

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



Integrative Nutrition

What is Integrative Nutrition?

Dr. Joshua Rosenthal



Bio-Diversity

Dr. Joshua Rosenthal

Individual Nutritional Needs

Background and Community



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Coyote Story

Food

Culture



Humans

Healing

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About Food

Processed
Unprocessed

Calories
Good Calories
Bad Calories
Calorie Density

Group Activity



Nutrients
Carbs
Proteins
Fats

Minerals

Vitamins

Other

Diets

Paleo
Low-Carb
Atkins
Beyoncé
Egg Diet
South Beach
Clean
Gluten-Free
Vegetarian
Vegan



No Dairy
No Grains
Low-Fat
Other

Mediterranean

Group Activity

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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Indigenous Knowledge

Longevity – Why?

Elders
Community
Youth
Nation



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Introduction to Physical Movement

Why is Physical Activity necessary?

What happens when you are physically active?

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Physical Activity

Basic Anatomy and Physiology

Muscles

Organs

Oxygen

Aerobic

Anaerobic

Intensity

What is Interval Training?

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Physical Activity Exercise

Warm Up
Large Muscles
Arms
Legs
Hips
Cardio
Strength Training
Full Body
Cool Down
Stretches



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Native Music

Song

Language

Why?



The Conversation by Mario Martinez

Exercise Demo Group Activity

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Conclusion



Celestial Dreaming by Mario Martinez

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Lios emcheockoe

Thank you!

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