



Ko-Kwel
Wellness Centers

Shishda Haws Rehabilitation & Fitness Center Orientation



Shishda Haws

- ▶ Shishda Haws is a 10,000 square foot fitness and rehabilitation facility constructed on Coquille Tribal lands adjacent to the Ko-Kwel Wellness Center (KWC).
- ▶ The purpose of Shishda Haws is to provide a welcoming, fun space that provides options for everyone for healthy movement and wellness education.



Shishda Haws Rehabilitation & Fitness Center is referred to as **SHRFC**

Shishda Haws - Fitness

- ▶ Cardio machines
 - ▶ treadmill
 - ▶ rowing machine
 - ▶ stationary bikes
 - ▶ stair climbers
- ▶ Free weights
- ▶ Weight machines
- ▶ Exercise bands and balls
- ▶ Equipment for stretching
- ▶ Bouldering wall
- ▶ Outdoor walking track.
- ▶ Outdoor, covered court space for volleyball, basketball, pickle ball or a dry space to play on a rainy day.
- ▶ Outdoor children's play area.
- ▶ Infrared Sauna
- ▶ Locker Room
- ▶ Private showers, bathrooms
- ▶ Group Fitness Space



Additional Services Inside Shishda Haws

- ▶ Physical Therapy
- ▶ Massage Therapy
- ▶ Group fitness classes
- ▶ Education classes

As classes are developed and scheduled,
information will be posted on the KWC website:

<https://kokwelwellness.org/3-85-fitness-room/>



What happens when you exercise?

▶ <https://www.youtube.com/watch?v=wWGulLaa000>

- ▶ Increased circulation, improved cardiovascular health (reduced risk of stroke, heart attack)
- ▶ Improved glucose and insulin use: decreased risk of developing diabetes and improves health for those who have diabetes
- ▶ Improved brain function: memory and decision-making
- ▶ Release of endorphins: decreased pain, improved feeling of well-being
- ▶ Decrease in stress hormones: decreased anxiety and depression
- ▶ Improved sleep

Rules

- Parental supervision is required for children aged 10-13.
- Children 9 and under are not allowed inside Shishda Haws except during tribal functions.
- NO food or gum is allowed except in the Shishda Haws Café and Reception Area.
- Dress Code
 - Shoes: are required in all areas of the gym at all times.
High-heels, cleats, spikes, boots, and sandals are not permitted.
 - Shirts: Upper body garment must be worn.
Cropped tanks, halter-tops, muscle tanks, and sports bras are permitted.
 - Bottoms
Athletic-type apparel is required.

Rules: equipment handling

- For the safety of all users, weights and dumbbells must be returned to their proper storage rack when last set is complete.
- Slamming or dropping weights is **strictly prohibited**.
- Plates, dumbbells, and bars are **not** to be leaned against or placed on upholstery or against any wall/mirror or equipment.
- The equipment is **not** to be moved from its location.
- Equipment may **only** be used in its designated area and as it is intended to be used.
- **Do not** use, adjust, or operate fitness equipment without proper training or instruction.
- Rerack weights: Return weights and weight plates to their proper place after use.

Rules: share the space

- Be mindful of time: Be aware of how long you're using a piece of equipment or space in the gym.
- Don't sit on a machine while resting between sets, especially if you're reading, talking on your phone, or doing something else.
- Be considerate of others: Be mindful of your surroundings and try to be discreet about taking selfies.
- No video recording at any time in the fitness center.
- for personal Headphones must be used for media in the fitness space.
- Limit the use of cell phone calls.
- Respect for others' space. Be mindful of others and their personal space
- Clean up after yourself: Wipe down equipment before and after use to prevent the spread of germs.
- Place used towels in laundry basket

Rules

Infrared Sauna

- Swimsuits or shorts and top required.
- The use of drugs, medication or alcohol prior to or during the infrared sauna session may lead to dizziness or unconsciousness.
- Discontinue the use of the sauna if you feel light-headed, dizzy, or heat exhausted.
- Pregnant women should consult their physician prior to the use of the sauna
- Sauna sessions should be limited to no more than 25 minutes and temperatures must stay below 165 degrees Fahrenheit.
- Plastic water bottles are not permitted in the sauna
- The infrared sauna may only be used by those 18 years of age and above.

Rules

Bouldering Wall

- Climb down rather than jump.
- Keep landing zones clear. Do not sit or lay on the crash pads.
- Do not leave personal items on the crash pad.

Outdoor Courts

- Return all equipment to the designated storage area.
- Courts may be reserved by Tribal citizens only

Personal Safety with gym exercises

Please watch the video here:

https://www.youtube.com/watch?v=Xo_E02rizss

- Begin any new exercise program gradually (light weights, gradually increase time/repetitions)
- Listen to your body and rest as needed: no “sharp pains”. Some muscle soreness for 1 -3 days after a new exercise is normal
- Drink extra water to stay hydrated and improve recovery

Resistance Machines & Free Weights

Please watch these video resources

How to use resistance machines

<https://www.youtube.com/watch?v=MBM5XN-PE7s>

Proper form with common exercises

<https://www.youtube.com/watch?v=dBJry3tcX0Q&t=91s>

- Pull belly button up and in
- Keep neutral spine (elongate the back and back straight)

Picking the right weight with free weights

<https://www.youtube.com/watch?v=oqPFfyW9AXY>

- Keep the body still, isolate movement to the body part you are strengthening
- Should be able to perform 8-12 repetitions (with some effort/fatigue but not needing to use momentum/body swinging motion to complete)

