

# PHYSICAL ACTIVITY KIT (PAK)

*staying on the active path in native communities ... a Lifespan approach!*

## *We would like to acknowledge the Physical Activity Kit collaborators:*

- The Indian Health Service (IHS) Headquarters Health Promotion & Disease Prevention
- IHS HPDP Area Offices: Albuquerque, Phoenix, Portland, and Oklahoma
- IHS HQ Head Start, Community Health Representatives, and Nutrition Programs
- The University of New Mexico's Prevention Research Center
- Sault Ste. Marie Tribe of Chippewa Indians
- PAK Field Site Teams:
  - Aberdeen Area/Rosebud and Sisseton
  - Albuquerque Area/Isleta and San Felipe
  - Bemidji Area/Sault Ste. Marie
  - Billings Area/Northern Cheyenne, Lame Deer
  - Navajo Area/Fort Defiance and Sheep Springs
  - Phoenix Area/San Carlos Apache
  - Portland Area/Coeur d'Alene Tribal Wellness and Lummi Indian
- The Pathways Study
- The Healthy Body Awareness Project
- KAT Communications

## *Photos courtesy of:*

- 2008 PAK Summit and 2007 PAK Training Participants
- 2008 Community Wellness Champion Forum Participants
- Pathways and Healthy Body Awareness Program Participants
- Envision New Mexico

