

Sault Tribe Physical Activity Program

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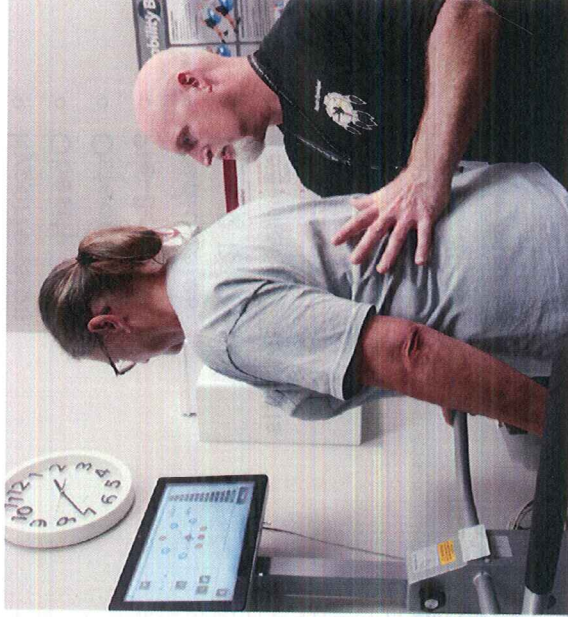
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Physical Activity Referral Program

SAULT TRIBE COMMUNITY
HEALTH EDUCATION



SAULT STE. MARIE TRIBE OF
CHIPPEWA INDIANS
COMMUNITY HEALTH SERVICES
2864 ASHMUN ST.
SAULT STE. MARIE MI 49783

What is the Physical Activity Program?

- This program promotes good health and wellness through a personalized exercise prescription.

What does the program include?

- A six month, weekly program with individual exercise instruction with a Certified Exercise Physiologist.
- Opportunities for group classes including walking groups.

Who is Eligible?

- Sault Tribe Members who are 18 years or older.
- **Patients must have one of the following diagnoses:**
 - Anxiety and/or Depression
 - Cancer
 - COPD
 - Coronary Artery Disease
 - Fibromyalgia
 - Hyperlipidemia
 - Hypertension
 - Obesity
 - Osteoporosis
 - Pre-Bariatric
 - Prediabetes
 - Type 2 Diabetes
 - Rheumatoid Arthritis

Patient Testimonials

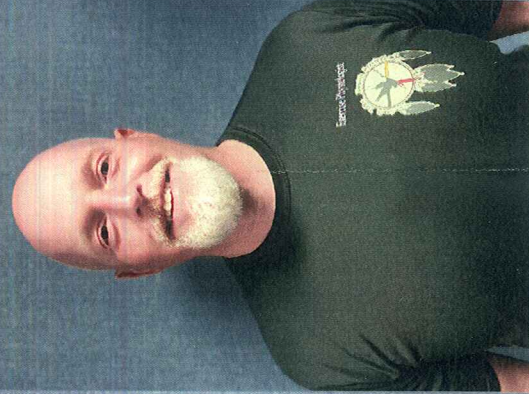
"Working with my exercise physiologist keeps me motivated and has made a huge difference for me."

"I now have more energy and am able to exercise more frequently. I now enjoy working out and look forward to it."

Heather Hemming



Josh Firack



Maddy Lamma



Charlee Brissette



Lyndee Zeigler

