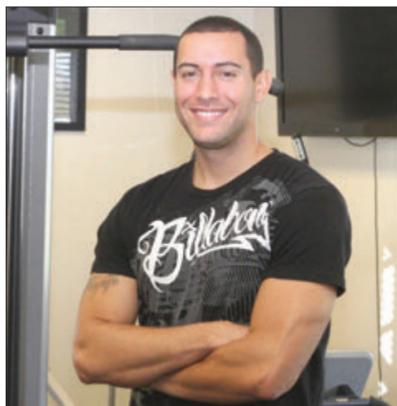


# From The Merle Boyd Center

## New In Shawnee!

Exercise Specialist MBC

by Anthony Ramirez



Anthony Ramirez

Beginning Tuesday January 7, 2014 at 8AM, the Sac and Fox Multi-Purpose Building in Shawnee will have an exercise room open for any person with a referral from Black Hawk Health Center! The room will be across the hall from the computer room and will be equipped with a treadmill, stationary bicycle, row machine and dumbbells.

The room will be open every Tuesday from 8AM-4:30PM with exercise specialist Anthony Ramirez available

to answer questions, lead instructional classes, and give one-on-one counseling. As mentioned before, this room is available for individuals that have an up-to-date referral to exercise from the Black Hawk Health Center in Stroud AND for employees of the Sac and Fox Nation that have a doctor's release stating they are healthy to exercise.

For employees that do not have a CDIB card, please contact Anthony Ramirez, Anthony.Ramirez@ihs.gov, 918-968-9531 Ext. 3039, to have a waiver form emailed or faxed to you to have completed by your primary care physician.

This is an attempt to have a service available to those in Shawnee that are unable to travel to Stroud to exercise, and we would love to have the room full of people.

Please act fast to make plans to travel to Stroud for a new referral or to renew your past exercise referral if you would like to enjoy exercising, participating in step and also step aerobics classes in Shawnee once a week!

## 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.



## 8 Rules of Christmas: Healthy Holiday Eating Tips

Submitted by LaDona Johnson, CHR Coordinator



First of all, before anything else is said, let's agree on a couple of things.

Sharing good times with friends and family is part of what the holiday season is all about. When these groups get together, it is often in the presence of delicious, scrumptious food. This food tends to be available for snacking all day. Personally, I would immediately call and nominate anyone for sainthood that could truly enjoy all the festivities, while ignoring the lavish plates of goodies and walking around munching on a stick of celery.

Oh yeah! You're going to sample Aunt Millie's pecan pie; Uncle Bob's specially prepared fried turkey, and probably a glass of Alka-Seltzer or something similar.

Unfortunately, I am here to remind you of a few things; you are on a diet, you want to lose weight, all that stuff that is so tempting is fattening, and this is the hardest time of the year to be good. So, let's just pick up on a few rules to help you get through the season.

### 8 Rules for Healthy Holiday Eating:

Before we get started, I want you to get comfortable, so put some turkey on your plate, get some of that great dressing (don't forget the cranberry sauce), fight Cousin Johnny for some of that green bean casserole, and tell Grandma to save a piece of pie for you. Have a seat, relax, enjoy your meal (while balancing a soggy paper plate on your knee) and I will give you the rules to help you survive the season.

#### 1. Forgive yourself in advance and give yourself permission to have a good time:

Look, this stuff isn't poison! You didn't take 10 years off your life just because you ate more than you should have . . . and then went back for seconds. You are only human, and you are here to have a good time! One of the reasons you want to lose weight, or keep it down, is so that you can enjoy life, and this is one of the most enjoyable times of the year. So, as they say, live a little. Whatever happens over the next few days will not kill you, and whatever damage you do, can be rectified.

#### 2. It's just a couple of days:

Okay, for some families, it may be a couple of weeks . . . twice . . . Thanksgiving and Christmas. Whatever it is for you, it is finite, it WILL end, and it is mainly limited to a certain time of the year. Who you are in terms of health, fitness, and weight loss is determined by the overall accomplishments of the year, not by a few weeks in the fall.

#### 3. Stay with your program:

You will definitely minimize the effects of all the dinners, cookies, and snacks if you can still get in your walks, aerobics, weight training, or whatever else you have been doing. During the holiday season, it can be difficult to get everything done the same as in the rest of the year, but two days of exercise

Thanksgiving week, while not as good as three or five, is still better than none. Simply knowing you have not abandoned your plan will help you get over any depression you might have because of your holiday eating, and will help reduce any negative effects from all the delicious, gooey calories you have "accidentally" consumed. If you cannot stay on a formal program, squeeze in a walk, even if it is a high-speed shopping trip through the mall.

