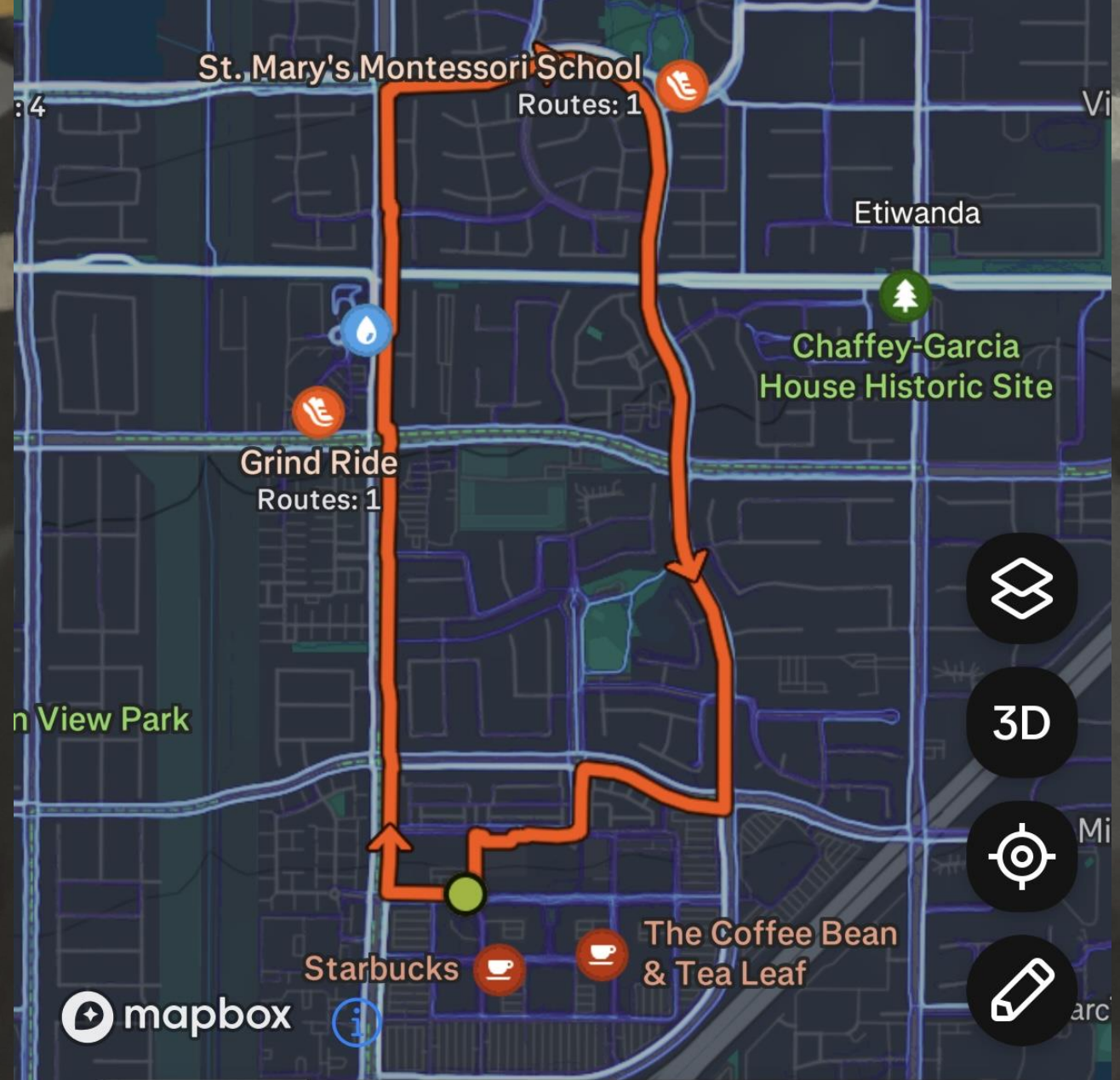
