

From The Merle Boyd Center

Don't Wait Until The New Year To Make A Resolution

by Anthony Ramirez, Exercise Specialist MBC



Anthony Ramirez

for what they can physically do. Many factors contribute to making exercise an unpleasant experience; past injury, not understanding the machines and how they work, distance to the place of exercise, exercising alone, and most of all "not having enough time."

The great thing about going to a gym or exercise room is that you are getting up and going, you aren't working out in your home where many things can and do take your attention away from exercising. While in the gym you have weights, cardio machines, and other individuals that are focused on getting done with their exercise. The gym can be a scary place for those that either have never gone to one, or have had a bad experience in the past maybe because they weren't properly taught how to use a machine. Come into the Merle W. Boyd Center with a referral to exercise and I will personally show you the correct way to use machines that we have so you can gain the muscle memory and be able to take that knowledge with you for years to come. Make it a priority to learn as much as you can about exercising different muscles, and what those different muscles will help with through your daily life. The benefits of learning how your different muscles function will help you in daily life and make it easier to focus on strengthening the muscles you use daily.

Many people get an idea stuck in their head that "it's a new year; I'm going to be a new me." That is fine if it will help you in certain areas, but why wait until a certain date that is still months away to begin exercising? Make a monthly or weekly resolution to help fuel your workouts! This is now the tenth month of 2013 and you can use the remainder of the year to prepare your body and mind for what the New Year has to bring. Start eating healthier now to practice, begin working out or working out more often so when 2014 comes around you are able to attack the gym, know that you gave it your all and will continue to give it your all for the rest of the year. Each and every person has a different view of exercise and a different want/need

Fall is here and I am so happy!

Submitted by LaDona Johnson, CHR Coordinator



I love this time of year when the leaves start changing colors and there's crispness in the air. It's football weather, bonfires, tailgating parties, Halloween and the list goes on and on. October, we welcome you!

The Merle Boyd Center is a busy place this month! Here's a glimpse of what's going on at our place:

We will be having our flu immunization clinics on Mondays, during the month of October, at the Merle Boyd Center. Our flu clinic hours are from 9:00-2:00. The dates are October 7, 21 & 28. On Monday, October 14, we will be at the Sac and Fox Multi-Purpose Building at Shawnee, from 10:00-2:00. This service is for adult patients that have a chart at the Black Hawk Health Center. Please ask for LaDona or Angel.

Don't forget our Breast Cancer Health Fair & Walk that will be held on Friday, October 18, from 10:00-2:00 at the Sac and Fox Community Building,

Stroud. We will have various information booths, speakers, door prizes, free t-shirts and refreshments.

Of course, Dr. Webb and Nurse Angel will be at their post at the podiatry clinic on October 2, 9, 16, 23 & 30.

Referrals are needed from the physicians at Black Hawk Health Clinic for the services provided at the MBC. You do not have to have a referral for the flu vaccines, just an active chart at the Black Hawk Health Center.

We presently have a full staff at the Merle Boyd Center. Our staff includes: Leah Carver, Special Projects Manager; Anthony Ramirez, Exercise Specialist; Brittany Crawford, Registered Dietitian; Tyler Rolette, Physical Therapist; Malinda Seaton, Administrative Assistant; LaDona Johnson, LPN/CHR Coordinator; Angel Early, CHR/LPN; Sandy Harris, Transporter; Lea Rhodd, Transporter; and Jackie McCracken, House-keeping. Dr. James Webb, Podiatrist, is at the MBC on Wednesdays.

Merle Boyd Center offers several services for our patients. We're here for you.

Enjoy October and have a great fall ya'll!!

Healthy Eating, Being Active

Lifestyle Balance Program

The Diabetes Prevention Program created the Lifestyle Balance curriculum to help prevent diabetes among those who are at high risk. The program meets once a week for sixteen weeks and focuses on weight loss, healthy eating, and staying active.

