biggest participants show rates in the 17 years the Just Move It has been conducted and our program expresses our appreciation to our community partners and families for being a great help to this JMI series.

In order to accommodate the number of participants’ the Health Promotion has to partner up with community partners to contribute in either hosting a JMI event, donating boxes of fruit, providing a facility for the event or even assisting with the registration process. I would like to thank the Office of Dine Youth, Diabetes Prevention Program, MSPI, Kaibeto Boarding School, Tonalea Day School, the Greyhat Family, Duqi Family, John Hopkins, Hopi Wellness Center, Hopi Special Diabetes, We Run, Moenkopi Developers Corporation, Grand Canyon National Forest, the Benally Family, Granger Family, Tsingine Family, Coopermine Chapter, Page Unified School District, Wings Of America, Department of Corrections and Tonaneesdizi Chapter for all your help and the JMI wouldn’t be a success without you in it.
In January 2015, the Tuba City Health Promotion Program announced the School Health Champion Program to promote school health activities in local schools in and around Tuba City, AZ. School staff were all given the opportunity to participate in the School Health Champion activities such as Coopers Institute FitnessGram student assessments, CDC’s School Health Index Training, monthly School Health Team Leader meetings, Teacher School Health Surveys & the Classroom Movement Brain Break physical activity challenge.

Over 80 school educators & staff participated in the classroom break challenge, 100% of Tuba City schools participated in FitnessGram student assessments, 80% of schools completed & submitted their CDC School Health Index scores.

In recognition of the exceptional work being conducted by our schools, the School Health Champion Program provided a NIKE school health jackets, NIKE shoes, and a raffle for NIKE backpacks. In addition, participants were all entered in a raffle to win the ultimate prize of an all expense paid trip to attend the Sports, Play, & Active Recreation for Kids (S.P.A.R.K.) ABC’s training in San Diego, CA.

Winners were announced in May 2015 via email and the overall School Health Champion Winner was LaVernda Whitehair from Rocky Ridge Boarding School.

Fantastic job to all our educators, school staff, & administrators for your work to create the ideal learning environment for our youth! They represent the tradition of teamwork & family, they display passion for teaching & health and share with our youth the pride that is need to strive forward in future education endeavors.

For more information about school health programs contact the HP/DP Center at (928)283-1420.

---

August 4, 2015

Good Morning,

First, I would like to thank all those who made my participation possible for SPARKabc at San Diego. Thank You!!

Secondly, I would like to share what I learned during the two day institute. Every morning, we started our day with ABC-Activity Break Choiceslee Breakers with almost no need for supplies. That is totally awesome!

Then, we moved into Classroom ASAP’s an approach of creative movements for learning content integration. One highlight was the technology resources like eNewsletter, webinars, SPARK family website to connect school to home strategies. Blogging! Oh yes, they are blogging.

Finally, we focus on Academics. These comprised of Language Arts, Literacy; Nutrition; Social Studies, STEM and Math. We were allowed to create more creative strategies in collaborated with other participates.

But, that’s not all! We have such a wonderful time during Recess games laced with character matters development. All in All I had a fabulous time while learning.

LaVernda Whitehair, Teacher
First Grade
Rocky Ridge Boarding School
**TCRHCC DIABETES TREATMENT & PREVENTION SERVICES**

