

Damian Fisher  
Response

1. As an active individual in the community what have been your experiences with wellness and fitness events in the community? Please share your personal experiences. If you have participated in the MIFO before, then share your experience and how it's made you feel.

Strength training has always been a big part of my life but weightlifting is repetitive by nature, and while I always feel great after a hard workout, getting to the gym can be difficult. Staying motivated is the biggest challenge in maintaining a healthy lifestyle. Community wellness and fitness events like the Michigan Indian Family Olympics and the Human Race, really make it easy for me to set new goals that help me blast past those fitness plateaus and keep my activities fresh. This will be my first Michigan Indian Family Olympics and I'm really looking forward to competing in all the running events in my group.

2. How do you feel about the low numbers of our tribe and other tribes placing higher than us every year (taking home the trophies)?

This is our event, and when I hear about how low our participation was over the last few years I immediately thought we should take this chance to get excited and jump ahead of our competitors!

3. Why do you think it's important for people participate in the Michigan Indian Family Olympics event?

The best part about the MIFO is that entire families compete and that makes for a good times and family fun.

4. How do you feel this event can be a positive effect on our community?

Like pow wows, feasts and other cultural events, sporting events bring our community together to celebrate life and enjoy the company of our neighbors, family and friends.

5. What is your goal for our team to place this year And what do you feel needs to be done to accomplish this goal?

I think we can take one of the top three places if we get enough participants and I think we can hold some pre-Olympic events like training sessions, practice meets, and other warm up events that get everyone together so that we can come to know one another and come together more as a team when Olympic day comes around in July.

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6. What events do you plan on participating in for our tribe? What is your own plan in preparing for this event?

I will be competing in all of the running events for 50 year-olds, so I will be adding a sprint training regimen to my aerobic and distance running routines. I am looking forward to the long jump event because it will be especially challenging since I fly like a brick with tiny wings.