Hypokinetic diseases are common in American Indians. Encouraging moderate physical activities that maintain Indian culture is important for the preservation of heritage. Therefore, the purpose of this two-part study was to determine if Jingle Dancing and harvesting wild rice are moderate-intensity physical activities. The subjects for the dance study were six American Indian women, (age = 46.5 yrs. ± 16.4). They participated in a four-hour Powwow which involved dancing intermittently in a circular, clockwise motion to the music of traditional drummers and singers. During the Powwow oxygen consumption (VO$_2$) and heart rate (HR) were monitored for 15:26 ± 2.7 minutes with an Aerosport KB1-C and a Polar Vantage HR monitor, respectively. The means and standard deviations for VO$_2$ (ml·kg$^{-1}$·min$^{-1}$), METs, and HR (bpm) during dances were: 19.6 ± 4.0, 5.6 ± 1.2, and 147 ± 17, respectively. During the entire Powwow (approximately 4 hours) steps were measured with a Computer Science Application (CSA) accelerometer (model 7164) and caloric expenditure was estimated from the number of counts recorded by the accelerometer using the CSA Caloric Software. The means and standard deviations for total steps and calories expended during the four hours were 10,566 ± 2794 and 535 ± 178, respectively. Six American Indian women (age= 50.5 yrs. ± 9.7) engaged in "knocking" the rice off the stocks, which requires kneeling in a canoe, reaching with the arms and "brushing" the grain off the stock. The mean time for monitoring the heart rate and VO$_2$ was 10.5 minutes ± 6.8. The mean and standard deviations for VO$_2$ (ml·kg$^{-1}$·min$^{-1}$), METs, and HR (bpm) were 11.7 ± 6.6, 3.0 ± 1.3 and 115 ± 15, respectively. Using the criteria that moderate activity is 3-6 METs, it is concluded that Jingle Dancing and harvesting wild rice are moderate activities that can contribute to physically activity lifestyles and help American Indian women prevent hypokinetic diseases. Supported by NIH WHI-SIP 22W-U48/CCU 409664-03