

# From The Merle Boyd Center

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  
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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.



## It's American Heart Month

Submitted by LaDona Johnson, CHR Coordinator



February is American Heart Month. Heart disease is the leading cause of death for both men and women, but heart disease is preventable and controllable.

Every journey begins with one step, whether it's climbing a mountain or preventing heart disease. This month we are going to discuss taking that first step that will lead us on the road to a healthy heart.

### Let's Take One Step at a Time

As you begin your journey to better heart health, keep these things in mind:

- Don't become overwhelmed. Every step brings you closer to a healthier heart.

- Don't go it alone. The journey is more fun when you have company. Ask friends and family to join you.

- Don't get discouraged. You may not be able to take all of the steps at one time. Get a good night's sleep and do what you can tomorrow.

- Reward yourself. Find fun things to do to decrease your stress. Round up some colleagues for a lunchtime walk, join a singing group, or have a healthy dinner with your family or friends.

### Plan for Prevention

Some health conditions and lifestyle factors can put people at higher risk for developing heart disease. You can help prevent heart disease by making healthy choices and managing any medical conditions you have.

- Eat a healthy diet. Choosing healthy meal and snack options can help you avoid heart disease and its complications. Be sure to eat plenty of fresh fruits and vegetables—adults should have at least 5 servings each day. Eating foods low in saturated fat, trans fat, and cholesterol and high in fiber can help prevent high cholesterol. Limiting salt or sodium in your diet also can lower your blood pressure. For more information on healthy diet and nutrition, visit CDC's Nutrition and Physical Activity Program Web site and ChooseMyPlate.gov.

- Maintain a healthy weight. Being overweight or obese can increase your risk for heart disease. To determine whether your weight is in a healthy range, doctors often calculate a number called the body mass index (BMI). Doctors sometimes also use waist and hip measurements to measure a person's body fat. If you know your weight and

height, you can calculate your BMI at CDC's Assessing Your Weight Web site.

- Exercise regularly. Physical activity can help you maintain a healthy weight and lower cholesterol and blood pressure. The Surgeon General recommends that adults should engage in moderate-intensity exercise for at least 30 minutes on most days of the week. For more information, see CDC's Nutrition and Physical Activity Program Web site.

- Monitor your blood pressure. High blood pressure often has no symptoms, so be sure to have it checked on a regular basis. You can check your blood pressure at home, at a pharmacy, or at a doctor's office. Find more information at CDC's High Blood Pressure Web site.

- Don't smoke. Cigarette smoking greatly increases your risk for heart disease. If you don't smoke, don't start. If you do smoke, quit as soon as possible. Your doctor can suggest ways to help you quit. For more information about tobacco use and quitting, see CDC's Smoking & Tobacco Use Web site and Smokefree.gov.

- Limit alcohol use. Avoid drinking too much alcohol, which can increase your blood pressure. Men should stick to no more than two drinks per day, and women to no more than one. For more information, visit CDC's Alcohol and Public Health Web site.

- Have your cholesterol checked. Your health care provider should test your cholesterol levels at least once every 5 years. Talk with your doctor about this simple blood test. You can find out more from CDC's High Cholesterol Web site.

- Manage your diabetes. If you have diabetes, monitor your blood sugar levels closely, and talk with your doctor about treatment options. Visit CDC's Diabetes Public Health Resource for more information.

- Take your medicine. If you're taking medication to treat high blood pressure, high cholesterol, or diabetes, follow your doctor's instructions carefully. Always ask questions if you don't understand something.

Together, we can prevent heart disease, one step at a time.

