

From The Merle Boyd Center

Avoid Thanksgiving Weight Gain

submitted by LaDona Johnson CHR Coordinator



Dressing, pumpkin pie, sweet potato casserole . . . the annual Thanksgiving bounty is something we all look forward to. But if you can't afford the traditional holiday weight gain, this time of the year can leave you running scared. With a few simple changes to your usual approach, you can enjoy the feast without wrapping yourself in those extra pounds.

Thanksgiving is the official start of the holiday party season, and restrictive diets can make this time of the year grueling. But it's also the time when most of us gain an extra 1-3 pounds that, unfortunately, tend to become permanent baggage.

The Power of the Plan

You can feast on the food, but this year arm yourself with a plan that will help whittle down the usual 3,500-calorie meal to a more reasonable indulgence. Think ahead to Jan. 1 when you will delight in seeing the needle on the scale right where you left it in November.

Preparing for the Big Day

*Don't arrive starving. Eat before the big feast. A small healthful meal with lots of fiber (oatmeal, whole-grain sandwich, salad with beans) keeps you feeling full until dinner.

*Make time for exercise every day, especially on Thanksgiving Day.

*Establish some ground rules in advance of the meal that allow you to indulge but not pig out-for example, only one serving of dessert.

*Buddy up with someone who is also trying to keep his or her weight in check.

*Keep a food journal and write down everything that you eat. This is an incred-

ibly powerful tool, especially when you are tempted to overeat.

Ready, Set, Go

*Enjoy higher-calorie food in small portions.

*Don't eat food just because it is there. Save your calories for the foods you love.

*Munch on fresh fruits and veggies instead of high fat appetizers.

*Scan the buffet and carefully choose the foods you love. If they are high in calories like the gravy, just take a smaller portion. Take larger portions of the simply prepared foods such as baked sweet potatoes, steamed vegetables, and skinless white meat of turkey.

*Limit yourself to one plate of food, no second helpings.

*Eat slowly and savor every bite. Give the food a chance to let you feel the satisfying feeling of fullness.

*Eat what you like; just eat a little less of it.

Desserts, Desserts, and More Desserts

*Enjoy a small serving of dessert. Choose pumpkin over pecan pie and save a few hundred calories. Eat just the filling to take in few additional calories and limit trans fats.

Be Realistic

Don't try to lose weight during the holidays, just aim to maintain your current weight. And if you plan on overindulging, bank some calories early in the week and get more physical activity before and after Thanksgiving Day to make up for it.

Be Thankful

Be thankful for what the Creator has given us. Have fun with family and friends this holiday season. It's a great time of the year!

Information Provided By
WebMD Weight Loss Clinic
Kathleen Zelman, MPH, RD/LD



Merle Boyd Center hires new Exercise Specialist, Anthony Ramirez: Come by and meet Anthony and check out the newly remodeled and updated exercise facility.

EXTENDED HOURS AT THE MERLE W. BOYD CENTER

Hello, my name is Anthony. I am the new exercise specialist at the Merle W. Boyd Center for the Sac and Fox nation. We are inviting any persons that have a referral from the Blackhawk Health Center to attend lunch time fitness classes Monday through Friday (11:15-11:45 and 12:15-12:45) and enjoy our extended hours Monday and Wednesday til 6 pm.

Mondays and Wednesdays come to class during your lunch hour ready to sweat! We will focus on your core and stomach to gain strength and shred pounds. Tuesdays and Thursdays will be more of a relaxing atmosphere centered on yoga moves and stretching that will work hand in hand with the core exercises to increase flexibility and

take your mind off the stresses you encounter. Friday we will vote on what the classes want to do, and majority rules!

If you enjoy cardio... aerobics... pilates... and deep stretching... all while engaging your core, come to our Tuesday and Thursday class at 5 in the gym. Each of these exercises will be used in one 45 minute class called C.A.P.S. These workouts are designed to push you and bring the sweat out! Go at the pace you can handle and get ready to push yourself to the shape YOU want. These Tuesday and Thursday classes will begin at 5 and you DO NOT NEED A REFERRAL FROM BLACKHAWK HEALTH CENTER TO BE IN THIS CLASS!

What You Can Do for Your Loved One with Diabetes

Submitted by Leah Carver, Special Projects MGR

If your mother, father, husband, wife, grandfather, grandmother or another loved one has diabetes, there are things you can do to help. First, try to understand how it feels to have diabetes. Some people might feel:

- * In denial
- * A lack of control
- * Overwhelmed
- * Scared
- * Depressed
- * Angry

There are things a person can do to live a healthy life with diabetes. This is what your loved one might be doing every day:

- * Testing blood sugar several times each day
- * Changing their eating habits to eat foods with less sugar and fat
- * Changing their eating habits to include more fruits, vegetables, whole grains and lean protein
- * Being more active by walking, working out at a wellness center, splitting wood, etc.
- * Resting when needed and trying not to get "stressed out"
- * Going to medical appointments more often
- * Taking diabetes pills every day or giving themselves insulin shots

You can help your loved one with dia-

betes. Here is what you can do:

- * Keep up your usual relationship with them
- * Ask them if there is anything you can do to support them with their diabetes (provide a ride to the clinic or be a support person at a doctor's appointment)
- * Be positive when they are drinking water instead of pop or eating baked foods instead of deep-fried foods
- * Try not to nag or judge them when they make a choice you think isn't healthy for them
- * Join them in making healthy food choices
- * Walk with them or invite them on a walk
- * Let them rest and have stress-free time to take care of themselves

One of the best ways you can support your loved one with diabetes is to let them know they are inspiring you. You can become a champion in the fight against diabetes. You can prevent diabetes by being physically active every day and staying at a healthy weight.

