

M.O.V.E. Program

“Motivating Others to Value Exercise”

MOVE Program provides a place for individuals to begin an exercise program. Our gym offers a supportive and convenient atmosphere with easy to use equipment.

Whether you are an experienced exerciser, a beginner or someone needing a medically supervised program, our staff will provide you with the guidance needed for a highly effective and safe workout.

Benefits of Physical Activity

- Reduces the risk of developing:
 - * Heart disease
 - * Stroke
 - * Hypertension
 - * Type 2 diabetes
 - * Colon cancer
 - * Breast cancer
 - * Osteoporosis
- Falls and related injuries
- Increases strength
- Boosts metabolic rate
- Reduces body fat percentage
- Increases bone mineral density
- Improves cognitive function
- Assists with weight management
- Prolongs independence
- Enhances social well-being
- Improves health status
- Enriches quality of life

Meet our MOVE Staff

Roland Enos Jr.

Physical Activity Program

Supervisor

Hu Hu Kam Memorial Hospital

Terri Honani

Lead Peer Fitness Leader

Komatke Health Center

Derrick Begay

Peer Fitness Leader

Hu Hu Kam Memorial Hospital

Carlet Grey

Peer Fitness Leader

Hu Hu Kam Memorial Hospital

Garrett Tsosie

Peer Fitness Leader

Komatke Health Center

Lenore Yazzie

Van Driver

Hours of Operation

Su Pu Kum Ke'

Wellness Center

Monday-Thursday

6:00 AM - 7:00 PM

Friday 6:00 AM - 6:00 PM

Komatke Wellness Center

Monday-Friday

6:30 AM - 5:00 PM

Transportation

Our program provides transportation to those who reside in the GRIC. We will provide transportation at least two days a week to exercise.

For more information regarding our van routes, days, and times, please contact the MOVE staff at: 520-840-9426.