**AUGUST 2015**

<table>
<thead>
<tr>
<th>Date</th>
<th>Fitness Room:</th>
<th>Exercise Room:</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>Circuit Training (6a-7a)</td>
<td>INSANITY Max (6am/1130a)</td>
</tr>
<tr>
<td></td>
<td>Open (1130a-130p)</td>
<td>Muscle Building &amp; Toning (12p)</td>
</tr>
<tr>
<td></td>
<td>Open (5p-830p)</td>
<td>Zumba (515p)</td>
</tr>
<tr>
<td></td>
<td>Spinning (730p)</td>
<td>Yoga (620p)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Spinning (730p)</td>
</tr>
<tr>
<td>4</td>
<td>Open (6a-7a)</td>
<td>INSANITY MAX (6am/1130p)</td>
</tr>
<tr>
<td></td>
<td>Open (1130a-130p)</td>
<td>Step Aerobics (12p)</td>
</tr>
<tr>
<td></td>
<td>Open (5p-830p)</td>
<td>Spinning (5p)</td>
</tr>
<tr>
<td></td>
<td>Exercise Room:</td>
<td>Zumba (7p)</td>
</tr>
<tr>
<td></td>
<td>Open (5p-830p)</td>
<td>Yoga (620p)</td>
</tr>
<tr>
<td></td>
<td>INSANITY MAX (6am/1130p)</td>
<td>Spinning (730p)</td>
</tr>
<tr>
<td>5</td>
<td>Circuit Training (6a-7a)</td>
<td>Muscle Building &amp; Toning (12p)</td>
</tr>
<tr>
<td></td>
<td>Open (1130a-130p)</td>
<td>Kickboxing (515p)</td>
</tr>
<tr>
<td></td>
<td>Open (5p-830p)</td>
<td>Yoga (620p)</td>
</tr>
<tr>
<td></td>
<td>Exercise Room:</td>
<td>Spinning (730p)</td>
</tr>
<tr>
<td></td>
<td>INSANITY MAX (6am/1130p)</td>
<td>Kickboxing (515p)</td>
</tr>
<tr>
<td></td>
<td>Step Aerobics (12p)</td>
<td>Yoga (620p)</td>
</tr>
<tr>
<td>6</td>
<td>Open (6a-7a)</td>
<td>INSANITY MAX (6am/1130p)</td>
</tr>
<tr>
<td></td>
<td>Exercise Room:</td>
<td>Step Aerobics (12p)</td>
</tr>
<tr>
<td></td>
<td>Open (5p-830p)</td>
<td>Spinning (725p)</td>
</tr>
<tr>
<td></td>
<td>INSANITY MAX (6am/1130p)</td>
<td>Zumba (630p)</td>
</tr>
<tr>
<td></td>
<td>Step Aerobics (12p)</td>
<td>Spinning (725p)</td>
</tr>
<tr>
<td>7</td>
<td>Open (6a-7a)</td>
<td>INSANITY MAX (6am/1130p)</td>
</tr>
<tr>
<td></td>
<td>Exercise Room:</td>
<td>Step Aerobics (12p)</td>
</tr>
<tr>
<td></td>
<td>Open (5p-830p)</td>
<td>Spinning (725p)</td>
</tr>
<tr>
<td></td>
<td>INSANITY MAX (6am/1130p)</td>
<td>Zumba (630p)</td>
</tr>
<tr>
<td></td>
<td>Step Aerobics (12p)</td>
<td>Spinning (725p)</td>
</tr>
</tbody>
</table>

**Fees & Registration.**

**Contact DPP Staff on Fees & Registration.**

**DPP SUMMER HIKING SERIES**

**Climb to Conquer Cancer**

@ Snow Bowl, Flagstaff, AZ

(7am MST) **Contact DPP Staff on Fees & Registration.**

**FOR MORE INFORMATION ON OUR EVENTS OR CLASSES PLEASE CONTACT THE DIABETES TREATMENT & PREVENTION SERVICES OFFICE AT (928)283-1420.**
Join the Native Visions After-School Program includes Zumba, INSANITY, & T-25 physical activity sessions for junior high & high school- aged students along with food demonstrations to teach students about preparing meals & snacks to maintain a healthy weight.

After-school programs for elementary-aged youth will get to participate in Native American physical activity games, learn lessons from the Traditional Food Ways curriculum & how to prepare healthy snacks.

Complete & return Registration Forms to TCRHCC HPDP Center. For more information call: (928)283-8221

Prevention Begins with Me

2015 Lake Powell Half Marathon
10.17.15
Team Tuba City
SIGN UP TODAY!!

Call (928)283-1420 for more information.

2015 DPP HIKING SERIES

Climb to Conquer Cancer
Saturday, August 15th
Flagstaff
Snow Bowl

Saturday, September 12th
Grand Canyon North Rim
North Kaibab Trail

TUBA CITY REGIONAL HEALTH CARE CORPORATION
DIABETES PREVENTION PROGRAM
(928) 283–1420
www.tchealth.org