

# From The Merle Boyd Center

## Ready for summer?

by Anthony Ramirez, Exercise Sprcialist MBC

Summer is knocking at the door, and how are you going to answer it? Will it be with a smile and an excitement to go outside, work around the house and take a few bike rides or walks? Or will it be with resent and negativity to your physical health being unable to handle the elements? Oklahoma during the summer, or at any time really, isn't what you would call ordinary or having a weather forecast that will be set in stone. There is no need to go into the details of weather here because majority of you have lived here your entire life, while I have only been here several years. However, just because you can't predict what the weather will be, why not work on your health and fitness to be able to accommodate any unforeseen weather than may be thrown at you. The key areas to focus on to battle any type of weather are balance, flexibility and muscular endurance. Try these simple exercises in the comfort of your own home or here at the Merle W. Boyd Center: to work on balance and leg strength do balance holds for as long as you can for each leg, when you feel comfortable enough close your eyes until you feel it is time to open them. Walk on your tip toes through your house to increase soleus and calf muscle strength which will increase balance. Walking lunges through your house,



Anthony Ramirez

depending on your leg strength and balance you can have a long open stride and bend your knee more, or you can take short strides and bend your knee as far as you feel comfortable. Squats from your seat at the couch or from your chair at the table and back down is a very functional exercise that will increase leg strength along with lower back and will lower the need to use your arms to pull yourself up. These are just a few basic exercises and movements that can be done at home, but if you would like a better understanding of the balance and strength needed please come see me at the Merle W. Boyd Center Monday through Thursday 9:30 AM- 6 PM or Friday 8 Am- 4:30 PM.

## Recipes for May

by Brittany Crawford, Registered Dietitian MBC

### Spicy Candied Almonds

Makes 18 servings

#### Ingredients

- 1 egg white
- 1 tbsp water
- 16 oz almonds
- 1/4 cup Splenda Brown Sugar Blend
- 1 tbsp ground cinnamon
- 1 tsp ground ginger
- 1 tsp salt
- 1/2 tsp ground coriander
- 1/2 tsp allspice
- 1 pinch of ground red pepper

#### Preparation

Preheat oven to 250° F. In a medium bowl, whisk egg white and water until frothy. Add almonds and stir to coat completely. In a large zip-lock bag, combine Splenda Brown Sugar Blend, cinnamon, ginger, salt, coriander, allspice, and pepper. Close bag and shake vigorously to blend. Add half of the almonds to the bag and shake to coat thoroughly. Remove almonds and place on a large nonstick baking sheet. Repeat with remaining nuts and spices, and spread on the baking sheet. Bake, stirring and smoothing almonds into a single layer every 15 minutes for about 45 minutes or until almonds are caramelized. Allow almonds to cool before eating.

**Per Serving** = 7g carbohydrate, 170 calories, 15g total fat, 19 saturated fat, 5g protein, 3g dietary fiber, 4g sugar, 0mg cholesterol, 135mg sodium



Brittany Crawford

## Stress Management Part 2: How to Reduce, Prevent, and Cope with Stress

Submitted by LaDonna Johnson, CHR Coordinator



Since this article was lengthy, we had Part One in last month's addition. We will start with Part Two addressing "Dealing with Stressful Situations: The Four A's" and "The Six Stress Management Strategies".

#### Stress management strategy #1: Avoid unnecessary stress

Not all stress can be avoided, and it's not healthy to avoid a situation that needs to be addressed. You may be surprised, however, by the number of stressors in your life that you can eliminate.

- \*Learn how to say "no"
- \*Avoid people who stress you out
- \*Take control of your environment
- \*Avoid hot-button topics
- \*Pare down your to-do list

#### Stress management strategy #2: Alter the situation

If you can't avoid a stressful situation, try to alter it. Figure out what you can do to change things so the problem doesn't present itself in the future. Often, this involves changing the way you communicate and operate in your daily life.

- \*Express your feelings instead of bottling them up
- \*Be willing to compromise
- \*Be more assertive
- \*Manage your time better

#### Stress management strategy #3: Adapt to the stressor

If you can't change the stressor, change yourself. You can adapt to stressful situations and regain your sense of control by changing your expectations and attitude.

- \*Reframe problems
- \*Look at the big picture
- \*Adjust your standards
- \*Focus on the positive

#### Stress management strategy #4: Accept the things you can't change

Some sources of stress are unavoidable. You can't prevent or change stressors such as the death of a love one, a serious illness, or a national recession. In such cases, the best way to cope with stress is to accept things as they are. Acceptance

may be difficult, but in the long run, it's easier than railing against a situation you can't change.

- \*Don't try to control the uncontrollable
- \*Look for the upside
- \*Share your feelings
- \*Learn to forgive

#### Stress management strategy # 5: Make time for fun and relaxation

Beyond a take-charge approach and a positive attitude, you can reduce stress in your life by nurturing yourself. If you regularly make time for fun and relaxation, you'll be in a better place to handle life's stressors when they inevitably come.

