

EXERCISE daily
EAT healthy
WORK hard
STAY strong

See how many miles you can log on our **Virtual Standing Bear Trail Walk!**

Meet goals to earn great **weekly incentives!**

Prizes awarded to individual logging the most steps, losing the greatest percentage of weight, and the most improved BMI!

Questions may be directed to any **Ponca Tribe Diabetes staff.**

To register, contact **Crystal Mundorf at 402-371-8834.**

NATIVE

**PONCA TRIBE
OF NEBRASKA**



Receive a **FREE Garmin Vivofit2** when you sign up for the Ponca Tribe of Nebraska Special Diabetes Program for Indians **Personal Health Tracker Challenge!**



Eligibility Criteria:

- 18 years or older
- BMI equal to or greater than 25
- Enrolled member of Federally Recognized Indian Tribe in the Ponca Service Area
- Participants with a diagnosis of Type 2 Diabetes and/or individuals showing high risk factors for developing Type 2 Diabetes will have preference in participation.

This is a 6 week challenge, utilizing the Garmin Vivofit2, and is limited to 25 individuals per session. Entry fee is \$25.

Call to get on the list for an upcoming challenge!