



# SAGINAW CHIPPEWA INDIAN TRIBE OF MICHIGAN

*"Working Together for Our Future"*

7500 Soaring Eagle Blvd. Mt. Pleasant, MI 48858 | 989.775.4000 | [www.sagchip.org](http://www.sagchip.org)



## NIMKEE FITNESS NEW YEAR'S *Challenge*

***This challenge is for diabetes patients at  
Nimkee Clinic and for any SCIT tribal  
members interested in joining!***

### **Challenge will run:**

**Dec. 1, 2026 to Feb. 26, 2027**

### **Participants must:**

- Meet Seth Pifer, Fitness Coordinator, to have a personalized training program made.
- Workout either on their own or schedule a coaching session with Seth at least two times per week.
- Schedule and attend one coaching check-in per month.
- Must complete the entire length of challenge to be eligible for prize giveaways.



***In collaboration  
with the Nimkee  
Diabetes Program.***

### **PRIZES MAY INCLUDE:**

NF shaker cup  
Spa package gift certificate  
Resistance band set  
Pendelton blanket

**For more information, please contact:** Seth Pifer at [SPifer@sagchip.org](mailto:SPifer@sagchip.org) or 989.775.4694