



**SHARE** new mexico™

## **Nation Builders Project (Train 10)**

Train 10 is a Navajo Nation personal trainer cooperative that supports Navajo fitness-minded individuals obtain certification in personal training plus the skills they'll need to start their own personal training business. This project aims to expand small and emerging private business enterprises within the Navajo Nation to help alleviate unemployment and strengthen economic development while improving the overall health and wellness of our people.

---

### **Details**

**Ages:** Adults

---

### **Services**

Community Economic Development    Leisure/Recreation/Sports

---

### **Locations**

#### **Gym Lou's**

*418 W Broadway, Suite D  
Farmington, NM*

---

### **Parent Organization**

#### **Capacity Builders Inc.**

The mission of Capacity Builders Inc. is to assist tribal, governmental, and non-profit agencies who serve culturally diverse and at-risk populations build their organizational and financial capacity so they have the resources available to them and the skillsets required, to improve the quality of life for those they serve and are able to be successful in accomplishing their goals.

*Farmington, NM 87401*

**Email:** *r.putnam@grantwriters.net*

**Primary Contact:** *Rebecca Putnam*

**Contact Email:** *r.putnam@grantwriters.net*

**Type:** *Nonprofit*

<http://capacitybuilders.info/>