

From The Merle Boyd Center

Do Not Let the World Weigh You Down

by Anthony Ramirez, Exercise Specialist MBC

Do you feel as if the stresses and weights of the world are bearing down on your mind, body and spirit? Although these three are separate, they can be targeted and focused on through exercise. Exercise provides amazing health benefits and will minimize the long term risk of aggravating health or physical conditions. While exercise is beneficial for most, there are many individuals that have medical conditions and may be taking prescription drugs, most likely they will need modified exercise to ensure they are having a safe experience and also getting positive results. Whether you exercise in the comfort of your home or yard, go to a gym, or come to the MBC exercise room on highway 99, it is up to you to start somewhere on working towards your goals. The specific goal you have is not the same as your neighbors, but no matter if it is to lower cholesterol, get off of blood pressure medicine, or to look even better for the summer it begins with getting off the couch and moving your body any little bit more than you already are. The Center for Disease control is even quoted in writing that exercise can reduce the risks of cardiovascular disease, type 2 diabetes, some cancers, and also improve the chances of living longer and the ability to do daily activities.

It is always "suggested" to receive a medical clearance before engaging in exercise, but this is almost as important



Anthony Ramirez

as actually exercising so please DO NOT SKIP GOING TO THE DOCTOR! If you take medicine for any type of medical condition also, this is not something you can take when you "feel like it" or "need it", they were prescribed already because you need it and in most cases doctors will tell you that adding a little to moderate exercise with your medicines will in time bring you to a healthier state. It is not my job to prescribe any type of medicine or to suggest anything other than physical activity so please consult with your doctor, then come in to set up an exercise plan. An exercise program can be set up that can range from just getting started and working on balance and flexibility, to an experienced athlete that would like to gain strength and agility.

Recipes for April

by Brittany Crawford,
Registered Dietitian MBC

Black-Bean Tostadas with Corn Relish

Makes 6 servings

- Ingredients**
- 2 limes
 - ½ purple onion, finely diced
 - 1 package frozen corn kernels
 - 2 and 1 Tbsp olive oil, separated
 - Coarse salt and ground pepper (optional)
 - 1 jalapeno pepper
 - 12 oz cherry tomatoes
 - 6 oz Shredded Monterey Jack cheese
 - 6 flour tortillas
 - 1 avocado
 - 1 can low sodium black beans
 - Reduced-fat sour cream (optional)



Brittany Crawford

Preparation

In a medium bowl, combine corn and onion. Juice limes and add juice to the corn and onion mixture. Add 1 Tbsp olive oil, salt, and pepper, toss to combine and set aside. Mince jalapeno pepper and half tomatoes. Combine together and set aside. Preheat oven to 475 ° F. Arrange tortillas on baking sheet and brush both sides with remaining 2 Tbsp olive oil. Rinse and drain beans, sprinkle over tortillas. Top with tomatoes, jalapeno, and cheese. Bake until golden and crisp, about 10 minutes. While tostadas are baking, pit, peel, and dice avocado. To serve, top tostadas with corn relish, avocado, and sour cream.

Stress Management: How to Reduce, Prevent, and Cope with Stress

Submitted by LaDona Johnson, CHR Coordinator



I found this article and thought it was really interesting. Stress affects us in so many areas of our lives. Since the article is lengthy, we will cover the first part in this newspaper issue; part two will be in the May's addition.

It may seem that there's nothing you can do about stress. The bills won't stop coming, there will never be more hours in the day, and your career and family responsibilities will always be demanding. But you have more control than you might think. In fact, the simple realization that you're in control of your life is the foundation of stress management. Managing stress is all about taking care: of your thoughts, emotions, schedule, and the way you deal with problems.

Identify the sources of stress in your life

Stress management starts with identifying the sources of stress in your life. This isn't as easy as it sounds. Your true sources of stress aren't always obvious, and it's all too easy to overlook your own stress-inducing thoughts, feelings, and behaviors. Sure, you may know that you're constantly worried about work deadlines. But maybe it's your procrastination, rather than the actual job demands, that leads to deadline stress.

