



Cultural Wellness

NATIVE AMERICAN **FITNESS** COUNCIL

Brian Laban



Hopi/Tewa

**Native American
Fitness Council**

Martial Arts

EXERCISE

MIND

BODY

SPIRIT



Medicine Wheel



DIRECTIONS



EAST

SOUTH

WEST

NORTH

FORWARD

BACKWARD

SIDE

TO SIDE

ROTATIONAL



COLORS



WHITE

GREEN

RED

BLACK

YELLOW

LUNG

SPLEEN

HEART

KIDNEY

LIVER

COMPONENTS OF FITNESS

POSTURE/ALIGNMENT

FLEXIBILITY

BALANCE

STRENGTH

STAMINA

MUSCLE TYPES

TYPE B

SLOW

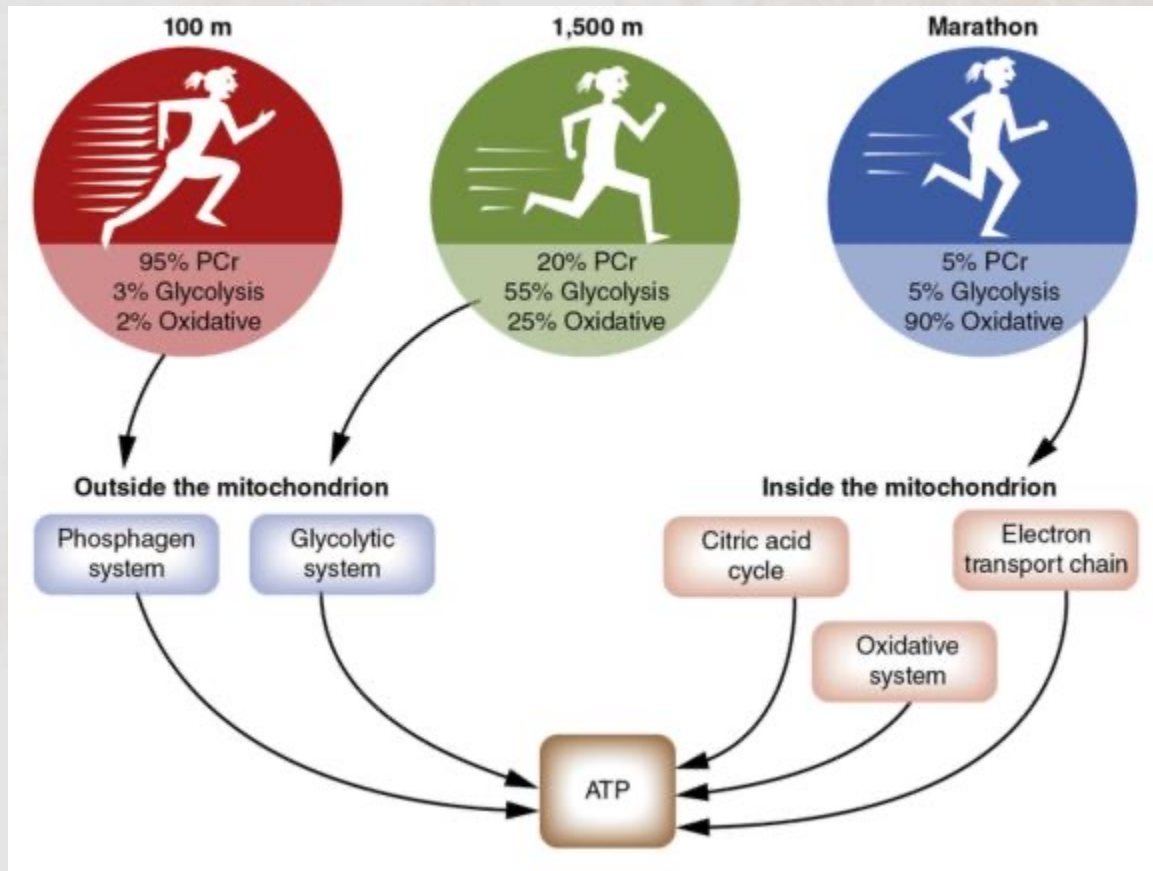
TYPE A/B

MEDIUM

TYPE A

FAST

ENERGY SYSTEMS



ENERGY SYSTEMS

TYPE B

AEROBIC

TYPE A/B

CARBS

TYPE A

ANAEROBIC

HIKSI



LIGHT AND THE MUD

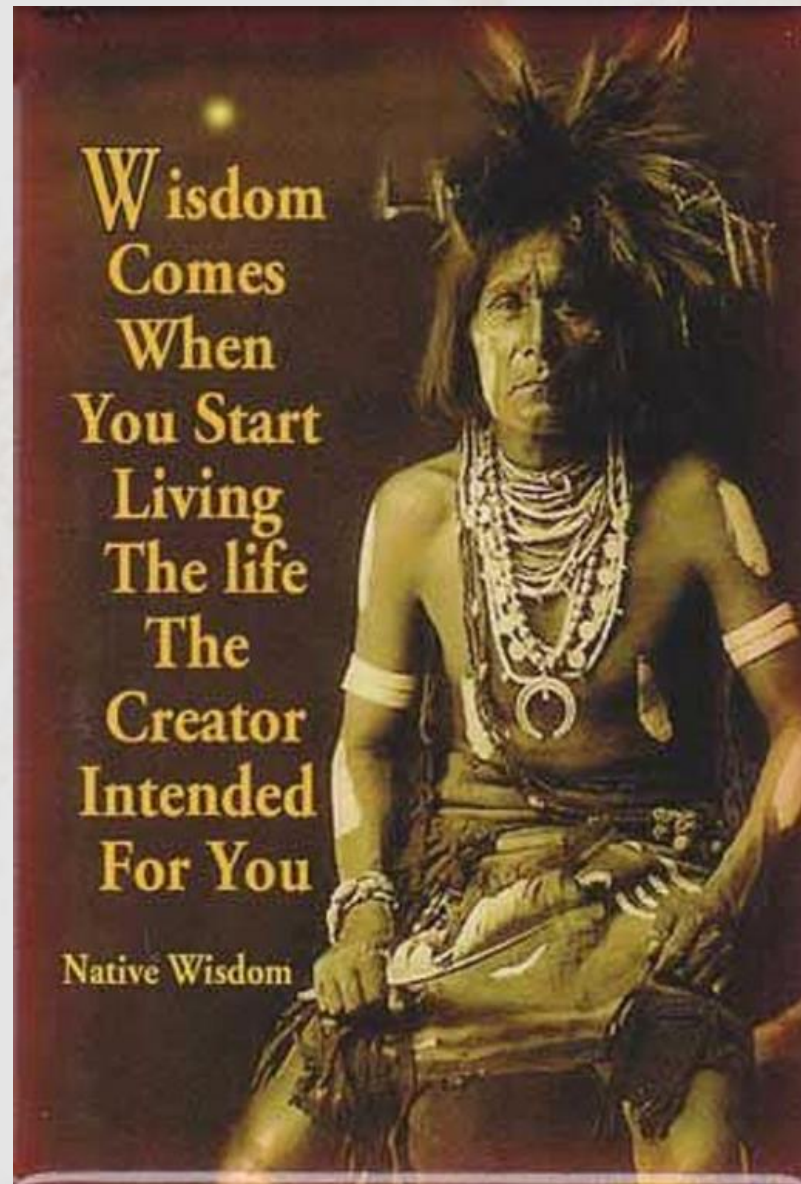






Medicine Wheel

**USE IT
OR LOOSE IT**



Wisdom
Comes
When
You Start
Living
The life
The
Creator
Intended
For You

Native Wisdom

THANK YOU

