

From The Merle Boyd Center

Have Fun Exercising!

by Anthony Ramirez

Friday the 13th, usually it is termed as “bad luck” and a time where anything that can go wrong will go wrong. On this day in December however, I was asked to participate in the “Let’s P.L.A.Y.” workshop in Okmulgee that was hosted by the Muscogee (Creek) Nation Diabetes Program and the Wewoka Indian Health Center. P.L.A.Y. stands for Physical & Lifelong Activity for Youth.

The presenter for the day was a kind man named Pat Vickroy that came out from Gilroy, California (Which is 15 minutes from where I was born and raised). Right from the moment I walked into the gymnasium being surrounded by other fitness professionals and physical education teachers from around the state made me feel at home.

The upbeat and happy attitudes from every single person made the rain outside drift away as we began to run, play and learn how to get our youth active and involved in fun exercise activities.

There were team building and trust building exercises, heart pumping basketball dribbling drills, and also problem solving exercises that forced you to focus while also increasing your heart rate in a



“Let’s P.L.A.Y.” workshop in Okmulgee was hosted by the Muscogee (Creek) Nation Diabetes Program and the Wewoka Indian Health Center. P.L.A.Y. stands for Physical & Lifelong Activity for Youth. (Photo submitted by Anthony Ramirez)

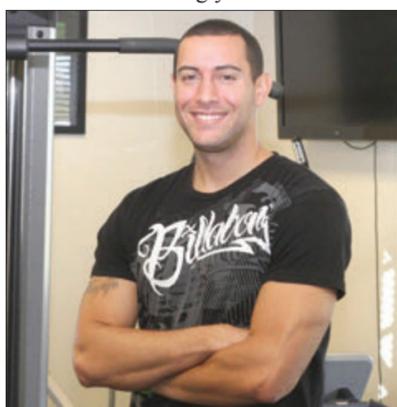
good way. We ran and exercised almost the entire day with the exceptions of lunch and watching several short videos about how to motivate and inspire.

There were many purposes of the training, the second most important I believe is to teach youth how to exercise while having fun without calling it exercise. Every person, young or elder, should be able to have fun while getting their heart rate up by simple or complex movements depending on their level of ability.

Pat also was able to write something to share with you and I in regards to not only the workshop, but to daily life and he nails the main purpose of the training and of my job for all of you. “The single, most important element to impacting lives is to be a positive role model. If you wish to matter, to make a difference, to leave a lasting legacy, then lead a healthy life filled with caring about others and the world in which you live. Look and listen for opportunities to offer encouragement and hope to others. Their gratitude will fill your heart with a sense that you are leading a purposeful life. When

people see you uplifting others, they too will be moved to act in like ways and our homes, communities and world will be significantly better because you have lived. Remember a sub-message here is that the longer a person lives (because of good healthy lifestyle choices) the more

lives they can impact.” Thank you very much Pat for this great philosophy. It is my goal to live up to this daily for all those I come in contact with, and to help each of you live healthier. With that being said, come on in, and lets have fun getting healthier!



Anthony Ramirez
Exercise Specialist MBC



Having fun at “Let’s P.L.A.Y. Workshop”

Ditch Your New Year’s Resolutions

Submitted by LaDona Johnson, CHR Coordinator



Every New Year you’re bombarded with messages of change and told to make New Year’s resolutions to improve your health. Setting long-term diet and exercise goals or committing to a healthy action plan can be beneficial, but researchers have found that thinking of health and fitness goals as “New Year’s resolutions” can actually harm your health. Here’s why.

New Year’s resolutions mess with your emotions

From anxiety to depression, making New Year’s resolutions can result in nasty emotional side effects. Why? Because two-thirds of people end up ditching their New Year’s goals within weeks of starting them. In fact, less than 20 percent of people will stay with their resolutions for more than six months, less than 10 percent will keep them all year. This inability to stay on track, psychologists believe, can lead to feelings of failure and inadequacy. Experiencing setbacks (like digging into two slices of cheesecake when you’re trying to lose 10 pounds) amplify those feelings. The result could be a downward spiral that can easily lead you back into old habits faster than if you hadn’t made resolutions in the first place.

New Year’s resolutions often equal deprivation

While cutting back on certain foods can be good for your health, completely depriving yourself of them is never a good thing. Yet most New Year’s resolutions revolve around the idea of deprivation: eliminate fat, stop eating potato chips; give up salt and the list goes on.

The problem is fat; treats and salt all have a place in your diet (in moderation, of course). The only time quitting a habit completely is really good for you is if it is dangerous to your health, like smoking or binge drinking. Even then, quitting cold turkey can be hard; it can take months to wean yourself off of bad habits. The key is moderation, not deprivation.

Diet and fitness targets may be hard to hit

Unless you consult your family physician or another medical professional before setting your New Year’s resolutions, the diet and fitness targets you choose could be unrealistic. The result? You either won’t reach your goals, or, if you do, you’ll be more likely to slip back into old habits. You could also do harm to your health if you crash diet or over-exercise. The key is to improve your health habits gradually so your changes become a part of your lifestyle.

Staying healthy should not feel like work

Feeding and fueling your body mentally, physically and spiritually should be fun. You should never feel like taking care of yourself is arduous work. New Year’s resolutions more often than not take all of the enjoyment out of the process of change. Improving yourself is not just about the end goal, it’s about overcoming obstacles in between and becoming more confident and aware of who you are. Like changing your hair color, it’s supposed to be fun. Yes, the destination matters, but so does the journey. And often, with New Year’s resolutions, you can lose sight of that.

Trust you have a Happy New Year!
Information provided by
Health & Wellness/
Women’s Health/Wellness
Sarah Kelsey

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.



January 2014 Black Hawk Health Center Activities

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Closed for New Year Happy New Year!	2 11:15 - YOGA 12:15 - CIRCUIT TRAIN 4:45 Circuit Training	3 Exercise the holidays away!
6 11:15 - Lunch Tone 12:15 -exercise dvd 4:45 Cardio/core training	7 Open 8-4:30 Anthony in Shawnee	8 11:15 - Lunch Tone 12:15 -exercise dvd Beginner's weight training class 4:45	9 11:15 - YOGA 12:15 - CIRCUIT TRAIN 4:45 Circuit Training	10 Increase your flexibility to keep your balance!
13 11:15 - Lunch Tone 12:15 -exercise dvd 4:45 Cardio/core training	14 Open 8-4:30 Anthony in Shawnee	15 11:15 - Lunch Tone 12:15 -exercise dvd Beginner's weight training class 4:45	16 Closed 12-4:30 for In-service Training 4:45 Circuit training	17 Try something you haven't done before!
20 11:15 - Lunch Tone 12:15 -exercise dvd 4:45 Cardio/core training	21 Open 8-4:30 Anthony in Shawnee	22 11:15 - Lunch Tone 12:15 -exercise dvd Beginner's weight training class 4:45	23 11:15 - YOGA 12:15 - CIRCUIT TRAIN 4:45 Circuit Training	24 Get up, get up, and come on in!
27 11:15 - Lunch Tone 12:15 -exercise dvd 4:45 Cardio/core training	28 Open 8-4:30 Anthony in Shawnee	29 11:15 - Lunch Tone 12:15 -exercise dvd Beginner's weight training class 4:45	30 11:15 - YOGA 12:15 - CIRCUIT TRAIN 4:45 Circuit Training	31 Work out for 5th Friday!

Sac and Fox Transportation Program

Criteria You Must Meet Before Being Eligible for Transportation:

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

If you have Medicaid, please utilize SoonerRide
SoonerRide’s toll free phone number is
(877) 404-4500