



FourPoints
HEALTH

**NEW YEAR
NEW YOU**

**2019 SDPI Gym and
Fitness Program**

**ACHIEVE
YOUR
FITNESS
GOALS**

**CONTACT
YOUR WELLNESS
COORDINATOR FOR
AN APPOINTMENT
AT (435)586-1112**

Wellness Coordinator
Hope Silvas ext. 317
Assistant Wellness Coordinator
Merlene Whitehair ext. 318



What is the SDPI gym and fitness program?

Special Diabetes Program for Indians (SDPI) is a grant program designed to prevent or reduce diabetes among Native Americans/Alaska Natives. Our SDPI gym and fitness program sponsors access to gyms and other fitness programs at no cost to you to help you stay healthy and achieve your wellness goals.

Who is eligible to participate?

- * PITU Tribal members and their immediate household members.
- * Spouse of a Tribal member. Must provide legal document to Wellness Coordinator.
- * Legal guardians of PITU enrolled children. Must have proof of legal documents.
- * PITU staff (only eligible to use the SDPI approved gyms).

How does the program work?

1. You must set up an appointment with a Wellness Coordinator to enroll in the program.
2. You will be able to utilize the SDPI approved gym in your area for free or you may choose to enroll in another gym, CrossFit program, Yoga class, Zumba class, etc. and submit receipt for reimbursement of up to \$60 per month per participant.
3. If you choose to be reimbursed, you must submit your receipt within 30 days of your payment. The program will not reimburse receipts past 30 days.
4. You must check in with one of the Wellness Coordinators and attend one Diabetic Education or Nutrition Class sponsored by the SDPI program each quarter to remain in the program.