Until you accept responsibility for the role you play in creating or maintaining it, your stress level will remain outside your control.

Start a stress journal

A stress journal can help you identify the regular stressors in your life and the way you deal with them. Each time you feel stressed, keep track of it in your journal. As you keep a daily log, you will begin to see patterns and common themes. Write down what caused your stress (make a guess if you're unsure). How

you felt, both physically and emotionally. How you acted in response. What you did to make yourself feel better.

Look at how you currently cope with stress

Think about the ways you currently manage and cope with stress in your life. Your stress journal can help you identify with them. Are your coping strategies healthy or unhealthy, helpful or unproductive? Unfortunately, many people cope with stress in ways that compound the problem.

Unhealthy ways of coping with stress

These coping strategies may temporarily reduce stress, but they can cause more damage in the long run: Smoking, Drinking too much, Overeating or undereating, Zoning out for hours in front of the TV or computer, Withdrawing from friends, family, and activities, Using pills or drugs to relax, Sleeping too much, Procrastinating, Filling up every minute of the day to avoid facing problems, Taking out your stress on others (lashing out, angry outbursts, physical violence).

Learning healthier ways to manage stress

If your methods of coping with stress aren't contributing to your greater emotional and physical health, it's time to find healthier ones. There are many healthy ways to manage and cope with stress, but they all require change. You can either change the situation or change your reaction. When deciding which option to choose, it's helpful to think of the four A's: avoid, alter, adapt, or accept.

Since everyone has a unique response to stress, there is no "one size fits all" solution to managing it. No single method works for everyone or in every situation, so experiment with different techniques and strategies. Focus on what makes you feel calm and control.

In the May addition, we will address the five stress management strategies and The Four A's.

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 _____

April 2013				
Monday	Tuesday	Wednesday	Thursday	Friday
1 11:15 - Lunch Tone 12:15 - exercise dvd 	2 11:15 - YOGA 12:15 - CIRCUIT TRAIN 5:00 - 5:45 C.A.P.S.2	3 11:15 - Lunch Tone 12:15 - exercise dvd	4 11:15 - YOGA 12:15 - CIRCUIT TRAIN 5:00 - 5:45 C.A.P.S.2	5 Just come in!
8 11:15 - Lunch Tone 12:15 - exercise dvd	9 11:15 - YOGA 12:15 - CIRCUIT TRAIN 5:00 - 5:45 C.A.P.S.2	10 11:15 - Lunch Tone 12:15 - exercise dvd 	11 11:15 - YOGA 12:15 - CIRCUIT TRAIN 5:00 - 5:45 C.A.P.S.2	12 Come and exercise! Have fun and move
15 11:15 - Lunch Tone 12:15 - exercise dvd	16 11:15 - YOGA 12:15 - CIRCUIT TRAIN 12-1 P.M. Healthy Cooking 5:00 - 5:45 C.A.P.S.2	17 11:15 - Lunch Tone 12:15 - exercise dvd	18 Closed 12-4:30 for In-service Training 11-1 PM Healthy Cooking 5:00 - 5:45 C.A.P.S.2	19
22 11:15 - Lunch Tone 12:15 - exercise dvd	23 11:15 - YOGA 12:15 - CIRCUIT TRAIN 5:00 - 5:45 C.A.P.S.2	24 11:15 - Lunch Tone 12:15 - exercise dvd	25 11:15 - YOGA 12:15 - CIRCUIT TRAIN 5:00 - 5:45 C.A.P.S.2	26
29 11:15 - Lunch Tone 12:15 - exercise dvd	30 11:15 - YOGA 12:15 - CIRCUIT TRAIN 5:00 - 5:45 C.A.P.S.2 			

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
MONDAY thru Thursday OPEN TIL 6 PM!!

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