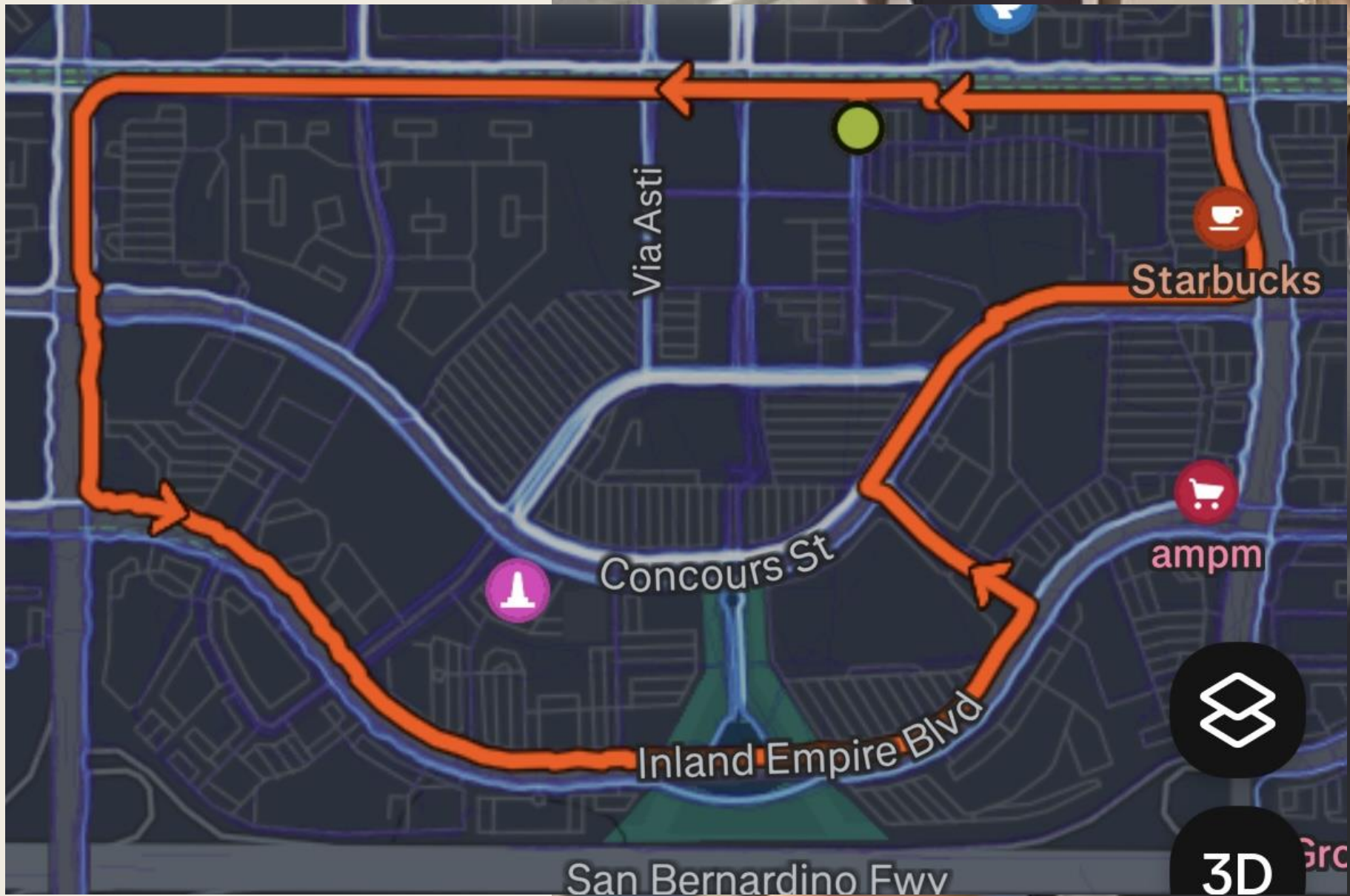
