

NATIVE YOUTH PROGRAM NEWSLETTER

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Movement

Movement is important for everybody. It is something we should be doing every day. It could be walking, playing basketball, or even practicing your powwow dance moves.

A scientific report conducted in 2018 by the Physical Activity Guidelines Advisory Committee highlighted certain health benefits that movement helps facilitate, including the following:

- Improved cognitive function (ages 6 to 13 years)
- Improved cardiorespiratory and muscular fitness
- Improved bone health
- Fewer symptoms of depression

Youth should be getting around 60 minutes of physical activity in each day. Kids younger than 5 should be active throughout the day.

Upcoming Events

Monthly Theme:
Movement and Nutrition

- **Sep 1:** Labor Day, buildings closed
- **Sep 5:** Family Night, 3 pm, Cedar Fun Center
- **Sep 10:** Title VI Medicine Pouch, 6–8 pm, Coral Cliffs PLC, St. George
- **Sep 26:** Native American Day, buildings closed

See full calendar of events at
PITU.gov/Native-Youth/



Nutrition

Nutrition is all about having a balanced diet. This month we will be talking about proteins, carbs, and healthy fats. Protein is one of three macronutrients, along with fats and carbohydrates. It's one of your body's key building blocks. There are three main carbohydrates: simple carbs (aka sugar), complex carbs (aka starch), and fiber. Carbohydrates break down into a source of energy for the body, especially the brain.

Healthy fats can provide energy, help with vitamin absorption, and maintain cell structure. They have chemical structures easy for the body to breakdown versus unhealthy fats that are processed and are not easy for our bodies to breakdown. Common foods with healthy fats are avocado, olive oil, nuts, seeds, and fish.

Looking back at the Greenshow...

On July 18 and Aug. 2, our Native Youth performers had the opportunity to participate in the Utah Shakespeare Festival Greenshow. They showcased and shared their culture through their dancing and songs. Thank you to each performer and to those who helped put this together.



Please ensure that all Native youth are registered, as it is required for participation in the activities. To register, visit our website at <https://PITU.gov/Native-Youth> or scan the QR code below.