Sac and Fox Nation Special Diabetes Program

Brittany Crawford, RD/LD
Phone: 918-968-9531
E-mail: brittany.crawford@ihs.gov

Tentative meeting times will be Mondays at noon at the Merle W Boyd Center starting in October.

There will be ten spots available, please contact Brittany Crawford by September 30, 2013 if interested in participating.

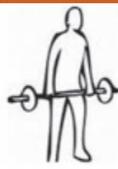


Don't Forget
The **October**
Cooking Classes
October 15
and
October 17
MBC 11:00-12:00



Brittany Crawford, Registered Dietitian MBC

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
Anthony Ramirez at (918) 968-9531 Ext. 205 or Anthony.Ramirez@ihs.gov

Sign up form for the Mîwîkô! Exercise Program

Name _____

Email _____

Phone Number _____

Shirt Size _____ Short Size _____

Referral to exercise _____

October 2013 Black Hawk Health Center Activities

Monday	Tuesday	Wednesday	Thursday	Friday
	1 11:15 - YOGA 12:15 - CIRCUIT TRAIN 4:45 Low impact aerobics	2 11:15 - Lunch Tone 12:15 -exercise dvd 4:45 Circuit training	3 Closed 12-4:30 for In-service Training 4:45 Cardio/core training	4
7 11:15 - Lunch Tone 12:15 -exercise dvd Beginner's weight training class 4:45	8 11:15 - YOGA 12:15 - CIRCUIT TRAIN 4:45 Low impact aerobics	9 11:15 - Lunch Tone 12:15 -exercise dvd 4:45 Circuit training	10 Closed 12-4:30 for In-service Training 4:45 Cardio/core training	11 Come exercise
14 11:15 - Lunch Tone 12:15 -exercise dvd Beginner's weight training class 4:45	15 11:15 - YOGA 12:15 - CIRCUIT TRAIN 12-1 Cooking Demonstration 4:45 Low impact aerobics	16 11:15 - Lunch Tone 12:15 -exercise dvd 4:45 Circuit training	17 11:15 - YOGA 12:15 - CIRCUIT TRAIN 12-1 Cooking Demonstration 4:45 Cardio/core training	18 enjoy your lunch and exercise
21 11:15 - Lunch Tone 12:15 -exercise dvd Beginner's weight training class 4:45	22 11:15 - YOGA 12:15 - CIRCUIT TRAIN 4:45 Low impact aerobics	23 11:15 - Lunch Tone 12:15 -exercise dvd 4:45 Circuit training	24 11:15 - YOGA 12:15 - CIRCUIT TRAIN 4:45 Cardio/core training	25 Lunch Dance Pick a game on the Kinect
28 11:15 - Lunch Tone 12:15 -exercise dvd Beginner's weight training class 4:45	29 11:15 - YOGA 12:15 - CIRCUIT TRAIN 4:45 Low impact aerobics	30 11:15 - Lunch Tone 12:15 -exercise dvd 4:45 Circuit training	31 11:15 - YOGA 12:15 - CIRCUIT TRAIN 4:45 Cardio/core training	

11:15 and 12:15 Lunch classes Monday - Thursday

4:45-6 P.M. after work classes.

Class vote toning/weight training, low impact aerobics, core/cardio training

MONDAY thru Thursday OPEN TIL 6 PM!!



3 STEPS To HEALTHY EATING

You can help your family members eat healthy by taking these 3 steps:

1. Use smaller plates.
2. Divide the plates into 4 equal portions of vegetables, fruits, grains, and meats/poultry/fish.
3. Watch portion sizes by stacking food no higher than 1 to 1 1/2 inches.

To print out My Native Plate placemats showing these steps, go to:

www.diabetes.ihs.gov.

Click on Printable Materials, Nutrition, then My Native Plate.

Produced by IHS Division of Diabetes Treatment and Prevention, www.diabetes.ihs.gov