Information Provided By  
Centers for Disease Control and Prevention  
1600 Clifton Road  
Atlanta, GA 30333  
800-232-4636

## FEBRUARY 2014

### Black Hawk Health Center Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> 11:15 - Sweat in to the Oldies 12:15 - exercise dvd 4:45 Cardio/core training	<b>4</b> open 8-4:30 Anthony in Shawnee	<b>5</b> 11:15 - Sweat in to the Oldies 12:15 - exercise dvd beginner's weight training class 4:45	<b>6</b> 11:15 - YOGA 12:15 - CIRCUIT TRAIN 4:45 Circuit Training	<b>7</b> 11:15 Sweat in to the Oldies 12:15 exercise dvd
<b>10</b> 11:15 - Sweat in to the Oldies 12:15 - exercise dvd 4:45 Cardio/core training	<b>11</b> open 8-4:30 Anthony in Shawnee	<b>12</b> 11:15 - Sweat in to the Oldies 12:15 - exercise dvd beginner's weight training class 4:45	<b>13</b> 11:15 - YOGA 12:15 - CIRCUIT TRAIN 4:45 Circuit Training	<b>14</b> 11:15 Sweat in to the Oldies 12:15 exercise dvd
<b>17</b> 11:15 - Sweat in to the Oldies 12:15 - exercise dvd 4:45 Cardio/core training	<b>18</b> Demo dates are Tentative open 8-4:30 Anthony in Shawnee Brittany Cooking Demo @ 12 noon	<b>19</b> 11:15 - Sweat in to the Oldies 12:15 - exercise dvd beginner's weight training class 4:45	<b>20</b> Closed 12-4:30 for In-service Training Brittany Cooking Demo @ 11 am 4:45 Circuit training	<b>21</b> 11:15 Sweat in to the Oldies 12:15 exercise dvd
<b>24</b> 11:15 - Sweat in to the Oldies 12:15 - exercise dvd 4:45 Cardio/core training	<b>25</b> open 8-4:30 Anthony in Shawnee	<b>26</b> 11:15 - Sweat in to the Oldies 12:15 - exercise dvd beginner's weight training class 4:45	<b>27</b> 11:15 - YOGA 12:15 - CIRCUIT TRAIN 4:45 Circuit Training	<b>28</b> 11:15 Sweat in to the Oldies 12:15 exercise dvd

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  
**MONDAY thru Thursday OPEN TIL 6 PM!!**

### Ready to make a healthy change?

- Tuesday's at the Shawnee Multi-Purpose Building
- Exercise on brand new equipment
- Learn the correct posture, balance and coordination needed
- **Have fun and be healthy!!**

Anthony Ramirez  
Exercise Specialist MBC

#### BENEFITS OF EXERCISE

- Lower Resting Heart Rate
- Increased vascularity and better oxygen delivery to muscles
- Increased tolerance to intense exercise
- Better body shape
- Better sleeping patterns
- Less stress
- Increased self esteem



<b>General Wellbeing</b> <ul style="list-style-type: none"> <li>• Weight management</li> <li>• Increased energy levels</li> <li>• Reduction in stress levels</li> <li>• Improved heart &amp; lungs (cardiovascular)</li> <li>• Improved strength &amp; endurance</li> <li>• Increased flexibility</li> <li>• Enhanced bone and muscle</li> </ul>	<b>Helps to manage existing conditions</b> <ul style="list-style-type: none"> <li>• Obesity</li> <li>• Anxiety</li> <li>• High blood pressure (hypertension)</li> <li>• Stroke</li> <li>• Coronary Heart Disease</li> <li>• Type 2 Diabetes</li> </ul>	<b>Reduces the risk of medical conditions</b> <ul style="list-style-type: none"> <li>• Obesity</li> <li>• Coronary Heart Disease</li> <li>• Stroke</li> <li>• Type 2 Diabetes</li> <li>• Bone and joint problems e.g. Osteoporosis</li> <li>• Back problems</li> <li>• Certain types of Cancer</li> </ul>
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#### Physical Fitness

The ability to function effectively in physical work, training and other activities and still have enough energy left over to handle any emergencies which may arise.

### Oklahoma Tobacco Helpline

1
800
QUIT
NOW

## Don't Forget The February Cooking Demo's

**February 18**  
12:00 noon

**February 20**  
11:00 am

Dates are Tentative

Brittany Crawford,  
Registered Dietitian **MBC**

## Sac and Fox Transportation Program

*Criteria You Must Meet Before Being Eligible for Transportation:*

- You must have an established chart at BHC
- You must have no other means of transportation
- You must have an active referral from a BHC provider to the facility where being transported

If you have Medicaid, please utilize SoonerRide SoonerRide's toll free phone number is

(877) 404-4500