#### 4. Remain in touch with reality:

You will hear people speak of "mindful eating". Be aware of what you are doing. Have you ever heard someone say, "It's so good, I have to have some more"? Of course, YOU and I never say things like that! Well the truth is that you DON'T have to eat some more right now. Just because the food is there right now doesn't mean it has to be eaten right this moment. One piece of pie is not going to kill you or destroy your weight loss resolution, but do you have to eat the whole pie? Why not take a piece home with you and have it as a treat later.

#### 5. Food is not love:

Many people tend to equate food and eating with love. You cannot change the others, but you change your own attitude. Just because you don't want seconds of Grandma's turkey, does not mean you don't love her. If she is hurt because you normally stuff yourself and this year you're not doing her "justice", just say that you are full right now but will have more later. Take control of YOUR life. Others will have to take control of theirs.

#### 6. If you are the cook:

Choose healthy dishes prepared in a healthy manner. If you have found a new diet-friendly food that you enjoy, share that with others. This will give you one healthier dish to select your own meal from.

#### 7. Alcohol:

If you enjoy wine, beer, eggnog or other drinks containing alcohol, just slow down and cut back. Try a glass of water between drinks. Drinks containing alcohol are sneaky calories. They do nothing for you nutritionally, but they do contain calories. A few drinks with friends can give you more calories than a Big Mac . . . and you probably have these drinks while snacking before a meal! Oh well! At least if you are a beer drinker, you can try some light beers.

#### 8. Be happy to be where you are, doing what you are doing, with the people you love:

If you fall head over heels off the diet wagon, have fun. What you do throughout the year will have more effect on your weight and health than what happens between Thanksgiving and New Year's.

Have a lot of fun this holiday season. Enjoy all the events you need to attend. Most of all enjoy the time spent with family and friends.

Donovan Baldwin  
Adlandpro Community

**Don't Forget The December Cooking Classes**  
**December 17**  
**12:00 - 1:00**  
**December 19**  
**12:00 - 1:00**



Brittany Crawford, Registered Dietitian MBC

## 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](http://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](http://www.diabetes.ihs.gov)

<h2 style="text-align: center;">December 2013</h2> <h3 style="text-align: center;">Black Hawk Health Center Activities</h3>				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> 11:15 - Lunch Tone 12:15 - exercise dvd 4:45 Cardio/core training	<b>3</b> 11:15 - YOGA 12:15 - CIRCUIT TRAIN 4:45 Low impact aerobics	<b>4</b> 11:15 - Lunch Tone 12:15 - exercise dvd 4:45 Circuit training	<b>5</b> 11:15 - YOGA 12:15 - CIRCUIT TRAIN 4:45 Circuit Training	<b>6</b> Prepare for the New Year!
<b>9</b> 11:15 - Lunch Tone 12:15 - exercise dvd 4:45 Cardio/core training	<b>10</b> 11:15 - YOGA 12:15 - CIRCUIT TRAIN 4:45 Low impact aerobics	<b>11</b> 11:15 - Lunch Tone 12:15 - exercise dvd 4:45 Circuit training	<b>12</b> 11:15 - YOGA 12:15 - CIRCUIT TRAIN 4:45 Circuit Training	<b>13</b> Increase your flexibility to keep your balance!
<b>16</b> 11:15 - Lunch Tone 12:15 - exercise dvd 4:45 Cardio/core training	<b>17</b> 11:15 - YOGA 12:15 - CIRCUIT TRAIN 4:45 Low impact aerobics	<b>18</b> 11:15 - Lunch Tone 12:15 - exercise dvd 4:45 Circuit training	<b>19</b> Closed 12-4:30 for In-service Training 12-1 Cooking Demo 4:45 Circuit training	<b>20</b> Work out in prep. for the Holiday meals!
<b>23</b> 11:15 - Lunch Tone 12:15 - exercise dvd 4:45 Cardio/core training	<b>24</b> 11:15 - YOGA 12:15 - CIRCUIT TRAIN 4:45 Low impact aerobics	<b>25</b> Closed	<b>26</b> for	<b>27</b> Christmas
<b>30</b> 11:15 - Lunch Tone 12:15 - exercise dvd 4:45 Cardio/core training	<b>31</b> 11:15 - YOGA 12:15 - CIRCUIT TRAIN 4:45 Low impact aerobics			
11:15 and 12:15 Lunch classes Monday - Thursday 4:45-6 P.M. after work classes. Toning/weight training, low impact aerobics, core/cardio training, circuit training <b>MONDAY thru Thursday OPEN TIL 6 PM!!</b>				