

# Community Health & Fitness Day

**Thursday, May 21, 2026**

**At Nimkee's Fit Park**

**All activities: 11 a.m. - 2 p.m. & 4-6 p.m.**

**Join in on these four themed health improving opportunities:**

▶ **Health and self care:**

*Walk four laps, light stretching, yoga at 6:30 p.m., enjoy healthy snacks!*

▶ **Strengthening for everyday living:**

*Box step-ups (1 min.), Chair squat (1 min.), TRX assisted chin-ups (1 min.), TRX push-ups (1 min.), TRX recline rows (1 min.), farmer's carries (three down/back), sled pushes (three down/back)*

▶ **Have fun participating in hobbies and the outdoors:**

*Basketball shot, tire flips, climb Mt. Nimkee, row-the-boat \*Row Ergometer (2 min.)*

▶ **Strengthen and stretch at home:**

*Bodyweight squats, planks, push-ups, dumbbell curls, hip stretches*

**Employee department challenge:**

Trophy for department champions with most points  
(5 person minimum per team, 10 maximum per team)



**SCIT community family challenge:**

Trophy to the family with most points  
(3 person minimum per team, 8 maximum per team)

**For more information, contact:**

**Seth Pifer, Fitness Coordinator**

- Phone: 989.775.4694
- Email: SPifer@sagchip.org



**Participation gift:**

**Nimkee Fitness  
blender bottle**

**Choose what  
you could win!**

*Participate and earn  
raffle tickets!*

- ▶ Nimkee Fitness T-shirt
- ▶ Fitbit Versa 2
- ▶ SECR spa package
- ▶ One night stay at Soaring Eagle Waterpark and Hotel



**Saginaw Chippewa Indian Tribe of Michigan**

*"Working Together for Our Future"*

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