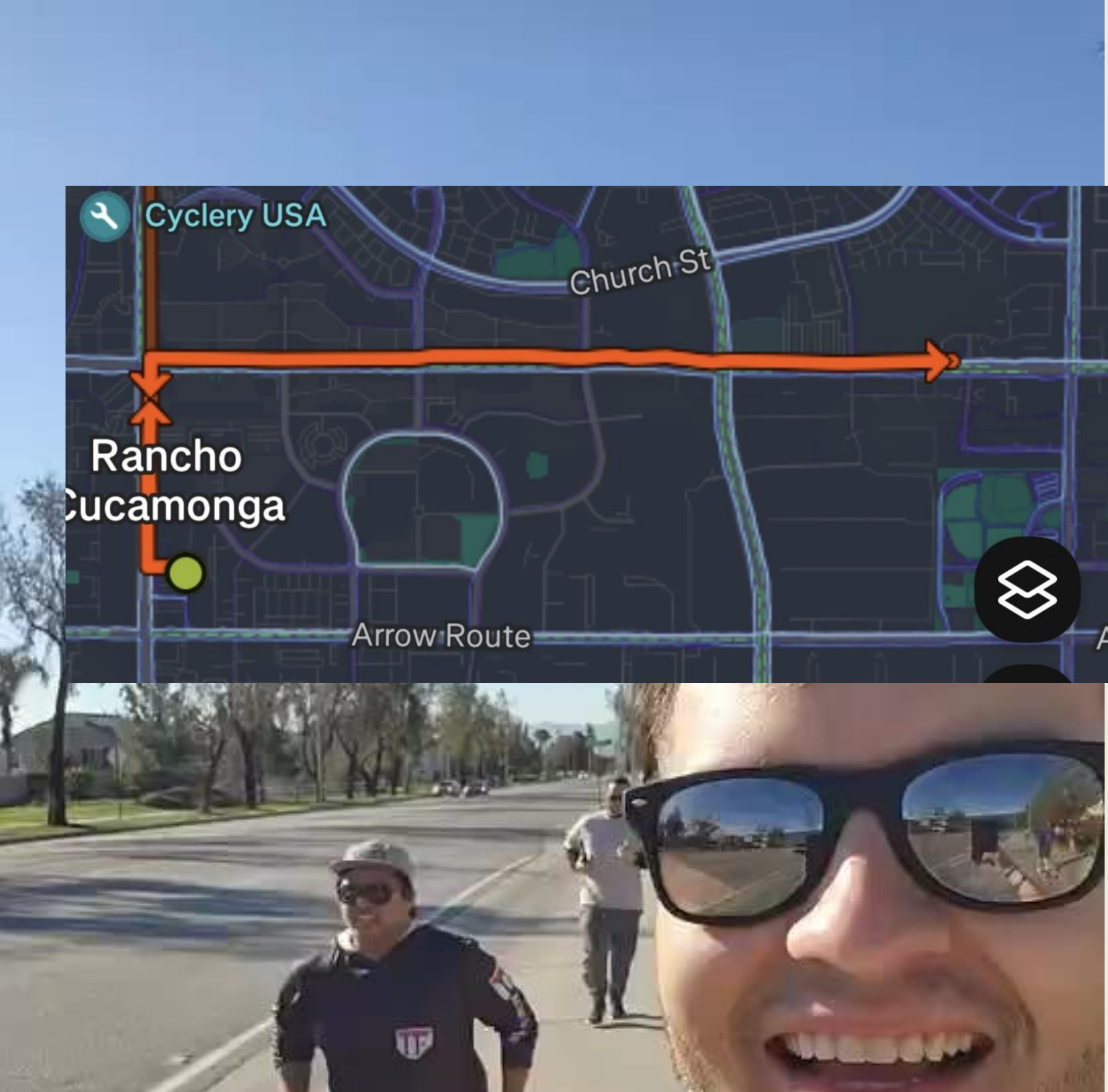




