

WHAT IS REZ ROBICS?

<http://www.dreamcatchers.org/rezrobics/>

DreamCatchers has joined forces with Navajo Health Promotions, a division of the Indian Health Service on the Navajo Nation, to produce a health and fitness 2 video set; **REZ ROBICS** and **REZ ROBICS FOR COUCH POTATO SKINS**. The project is inspired by the fact that Diabetes has become one of the most serious threats to the health of Indian people both on the



reservations and in urban settings.

A major contributing factor to the scourge of Diabetes in Indian communities is the legacy of U.S. Government commodities. At the turn of the last century, when Indian people were forced onto reservations and forbidden to hunt or fish, the government promised to provide whatever food would be needed. They did so with commodities; primarily white flour, white sugar and lard. A high sugar,

high carbohydrate, high fat diet for the last 100 years has caused rampant type two diabetes.

Since the best prevention of diabetes is a healthy diet and regular exercise, DreamCatchers and Navajo Health Promotions have produced a health and fitness 2 video set designed especially for Native Americans which includes aerobics as well as some nutrition information. Knowing that the best way to communicate such issues to Indian people is with humor, **REZ ROBICS** and **REZ ROBICS FOR COUCH POTATO SKINS** features two prominent Native actor / comedians; Elaine Miles (Northern Exposure, Smoke Signals) and Drew LaCapa, the up and coming comedian who calls himself "300 pounds of love".

While **REZ ROBICS** is an aerobics workout mixing pow wow dancing and martial

arts with normal aerobics moves, REZ ROBICS FOR COUCH POTATO SKINS is a comedy in which Drew and Elane will make every excuse why an Indian wouldn't want to exercise or eat healthy. This companion to the actual aerobics video will be designed for those Indians who normally would never watch an exercise program allowing more health conscious Indian people to capture their couch potato relatives and hopefully convince them to begin an exercise regimen.

Copies of the videos are being distributed free of charge throughout the Indian communities of North America. While Navajo Health Promotions distributes on and around The Navajo Nation via clinics, schools and video stores, DreamCatchers oversees distribution to the rest of "Indian Country". There is no FBI warning on the programs. Instead, the opening message states, "Please make copies and give them to your friends and relatives".

TO RECEIVE REZROBICS ON VHS VIDEO CASSETTES, SEND A SELF-ADDRESSED, STAMPED ENVELOPE OR BOX, LARGE ENOUGH TO FIT 2 VIDEOTAPE CASSETTES. TO RECEIVE REZROBICS ON DVD, SEND A SELF ADDRESSED AND STAMPED DVD SIZED ENVELOPE. ENVELOPES SHOULD BE PADDED TO AVOID DAMAGE DURING SHIPPING. THE ENVELOPE MUST HAVE \$5 IN U.S. POSTAGE STAMPS.

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REZ-ROBICS WORKSHOPS: THE REZ-ROBICS TEAM IS AVAILABLE TO COME TO YOUR COMMUNITY FOR REZ-ROBICS DIABETES PREVENTION WORKSHOPS FOR ADULTS AND CHILDREN. FOR MORE INFORMATION CONTACT PAM BELGARDE AT (951) 704-6990