Tell your loved one, "I want to help you stay healthy with diabetes, and I want to be healthy myself. Let me join you in making healthy lifestyle changes. You have inspired me to stay healthy and fight diabetes. Thank you."

Sweet Potato and Black Bean Chili

by Brittany Crawford, Registered Dietitian MBC



Brittany Crawford

Ingredients

- 2 teaspoons olive oil
- 1 small onion, finely diced
- 1 small sweet potato, peeled and diced

- 2 cloves garlic, minced
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1/2 teaspoon Mrs. Dash Southwest Chipotle
- 1 1/2 cups water
- 1 can black beans, rinsed
- 1 can diced tomatoes
- 1 lime, juiced

Preparation

Heat oil in a large saucepan over medium- high heat. Add onion and potato and cook, stirring often, about 4 minutes. Add garlic, chili powder, cumin, and Mrs. Dash Southwest Chipotle and cook, stirring constantly, until fragrant. Add water, bring to a simmer, cover, reduce heat to maintain a gentle simmer and cook about 10-12 minutes. Add beans, tomatoes, and lime juice; increase heat to high and return to simmer, stirring often for about 4 minutes.

Effective November 1, 2012

Merle Boyd Center Exercise Facility

Will be Open

Until 6:00 p.m. on Mondays and Wednesdays

Must have referral from
Black Hawk Health Center to use exercise room

Activity Description for Classes

C.A.P.S. is a "go at your own pace" class directed to engage all parts of your body. Keeping your muscles hot and your core working so optimal achievements will be gained through a combination of cardiovascular and muscle endurance exercises. We integrate running and walking with pilates/aerobics/and certain moves designed to target the core muscles like you have never done before.

Yoga increases flexibility while building strength and stamina through various movements and poses. The main focus in yoga is to blend the philosophies of physical and mental conditioning through stretching and relaxation. Yoga helps improve posture, rejuvenate energy, relieve stress, and reduce fatigue and/or chronic pain.

Lunch Tone is designed to focus solely on the core and stomach while bringing in cardio to help with fat burn and toning in the limited time you have on your lunch hour.

You Pick Fridays is your opportunity as individuals or as a group to pick whatever activity it is that you want to do. Whether it is a workout DVD, a dance game on the Kinect, going for a walk or jog as a class, or a strength training class. Your vote makes a difference.

| November 2012 | | | | |
|---|---|--|--|---|
| Monday | Tuesday | Wednesday | Thursday | Friday |
| | | | 1 11:15 - Circuitcise • 12:15 - Circuitcise • 4:45 - Combo Cardio ••• | 2 11:15 - You Pick! 12:15 - You Pick! |
| 5 11:15 - Lunch Tone 12:15 - Lunch Tone | 6 11:15 - YOGA 12:15 - YOGA | 7 11:15 - Lunch Tone 12:15 - Lunch Tone | 8 11:15 - YOGA 12:15 - YOGA | 9 11:15 - You Pick! 12:15 - You Pick! |
| | 5:00 - 5:45 C.A.P.S. | | 5:00 - 5:45 C.A.P.S. | |
| 12 CLOSED | 13 11:15 - YOGA 12:15 - YOGA | 14 11:15 - Lunch Tone 12:15 - Lunch Tone 11 Healthy Cooking | 15 11:15 - YOGA 12:15 - YOGA | 16 11:15 - You Pick! 12:15 - You Pick! |
| | 5:00 - 5:45 C.A.P.S. | | 5:00 - 5:45 C.A.P.S. | |
| 19 11:15 - Lunch Tone 12:15 - Lunch Tone | 20 11:15 - YOGA 12:15 - YOGA | 21 11:15 - Lunch Tone 12:15 - Lunch Tone | 22 CLOSED | 23 CLOSED |
| | 5:00 - 5:45 C.A.P.S. | | | |
| 26 11:15 - Lunch Tone 12:15 - Lunch Tone | 27 11:15 - YOGA 12:15 - YOGA | 28 11:15 - Lunch Tone 12:15 - Lunch Tone 12 Healthy Cooking | 29 11:15 - YOGA 12:15 - YOGA | 30 11:15 - You Pick! 12:15 - You Pick! |
| | 5:00 - 5:45 C.A.P.S. | | 5:00 - 5:45 C.A.P.S. | |