INTRODUCTION

Active Inland Empire

- Add visibility to users of roads and sidewalks
- Support physical health programs and community-led efforts
- Disrupt the financial barriers to holistic health programs
- Establish a common place outside of home, work, and school



Axel's Eagle Project: Bike Ramps for Rancho Cucamonga




\$1,440 raised


\$16K goal · 20 donations

9%

Share



Team fundraiser

Axel Dunbar and Active Inland Empire are organizing this fundraiser to Active Inland Empire. 

 Tax deductible

Hi, I'm Axel Dunbar, and I Need Your Help to Build Something Amazing!
I'm working on my Eagle Scout project, and **I have a vision to transform biking in Rancho Cucamonga into a more fun, skill-building experience for everyone.** I'm a proud member of Boy Scout Troop 720, and I'm working in partnership with Active Inland Empire, a nonprofit organization dedicated to promoting health, well-being, and outdoor activities in our community.

My project? Installing ladder bridges—a series of ramps for bikes that give riders the opportunity to practice balance, improve their skills, and enjoy biking in a whole new way.

[Read more](#)

SOUTH FONTANA SKATEPARK

MEGA BOW



SUNDAY MARCH 30TH • 11AM

YOUTH • MENS • WOMENS CLASSES


\$15 CONTEST ENTRY • \$5 GENERAL ADM

(2) 50 SECOND RUNS • TOP 3 AWARDS

 ACTION PARK ALLIANCE

 Rhythm SKATE SHOP

 VANS

 FITBIKECO.

 BLOOM BMX

 FIEND



16581 FILBERT AVE FONTANA CA • INFO@ACTIONPARKALLIANCE.COM

Axel’s Bike Ramp Project

<https://gofund.me/e6d90357>



ACTIVE NIGHTS

WITH COMMUNITY

FOR THE COMMUNITY

ACTIVE NIGHTS

PROGRAM 1: TEAM-BASED

- GET PEOPLE TOGETHER
- BUILD OUT A TEAM

ACTIVE NIGHTS

PROGRAM 2: PERSONAL GOAL SETTING

PUSH PEOPLE AND SET A MEASURABLE,
VISUAL, TANGIBLE GOAL

PROGRAM DETAILS

Team-based Self-reflective Self-improvement

- Three distinctive programs that emphasize this point
- Make each program inviting and accessible
- Long term: get sponsorships and larger format events

ACTIVE NIGHTS

BREATHE

FUNDING BROUGHT TO YOU BY
HEALTHY RANCHO CUCAMONGA COMMUNITY MINI GRANTS



Why this program?

Disclosure: Breathe work and meditation is not a replacement for psychiatric care

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Article | [Open access](#) | Published: 23 July 2024

Effects of brief remote high ventilation breathwork with retention on mental health and wellbeing: a randomised placebo-controlled trial

[Guy W. Fincham](#) , [Elissa Epel](#) , [Alessandro Colasanti](#), [Clara Strauss](#) & [Kate Cavanagh](#)

[Scientific Reports](#) **14**, Article number: 16893 (2024) | [Cite this article](#)

3998 Accesses | 19 Altmetric | [Metrics](#)

Abstract

High ventilation breathwork with retention (HVBR) has been growing in popularity over the past decade and might be beneficial for mental and physical health. However, little research has explored the potential therapeutic effects of brief, remotely delivered HVBR and the tolerability profile of this technique. Accordingly, we investigated the effects of a fully-automated HVBR protocol, along with its tolerability, when delivered remotely in a brief format. This study (NCT06064474) was the largest blinded randomised-controlled trial on HVBR to date in which 200 young, healthy adults balanced for gender were randomly allocated in blocks of 2 by remote software to 3 weeks of 20 min daily HVBR (fast breathing with long breath holds) or a placebo HVBR comparator (15 breaths/min with short breath holds). The trial was concealed as a ‘fast breathwork’ study wherein both intervention and comparator were masked, and only ~40% guessed their group assignment with no difference in accuracy between groups. Both groups reported analogous credibility and expectancy of benefit, subjective adherence, positive sentiment, along with short- and long-term tolerability. At post-intervention (primary timepoint) for stress level (primary outcome), we found no significant group×time interaction, $F(1,180)=1.98$, $p=0.16$, $\eta_p^2=0.01$, $d=0.21$), nor main

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Article | [Open access](#) | Published: 09 January 2023

Effect of breathwork on stress and mental health: A meta-analysis of randomised-controlled trials

[Guy William Fincham](#) , [Clara Strauss](#), [Jesus Montero-Marin](#)  & [Kate Cavanagh](#)

[Scientific Reports](#) **13**, Article number: 432 (2023) | [Cite this article](#)

187k Accesses | 1171 Altmetric | [Metrics](#)