- \*Go for a walk
- \*Spend time in nature
- \*Call a good friend
- \*Sweat out tension with a good workout
- \*Write in your journal
- \*Take a long bath
- \*Light scented candles
- \*Savor a warm cup of coffee or tea
- \*Play with a pet
- \*Work in a garden
- \*Get a massage
- \*Curl up with a good book
- \*Listen to music
- \*Watch a comedy

Don't get so caught up in the hustle and bustle of life that you forget to take care of your own needs. Nurturing yourself is a necessity, not a luxury.

- \*Set aside relaxation time
- \*Connect with others
- \*Do something you enjoy every day
- \*Keep your sense of humor

#### Stress management strategy #6: Adopt a healthy lifestyle

You can increase your resistance to stress by strengthening your physical health.

- \*Exercise regularly
- \*Eat a healthy diet
- \*Reduce caffeine and sugar
- \*Avoid alcohol, cigarettes, and drugs
- \*Get enough sleep

Managing stress is all about taking charge: of your thoughts, emotions, schedule, and the way you deal with problems. Good Luck!!

Ending on a humorous note: ALWAYS remember STRESSED is DESSERTS spelled backwards!! (Okay, that info WAS NOT provided by the company below, just thought I would throw it in!)

Information provided by  
 Helpguide.org  
 Melinda Smith, M.A.  
 Robert Segal, M.A.

## NOTICE

**Merle Boyd Center Exercise Facility**  
**Will be Open**  
**Mondays Thru Thursdays Until 6:00 p.m.**  
*Must have referral from*  
**Black Hawk Health Center to use exercise room**

## Sign up form for the Mîwîkô! Exercise Program

Name \_\_\_\_\_

Email \_\_\_\_\_

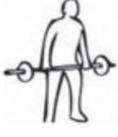
Phone Number \_\_\_\_\_

Shirt Size \_\_\_\_\_ Short Size \_\_\_\_\_

Referral to exercise \_\_\_\_\_

 <span style="font-size: 2em; font-weight: bold;">May 2013</span> 				
Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> 11:15 - Lunch Tone 12:15 - exercise dvd	<b>2</b> 11:15 - YOGA 12:15 - CIRCUIT TRAIN  5:00 - 5:45 C.A.P.S.	<b>3</b> 
<b>6</b> 11:15 - Lunch Tone 12:15 - exercise dvd	<b>7</b> 11:15 - YOGA 12:15 - CIRCUIT TRAIN  5:00 - 5:45 C.A.P.S.2	<b>8</b> 11:15 - Lunch Tone 12:15 - exercise dvd  	<b>9</b> 11:15 - YOGA 12:15 - CIRCUIT TRAIN  5:00 - 5:45 C.A.P.S.	<b>10</b> 
<b>13</b> 11:15 - Lunch Tone 12:15 - exercise dvd	<b>14</b> 11:15 - YOGA 12:15 - CIRCUIT TRAIN 12-1 P.M. Healthy Cooking 5:00 - 5:45 C.A.P.S.	<b>15</b> 11:15 - Lunch Tone 12:15 - exercise dvd 11-12 PM Healthy Cooking	<b>16</b> Closed 12-4:30 for In-service Training  5:00 - 5:45 C.A.P.	<b>17</b> <b>CLOSED FOR</b> Sac and Fox Victory Day
<b>20</b> 11:15 - Lunch Tone 12:15 - exercise dvd	<b>21</b> 11:15 - YOGA 12:15 - CIRCUIT TRAIN  5:00 - 5:45 C.A.P.S.	<b>22</b> 11:15 - Lunch Tone 12:15 - exercise dvd	<b>23</b> 11:15 - YOGA 12:15 - CIRCUIT TRAIN  5:00 - 5:45 C.A.P.S.	<b>24</b> 
<b>27</b> <b>CLOSED FOR</b> MEMORIAL DAY	<b>28</b> 11:15 - YOGA 12:15 - CIRCUIT TRAIN  5:00 - 5:45 C.A.P.S.	<b>29</b> 11:15 - Lunch Tone 12:15 - exercise dvd	<b>30</b> 11:15 - YOGA 12:15 - YOGA  5:00 - 5:45 C.A.P.S.	<b>31</b> 
11:15 and 12:15 Lunch classes Monday - Thursday 5:00 - 5:45 C.A.P.S. in the Merle W. Boyd exercise room. Employees and patients with referral only <b>MONDAY thru Thursday OPEN TIL 6 PM!!</b>				

FREE mesh backpack, shorts, t-shirts, hooded sweatshirts and more!




To Get Started  
 Get referral to exercise from  
 Black Hawk Health Center  
 And meet with  
 Exercise Specialist



## Mîwîkô

(Move Around)


Log actual miles walked or jogged, bicycled, or time lifting weights

For More Information Contact  
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