Healing the Healer

Integrative Nutrition and Native American Fitness

Columba Quintero-Cruz



The work that you do, guiding Native American victims of crimes and their families through the healing process is sacred work.

Thank You!



The special work that you do requires that you take care of yourself spiritually, physically, and mentally.

Today we will look at culturally relevant integrative-nutrition and physical activity/exercises that can be performed to Native American Music, Song, and Language.

We will engage in demo. Activities are for persons of all fitness levels.



Objectives

Part 1 Fundamentals of Integrative Nutrition How to apply the circle of life

Part 2 Physical movement





Bio-Diversity

Dr. Joshua Rosenthal

Individual Nutritional Needs

Background and Community





About Food

Processed Unprocessed

Calories Good Calories Bad Calories Calorie Density

Group Activity



Nutrients Carbs Proteins Fats

Minerals

Vitamins

Other



The Circle of Life Dr. Joshua Rosenthal of IIN

Primary Foods

Joy Spirituality Creativity Finances Career Education



Health Physical Activity Home Cooking Home Environment Relationships Social Life

Group Activity

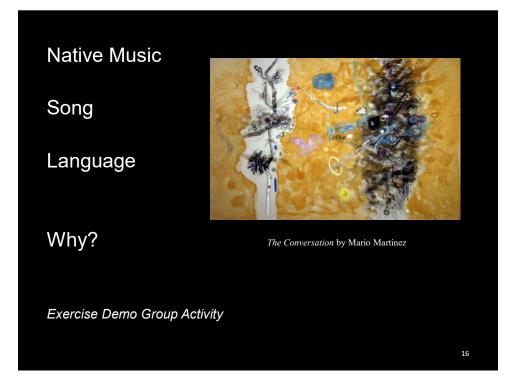


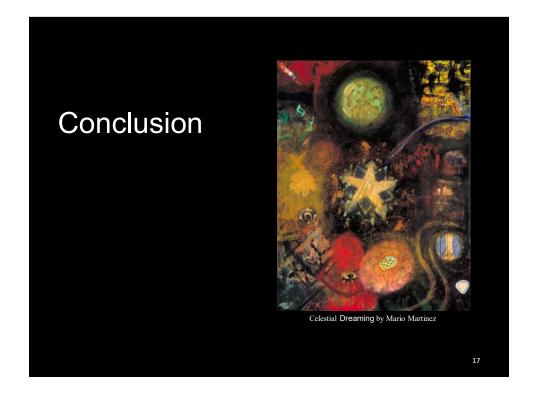
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Physical Activity

Basic Anatomy and Physiology Muscles Organs Oxygen Aerobic Anaerobic Intensity What is Interval Training?

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Thank you!

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