NUMBER AND PERCENT INDIVIDUALS WHO USED FITNESS CENTER AND/OR COMPLETED FITNESS ASSESSMENTS

- 6339 Fitness Center encounters
- 528 Fitness Center encounters per month
- 24 Individuals per day (22 days per month)
- 1312 Individuals used Fitness Center
- 38% (n=501/1312) Males
- 53% (n=695/1312) Females
- 9%  (n=116/1312) No gender

- 853 Individuals completed Fitness Assessments
- 65% (n=853/1312) Individuals who used Fitness Center had Fitness Assessments
- 35%  (n=296/853) Individuals completed 2 or more assessments
- 97%  (n=286/296) Individuals that improved their fitness levels

PERCENT INDIVIDUALS WITH IMPROVED 1-5 FITNESS AREAS

- 78%  (n=224/286) Improved Walk/Run
- 74%  (n=212/286) Improved Push-ups
- 72%  (n=206/286) Improved Sit-ups
- 66%  (n=188/286) Improved Sit-ups and Reach
- 27%  (n=77/286) Improved Recovery Heart Rate
- 25%  (n=71/286) Improved Bike

PERCENT IMPROVEMENT IN 1-5 FITNESS AREAS

Our Purpose:
To provide a diabetes wellness self management, and diabetes prevention education. The program provides a wellness center for physical activity education and exercise to all individuals on the Rosebud Sioux Indian Reservation.

Our Mission Statement: “Our mission is to empower the people of the Rosebud Reservation with the knowledge and skills necessary for self care management to improve their quality of life, using what they learn through diabetes education and disease management strategies.”