

From The Merle Boyd Center

Get Ready For Spring by Anthony Ramirez, MBC

Attention patients and employees of the Sac and Fox Nation, we are now in the third month of 2013 and hopefully you are still keeping up with the goals you have set for yourself.

I have heard many goals since the New Year began which include weight loss, loss of inches, and gains in strength. Remember these goals are great to set but always set small short term goals that are attainable and long term goals that these short term goals can help accomplish. Such goals could be as simple as losing a pound a week, with a long term goal of being 50 pounds in a year. This is a very easy thing to accomplish with the right motivation that won't put too much stress on your body. For some individuals this is a great goal, they can be patient and slowly gain results, others I know aren't as patient and would want to lose the 50 pounds in a month. Losing any amount of weight over 10 pounds in a month while eating healthy and taking care of your body is not recommended.

The largest goal I would have any person set for weight loss in 6 months would be 40 pounds and that would involve exercising at a minimum of 3 times a week while eating all the fruits and vegetables along with a good source of protein daily while knocking out all high sodium and high cholesterol foods, or at least diminishing them greatly.

If you are either getting your body into shape or keeping it in shape, the



Anthony Ramirez

possibilities of things to do to help yourself are endless. With spring coming up that means the weather will be warming up and the activities will be more outside than in. It's time to get your horseshoe tossing arm in shape, if you are a fisherman then it is time to get your casting arm ready or you will be expected to stay home more often than not to clean and get the yard in shape!

If you are an active person, whether it is being outside or just always on your feet and keeping busy, you know how agonizing it is to be stuck home with a hurt muscle or having to go to treatment, so take my advice and begin your exercising and strengthening of your muscles now if you haven't already or you will be wishing you had in the next several months.



Meatless Monday: One day a week, cut out meat by Brittany Crawford, Registered Dietitian MBC

Are you looking for a way to lower your cholesterol levels, blood pressure, and reduce your risk of hypertension and type 2 diabetes? Jump on the Meatless Monday bandwagon! Meatless Monday is a non-profit initiative of The Monday Campaigns, in association with the John Hopkins' Bloomberg School of Public Health. Meatless Monday began in 2003 with the goal to help the general public improve their personal health and the environment by reducing meat consumption by 15%. Since then, many celebrities, restaurants, schools, colleges, food distributors, worksite wellness programs, and insurance companies have become meatless on Monday's.

Going meatless can reduce your risk for chronic diseases and conditions such as cardiovascular disease, diabetes, obesity and cancer. The Academy of Nutrition and Dietetics (formerly known as the American Dietetic Association) states that "appropri-

ately planned vegetarian diets, including total vegetarian or vegan diets, are healthful, nutritionally adequate, and may provide health benefits in the prevention and treatment of certain diseases. Well-planned vegetarian diets are appropriate for individuals during all stages of the life cycle, including pregnancy, lactation, infancy, childhood, and adolescence, and for athletes." Vegetarian diets often include higher intakes of fruits, vegetables, whole grains, and fiber and lower intakes of saturated fat and cholesterol.

The campaign is not asking you to cut out all meat entirely, but just one day of the week. Meat and other animal products are the major sources of saturated fat and cholesterol in our diet. Cutting these foods out just one day out of the week can have a significant impact on your health. For more information and great meatless recipes, please visit www.meatlessmonday.com.

Effective November 1, 2012
Merle Boyd Center Exercise Facility
Will be Open
Until 6:00 p.m. on Mondays and Wednesdays
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 _____

Recipes for March by Brittany Crawford, Registered Dietitian MBC

Great Northern White Chili

- Ingredients**
- 1 medium onion, chopped
 - 1 teaspoon minced garlic
 - 2 (15-ounce) cans Great Northern beans, rinsed and drained
 - 1 (15-ounce) can garbanzo beans, rinsed and drained
 - 4 cups vegetable broth
 - 1 tsp chili powder
 - 1 tsp ground cumin
 - 1/2 tsp dried oregano
 - 1 (4-ounce) can diced green chilies, drained
 - 1 (14-ounce) can white sweet corn, drained



Brittany Crawford

Preparation

Coat a large pot with nonstick cooking spray, then sauté the onion and garlic over medium heat for 3-5 minutes, until tender. Stir frequently so vegetables do not stick. Empty one can of the Great Northern beans into a food processor or blender and process with one cup of the vegetable broth until smooth. Add everything to the pot: the pureed bean mixture, the second can of Great Northern beans, the garbanzo beans, the remaining 3 cups of vegetable broth, chili powder, cumin, oregano, green chilies, and corn. Bring to a boil, then reduce heat and cook for 20 minutes.

March 2013				
Black Hawk Health Center Activities				
Monday	Tuesday	Wednesday	Thursday	Friday
				1 Just come in!
4 11:15 - Lunch Tone 12:15 - exercise dvd	5 11:15 - YOGA 12:15 - CIRCUIT TRAIN 5:00 - 5:45 C.A.P.S.2	6 11:15 - Lunch Tone 12:15 - exercise dvd	7 11:15 - YOGA 12:15 - CIRCUIT TRAIN 5:00 - 5:45 C.A.P.S.2	8 Come and exercise! Have fun and move
11 11:15 - Lunch Tone 12:15 - exercise dvd	12 11:15 - YOGA 12:15 - CIRCUIT TRAIN 5:00 - 5:45 C.A.P.S.2	13 11:15 - Lunch Tone 12:15 - exercise dvd	14 11:15 - YOGA 12:15 - CIRCUIT TRAIN 5:00 - 5:45 C.A.P.S.2	15
18 11:15 - Lunch Tone 12:15 - exercise dvd 	19 11:15 - YOGA 12:15 - CIRCUIT TRAIN 5:00 - 5:45 C.A.P.S.2	20 11:15 - Lunch Tone 12:15 - exercise dvd 12-1 P.M. Healthy Cooking	21 Closed 12-4:30 for In-service Training 11-12 PM Cooking 5:00 - 5:45 C.A.P.S.2	22
25 11:15 - Lunch Tone 12:15 - exercise dvd	26 11:15 - YOGA 12:15 - CIRCUIT TRAIN 5:00 - 5:45 C.A.P.S.2	27 11:15 - Lunch Tone 12:15 - exercise dvd	28 11:15 - YOGA 12:15 - CIRCUIT TRAIN 5:00 - 5:45 C.A.P.S.2	29
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
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