

**Who** – Adults interested in 2015 Fitness Goals/ current and future Healthy Active Natives (HAN).



**What** - Registration provides options such as activities on the court, exercise videos in the game room, strength conditioning in the weight room, and heart health in the cardio room or on the track; showers available in the locker rooms for AM, lunch, or evening workouts!!!

**Friday, February 6, is National Wear Red Day.**

It is observed the first Friday of every February - known as American Heart Month. There's no better time to wear red, and raise awareness about heart disease in women. People of all ages and backgrounds can get heart disease.

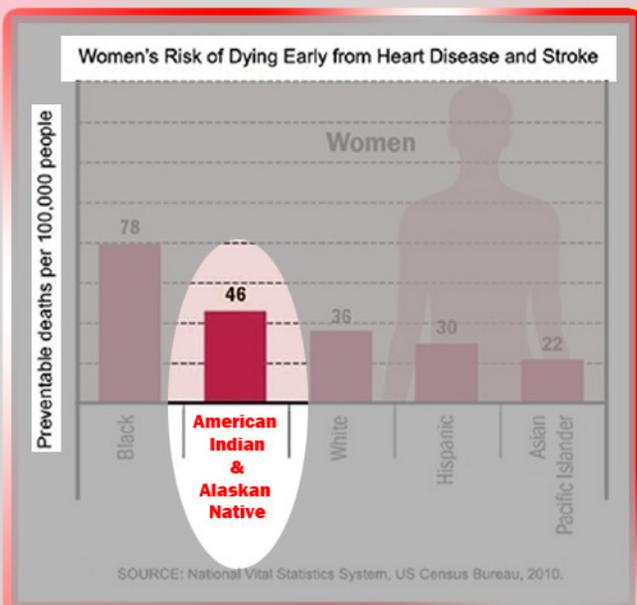
**Where** - Nisqually Youth and Community Center (NYCC).

**When** - Monday thru Friday 6:15am – 9:45pm;  
Saturday and Sunday 11:15am-6:45pm

\*Hours and area access are impacted by special events, Tribal Holidays, and approved administration hours



**Why** - Maintaining commitment to an exercise program can be difficult or bombarded by obstacles. We want to support a healthier you in 2015 as well as the extended future with your families



Among women, black women are at highest risk of dying early from heart disease and stroke (78 preventable deaths per 100,000 people), followed by **American Indian/Alaska Native (46 preventable deaths per 100,000 people)**, White (36 preventable deaths per 100,000 people), Hispanic (30 preventable deaths per 100,000 people), and Asian/Pacific Islander women (22 preventable deaths per 100,000 people).  
Source: <http://www.cdc.gov/Features/WearRed/>