Abstract

Deliberate control of the breath (breathwork) has recently received an unprecedented surge in public interest and breathing techniques have therapeutic potential to improve mental health. Our meta-analysis primarily aimed to evaluate the efficacy of breathwork through examining whether, and to what extent, breathwork interventions were associated with lower levels of self-reported/subjective stress compared to non-breathwork controls. We searched PsycInfo, PubMed, ProQuest, Scopus, Web of Science, ClinicalTrials.gov and ISRCTN up to February 2022, initially identifying 1325 results. The primary outcome self-reported/subjective stress included 12 randomised-controlled trials ($k=12$) with a total of 785 adult participants. Most studies were deemed as being at moderate risk of bias. The random-effects analysis yielded a significant small-to-medium mean effect size, $g=-0.35$ [95% CI $-0.55, -0.14$], $z=3.32$, $p=0.0009$, showing breathwork was associated with lower levels of stress than control conditions. Heterogeneity was intermediate and approaching significance, $\chi^2_{11}=19$, $p=0.06$, $I^2=42\%$. Meta-analyses for secondary outcomes of self-reported/subjective anxiety ($k=20$) and depressive symptoms ($k=18$) showed similar significant effect sizes: $g=-0.32$, $p<0.0001$, and $g=-0.40$, $p<0.0001$, respectively. Heterogeneity was moderate and significant for both. Overall, results showed that breathwork

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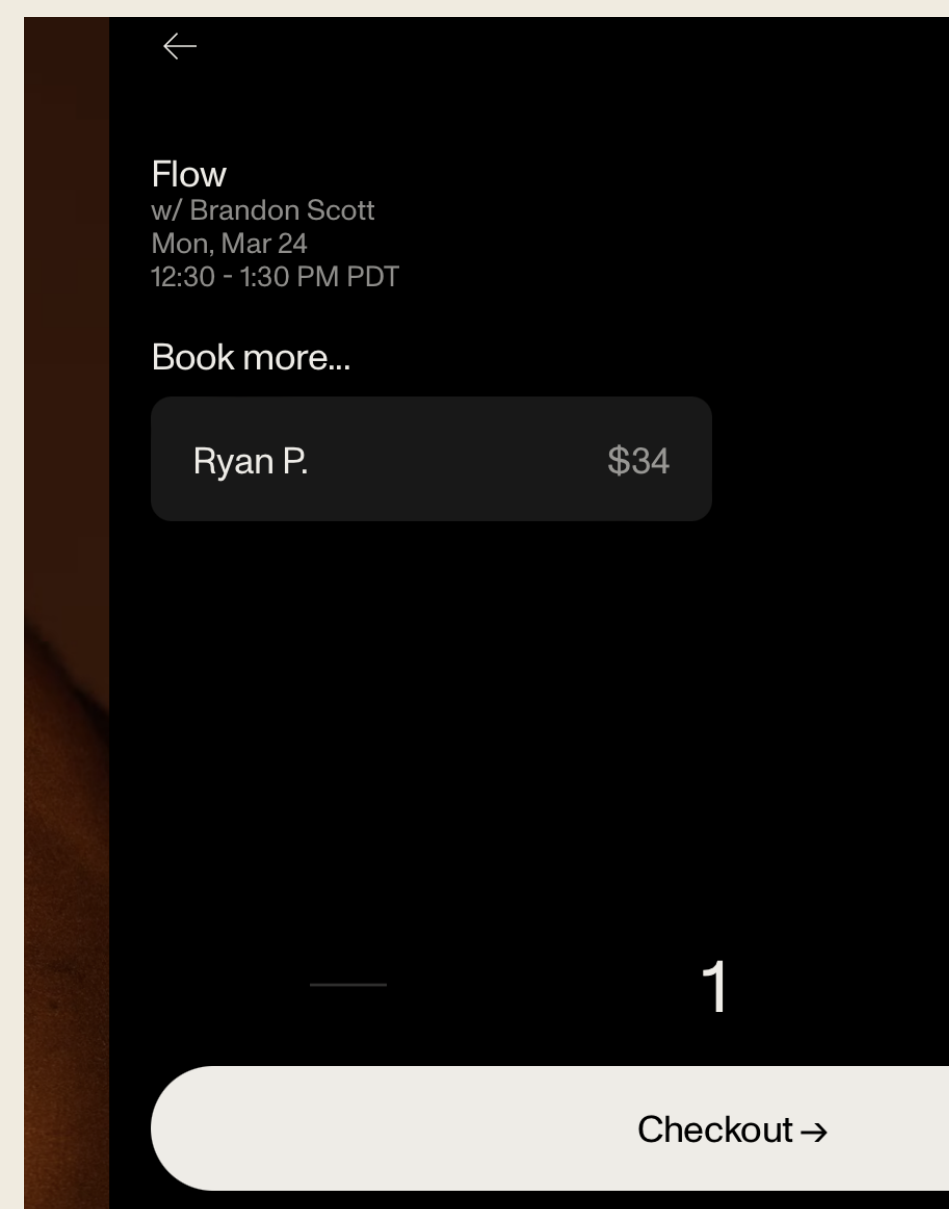
[Additional information](#)

