



PUBLIC HEALTH DIABETES PREVENTION SERVICES



BTH 2026 Challenge

OPEN TO SRPMIC ENROLLED MEMBERS & FAMILY MEMBERS
18 YRS OR OLDER.
SRPMIC TRIBAL EMPLOYEES ONLY.

CHALLENGE STARTS
MONDAY, JULY 13TH!

BEAT THE HEAT.
BOOST YOUR HEALTH!

Summer in the Southwest is HOT—but your health goals don't have to take a backseat! Cool off, get moving, and feel your best with the 2026 Beat the Heat Fitness Challenge at the Diabetes Prevention Services fitness centers at Ske:g Himdag Ki. Join our fun, supportive Group Exercise Classes (GEC) with a variety of workouts to keep you motivated, moving, and smiling all summer long. Grab your sneakers, bring your water, and let's make this your **fittest** summer yet!

HOW IT WORKS

To complete the challenge and earn WellPath points, you must:



ATTEND 3 GEC CLASSES

at the PHDPS fitness center at Ske:g Himdag Ki

+



GET YOUR INSTRUCTOR INITIALS

on your GEC card

+



COMPLETE 2 ADDITIONAL WORKOUTS

at home or at the Ske:g Himdag Ki gym



The challenge runs for 5 weeks. Collect a weekly instructor initial card at the Ske:g Himdag Ki fitness center.



Attend a minimum of 3 PHDPS GEC classes and get your GEC instructor initial card.



Submit cards showing 3 GEC instructor initials + 2 home or gym workouts every Monday. Weekly raffle drawings are held on Wednesdays!



Winners will be excluded from subsequent raffles, but continue to submit cards for the duration of the challenge to earn WellPath points.

Endorsed by:



BE ACTIVE. HAVE FUN. FEEL GREAT.
Let's Beat the Heat—Together!

For more information email Michelle.Long@SRPMIC-nsn.gov