

# From The Merle Boyd Center

## New additions for summer time at the Merle W. Boyd Center

by Anthony Ramirez, Exercise Specialist MBC

With summer time here and the ability to be outside after work hours, come and enjoy several different activities starting up at the MBC in Stroud. A majority of surveys I have received back show that there is the want to move and the want to exercise while participating in exercise programs that aren't too strenuous and we can make fun. When it is a nice day outside we can go for a group walk outside, play some horseshoes, or play badminton/volleyball. If the weather will not permit us to be outside then we can work out with the kinect doing some zumba, dancing, or the other games that keep you moving and can increase mobility and flexibility. Also, remember we do have new equipment that is designed and available to increase muscle strength, flexibility, and also your overall balance, but the machines must be used in order for the benefits to begin being felt and seen. Classes



Anthony Ramirez

will be starting up shortly for balance, flexibility and muscle strengthening along with hopefully doing some group activities that will let us have fun and even compete against one another while exercising. Please, if you have any questions or would like to know any details email [Anthony.Ramirez@ihs.gov](mailto:Anthony.Ramirez@ihs.gov) and let's work together to have a healthier summer and more active lifestyles.

## Recipes for June

by Brittany Crawford, Registered Dietitian MBC

### Avocado-Banana Smoothie

Makes 4 servings

#### Ingredients

- 1 avocado
- 1 banana
- ½ cup nonfat plain yogurt
- 1 ½ cups orange juice
- ¼ cup honey
- 3 cups ice



Brittany Crawford

#### Preparation

In a blender, combine avocado, banana, yogurt, orange juice, honey, and ice. Blend until smooth. Serve immediately.

## All Toes On Deck Submitted by LaDona Johnson, CHR Coordinator



#### Tips for Protecting Feet from the Heat

Here it is summer and there's nothing like shedding your shoes and going barefoot or wearing a pair of flip flops everywhere you go. But sometimes this does come with its own set of tootsie troubles.

Here are some ways to prevent foot predicaments so you can enjoy this summer.

1. Limit walking barefoot as it exposes feet to sunburn, as well as plantar warts, athlete's foot, ringworm, and other infections and also increases risk of injury to your feet.
2. Wear shoes or flip flops around the pool, to the beach, in the locker room and even on the carpeting or in the bathroom to prevent injuries and limit the likelihood of contracting any bacterial infections.
3. Remember to apply sunscreen all over your feet, especially the tops and fronts of ankles, and don't forget to reapply after you've been in the water.
4. Stay hydrated by drinking plenty of water throughout the day. This will not only help with overall health, but will also minimize any foot swelling caused by the heat.
5. Keep blood flowing with periodic ankle flexes, toe wiggles, and calf stretches.
6. Some activities at the beach, lake or river may require different types of footwear to be worn so be sure to ask the contact at each activity if specific shoes are needed. To be safe, always pack an extra pair of sneakers or protective water shoes. If your shoes

will be getting wet, they should be dried out completely before your next wearing to prevent bacteria or fungus from growing.

7. If you injure your foot or ankle while on vacation, seek professional medical attention from a podiatric physician.
8. In case of minor foot problems, be prepared with the following on-the-go foot gear:

- Flip flops – for the pool, spa, hotel room, and airport security check points
- Sterile bandages – for covering minor cuts and scrapes
- Antibiotic cream – to treat any skin injury
- Emollient-enriched cream – to hydrate feet
- Blister pads or moleskin – to protect against blisters
- Motrin or Advil (anti-inflammatory) – to ease tired, swollen feet
- Toenail clippers – to keep toenails trimmed
- Emery board – to smooth rough edges or broken nails
- Pumice stone – to soften callused skin
- Sunscreen – to protect against the scorching sun
- Aloe vera or Silvadene cream – to relieve sunburns

Summer is the time of year we enjoy outside activities. A lot of the time, we ignore our feet. Let's stay healthy and keep our tootsie problems to a minimum.

Thought for the day: If you want to touch the past, touch a rock. If you want to touch the present, touch a flower. If you want to touch the future, touch a life. - Unknown

Information provided by American Podiatric Medical Association

## 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 \_\_\_\_\_

<div style="text-align: center;"> <h2>June 2013</h2> <h3>Black Hawk Health Center Activities</h3> </div>				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> 11:15 - Lunch Tone 12:15 - exercise dvd Beginner's weight training class 4:45	<b>4</b> 11:15 - YOGA 12:15 - CIRCUIT TRAIN 4:45 Low impact aerobics	<b>5</b> 11:15 - Lunch Tone 12:15 - exercise dvd 4:45 Kinect Zumba/Dance	<b>6</b> 11:15 - YOGA 12:15 - CIRCUIT TRAIN 4:45 Cardio/core training	<b>7</b> 
<b>10</b> 11:15 - Lunch Tone 12:15 - exercise dvd Beginner's weight training class 4:45	<b>11</b> 11:15 - YOGA 12:15 - CIRCUIT TRAIN 4:45 Low impact aerobics	<b>12</b> 11:15 - Lunch Tone 12:15 - exercise dvd Closed at 4:30	<b>13</b> No Classes I will be at NYPD Camp	<b>14</b> No Classes I will be at NYPD Camp
<b>17</b> 11:15 - Lunch Tone 12:15 - exercise dvd Beginner's weight training class 4:45	<b>18</b> 11:15 - YOGA 12:15 - CIRCUIT TRAIN 12 P.M. Healthy Cooking 4:45 Low impact aerobics	<b>19</b> 11:15 - Lunch Tone 12:15 - exercise dvd 11-12 PM Healthy Cooking 4:45 Kinect Zumba/Dance	<b>20</b> Closed 12-4:30 for In-service Training 4:45 Cardio/core training	<b>21</b> Lunch Dance Pick a game on the Kinect
<b>24</b> 11:15 - Lunch Tone 12:15 - exercise dvd Beginner's weight training class 4:45	<b>25</b> 11:15 - YOGA 12:15 - CIRCUIT TRAIN 4:45 Low impact aerobics	<b>26</b> 11:15 - Lunch Tone 12:15 - exercise dvd 4:45 Kinect Zumba/Dance	<b>27</b> 11:15 - YOGA 12:15 - CIRCUIT TRAIN 4:45 Cardio/core training	<b>28</b> Lunch Dance Pick a game on the Kinect

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](mailto:Anthony.Ramirez@ihs.gov)