https://www.nature.com/articles/s41598-022-27247-y#Sec25

It's a practice.

Data suggests that further research should be done to understand the effects of the practice more.

<p>ADULT MEMBER INTRO SESSION</p> <hr/> <p>\$25.00 <small>/ Session</small></p>	<p>ADULT ALL OTHER SESSIONS</p> <hr/> <p>\$45.00 <small>/ Session</small></p>
<p>ADULT 1ST TIME INTRODUCTORY SESSION</p> <hr/> <p>\$35.00 <small>/ Session</small></p>	<p>YOUTH (16-20) YEARS OLD</p> <hr/> <p>\$22.00 <small>/ Session</small></p>



ACTIVE NIGHTS: BREATHE

Financial Accessibility

- Many classes offer a credit based system between \$20 - \$35 dollars a session
- Active IE is looking to open that door and introduce these classes for lower than a latte (\$5) and donations will help go towards program support



ACTIVE NIGHTS: BREATH

Select date and time GMT-7

✓ Fri Apr 11 5:30 PM	📅 Fri Apr 25 5:30 PM	📅 Fri May 9 5:30 PM	📅 Fri May 23 5:30 PM	... More Options
----------------------------	----------------------------	---------------------------	----------------------------	------------------------

📍 Rancho Cucamonga, CA

💰 Donation-based (minimum \$1)

👤    +3 2 spots left

REGISTER

ABOUT

At Active Inland Empire we are aiming to dismantle financial barriers for people to participate in holistic health programs.

We are asking RSVPs from people interested to participate so that we can better gauge and accommodate all participants that end up on the waitlist.

For our breathwork experience you will be guided through a 60-minute exercise

ACTIVE NIGHTS: BREATHE

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📅

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📅

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...

More
Options

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participate in holistic health programs.

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For our breathwork experience you will be guided thro

Last 30 days ▾

Feb 22 - Mar 23



Audience ⓘ

Top age ranges



ACTIVE NIGHTS: BREATHE

Why we are doing this

- We want to help collect information that could be used and analyze for this study
- We understand the demographic we are aiming to target and want to foster community building in this space.
- We also want to launch a much larger event (at a later date)



ACTIVE NIGHTS BREATHE

A NIGHT EVENT TO PAUSE, BREATHE, AND PRACTICE MEDITATION LED BY NATALIE MOTA OF PRIMAVERA COLOR LIMÓN.

- SPACE LIMITED.
- DONATION-BASED RSVP IS REQUIRED.
- MORE DETAILS LISTED ON THE SWEATPALS EVENT PAGE.

FUNDED THROUGH
HEALTHY RANCHO CUCAMONGA COMMUNITY MINI GRANTS



[HTTPS://WWW.SWEATPALS.COM/EVENT/ACTIVE-NIGHTS-BREATH/](https://www.sweatpals.com/event/active-nights-breathe/)

You're invited

[HTTPS://WWW.SWEATPALS.COM/EVENT/ACTIVE-NIGHTS-BREATH/](https://www.sweatpals.com/event/active-nights-breathe/)



CONNECTION

Active Inland Empire

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All social media: @actv_ie
Email: ryan@active.org