Exercise recommendations

- ✓ 5-10 minute warmup (walking/biking to gradually increase heart rate and dynamic stretching)
- ✓ 2.5 hours/week of moderately intense aerobic exercise
- ✓ 2 days/week strength training
- ✓ Also include balance and coordination training, stretching
- ✓ 5-10 min cooldown

See optional video Training schedule for assistance in developing your own weekly exercise program:

<https://www.youtube.com/watch?v=aY-jST9htEM>

Safety while exercising

- Ask receptionist for assistance on how to use machines if additional assistance is needed after watching YouTube video links at end of slideshow
- Tell someone if you're not feeling well and offer kind assistance if someone else appears unwell
- Be aware of body mechanics
 - Lift with your legs, keeping back straight and abdominals engaged.
 - Safe Lifting video example

<https://www.youtube.com/watch?v=r1EspSH1Ebl>

Safety of the space

- Communicate safety hazards such as spills, worn or broken equipment, etc
 - Inform receptionist or leave a comment card
 - For immediate facility needs after 8 pm that cannot wait until morning (such as overflowing toilet), please call:
 - Duke 541-217-8002 or Matt 541-751-5497
- Be especially vigilant of safety of yourself/others after hours (after 8pm)
 - Gym users walking out to car alone
 - Check in on other users if they appear unwell while exercising
 - Keep cell phone near or know where reception phone is located

For Emergencies, Dial 9-1-1

The address is 650 Miluk Drive, Coos Bay

Hours of operation

Initial Opening Hours for Fitness Center

January 13, 2025-February 9, 2025:

- 6 am - 10 pm, 7 days for adults
- 6 am to 8 pm for users age 14-17
- Sauna 6 am to 8 pm (must be 18+)

Starting February 10, 2025, the Fitness Center will extend hours to:

- 24 hours/7 days for adults
- 6 am to 8 pm for users age 14-17
- Sauna 6 am to 8 pm (must be 18+)

Please be respectful of yourself, other people, and gym spaces so we can keep the fitness center open for extended hours.



Videos:

Please watch the following videos of the specific equipment you would like to use. Watching videos is in lieu of in-person safety training for how to use each machine in Shishda Haws.

For those who prefer in-person training, stay-tuned for a schedule of group sessions.

- 1) Fuse shoulder press <https://www.youtube.com/watch?v=1FbRhJOuaGw>
- 2) Fuse Weight assisted chin dip <https://www.youtube.com/watch?v=-OJ1Y7s0x9E>
- 3) Fuse pec fly/rear delt <https://www.youtube.com/watch?v=A7qOWPkWf84>
- 4) Fuse chest press <https://www.youtube.com/watch?v=WmotdOiUN90>
- 5) Fuse seated leg curl <https://www.youtube.com/watch?v=ZUDxwddcUes>
- 6) Fuse 100 leg extension <https://www.youtube.com/watch?v=kdjW74OzUMc>
- 7) Fuse inner/outer thigh <https://www.youtube.com/watch?v=1F3cf6aW2Jw>
- 8) Emerge console screen (on Treadmill, elliptical, bikes)
<https://www.youtube.com/watch?v=6AfEN9TzPHI>
- 9) Elliptical (general safety, proper form)
<https://www.youtube.com/watch?v=YWfswVvOail&t=55s>
- 10) Stairmaster <https://www.youtube.com/watch?v=t7e3Yulb3DI>
- 11) Kiser M3i Indoor cycle- Adjusting bike for your body size
<https://www.youtube.com/watch?v=FzXp6OsfzLw>

12) Functional Trainer

Watch at least one of the Functional Trainer workouts to understand how machine works:

Core workout

<https://www.youtube.com/watch?v=4x1GpToWG1A>

Chest workout

<https://www.youtube.com/watch?v=s6ZWoePYCUQ&list=PLluw9nkJFM2HXr0UpLm3tGFQQ4s4QMH93>

Biceps/triceps workout

<https://www.youtube.com/watch?v=7huTM-KN05Q&list=PLluw9nkJFM2HXr0UpLm3tGFQQ4s4QMH93&index=3>

Lower body workout

https://www.youtube.com/watch?v=_88YW5PGxSg&list=PLluw9nkJFM2HXr0UpLm3tGFQQ4s4QMH93&index=5

Back workout

<https://www.youtube.com/watch?v=WbiwKm3BqKg&list=PLluw9nkJFM2HXr0UpLm3tGFQQ4s4QMH93&index=7>

13) Roman Bench

Back extension technique on Roman bench

<https://www.youtube.com/watch?v=34Vhd-jyiCs>

More examples on Roman bench

<https://www.youtube.com/watch?v=YuvbZJtsmtw>

14) TRX suspension trainer:

Setting it up and exercises

<https://www.youtube.com/watch?v=pJ4gl5W2sss>

15) Bosu ball balance exercises https://www.youtube.com/watch?v=BcoEXA_3f-c

Additional video links that may be helpful

Free weight exercise routine for beginners

<https://www.youtube.com/watch?v=pSZisB6l4mA&t=373s>

Starting resistance training for seniors

<https://www.youtube.com/watch?v=vG6sJm2d4oc>

Training schedule

<https://www.youtube.com/watch?v=aY-jST9htEM>

Many helpful videos can be found on YouTube for proper techniques, exercise programs for free weights, how to progress an exercise program, etc

Summary

We are so excited to have a beautiful space in which multiple generations of family and friends can move and play together.

Please ask if there is anything we can do to make it more welcoming for you.

Shishda Haws Rehabilitation & Fitness Center
Contact For Information

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www.kokwelwellness.org

