

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.
-We are very fortunate in this community to have the opportunity to participate in a variety of events that pertain to wellness and fitness. While I would like to take advantage of all of these events, a busy lifestyle requires me to pick and choose the events I take part in. Fortunately for me, there are great events that are within my interest. I have bowled, golfed, jogged, played softball, played volleyball, and taken part in various cultural events. These opportunities have helped me maintain a physical, spiritual, and emotional balance which is crucial in maintaining my busy lifestyle.

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)?
-I really don't understand why our people aren't more active. I don't get why we have such low attendance when we host the event right in our own backyard. I do my best to participate in every event possible. I encourage family and friends to participate. It's discouraging to see bus loads of other tribes pull into the MIFO, making a long trip to be here and compete and win. Being raised in this community, I know there are many gifted athletes that could compete. It would be nice if everyone gave it more of an effort.

3. Why do you think it's important for people participate in the Michigan Indian Family Olympics event?
-It's important to represent your tribal pride. Every tribe that competes are encouraging each other and cheering for each other. There is fellowship amongst tribes. It's friendly competition in a healthy way. Everybody that is there, regardless of affiliation, is doing something healthy for themselves, their family, their friends, their community, their tribe.

4. How do you feel this event can be a positive effect on our community?
-Every skill set and age set is represented at this event. It's great to see everybody cheering on their elders. It's inspiring for the young people to be encouraged by their elders and grown-up and modeling good health for the babies. It promotes fun in a way that does not require drugs, alcohol, or other negative influences.

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?
-There is no reason we can't bring home the gold! We have the numbers and talent to blow the competition away. In order to do this, we need community members to promote the event. We need people to tell their families and friends.

We need to inspire and encourage our community to participate through events leading up to this. We also need to reach people in a way in which they communicate...social media. There are many things we can do to encourage participation.

6. What events do you plan on participating in for our tribe? What is your own plan in preparing for this event?
-I plan on participating in as many events as I can. I might not be the fastest sprinter or the strongest softball thrower but the competitive spirit in me won't let me just hand over a medal to another tribe. I plan to make all of my competitors work to win medals against me. As far as preparing for the event, I plan on continuing my daily routine in the Fitness Center. I plan on continuing to learn about and improve my eating habits. Even if I don't win a single medal, I still win because by then I will be fitter and healthier.