

From The Merle Boyd Center

Sac and Fox Nation Health Fair

Thursday July 10th from 10 AM -1PM

Health information, diabetes and cancer awareness, health screenings, OBI blood mobile, door prizes, raffle drawings, and much more!

Must have a photo ID to donate blood those who donate will receive \$5 freeplay courtesy of Black Hawk Casino



Any questions please contact Anthony Ramirez 918-968-9531, ext 3039; Anthony.Ramirez@ihs.gov

Located at the Sac and Fox Gymnasium by the Black Hawk Health Center, 7 miles south of Stroud

Exercise, The Only Magic Pill You Need

by Anthony Ramirez Exercise Specialist MBC



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Exercising doesn't only increase our fitness and mental performance, it improves our mood, sleep quality, reduces body fat percentage, reduces anxiety levels and an incomparable amount of other positives. Compare that to any of the commercials you see on tv for a "magic pill" that has more negatives for taking it than positives. The body does take time to get used to changes in diet and exercise, but usually after a week of being steady with both, your body adapts and is able to handle the change. Soreness to your muscles WILL happen, that is inevitable even for the most seasoned of athlete working out, fighting through soreness to increase blood flow and stretching your muscles out will be key to reduced fatigue and an increase in recovery time.

Exercise can be something as simple as taking a walk around the block once or more, playing catch outside with your son or daughter, golfing, bowling, and even fishing (if you walk around the pond and cast/reel in a multitude of times. Exercising works best when you enjoy what you are doing. Most people do not like running, so find a cardio exercise that takes the place of that, whether it is going on a long bike ride, using an elliptical, or just going for a relaxing walk, you are still getting your heart rate up faster than sitting on the couch. Every exercise isn't for everybody, so it is only up to you to find the type of exercise that is right for you and pleases you! So take that magic pill of exercise and start your healthier life today!

I am often asked about supplements for working out, whether it is to lose weight/inches or to add muscle. I am not able to prescribe anything or even tell people what to take, so I suggest doing what is best for you, and that is to exercise. Yes certain weight loss pills have worked for people on commercials, but you're body composition is not the same as that individual. There are many things that need to be done in life to secure that you are healthy and the top two are a healthy diet and active lifestyle. With a healthy diet and little exercise your body will thank you and after a month the results will be felt and seen! Imagine eating healthy with moderate to aggressive exercise (3-5 days a week, 45-90 minutes a day getting to your target heart range), the results won't just be visible, but your body itself will thank you for making changes to keep your organs clean and increasing muscle strength.

Action Steps for Sun Safety

by LaDona Johnson, CHR Coordinator



While some exposure to sunlight can be enjoyable, too much can be dangerous. Overexposure to ultraviolet (UV) radiation from the sun can result in a painful sunburn. It can also lead to more serious health problems, including skin cancer, premature aging of the skin, cataracts and other eye damage, and immune system suppression. Children are particularly at risk.

Most people are not aware that skin cancer, while largely preventable, is the most common form of cancer in the United States. More than 3.5 million new cases of skin cancer are diagnosed annually. By following some simple steps, you can still enjoy your time in the sun and protect yourself from overexposure. The U.S. Environmental Protection Agency (EPA) recommends these actions to help you and your family be "SunWise."

***Early detection of melanoma can save your life.** A new or changing mole should be evaluated by a dermatologist.

***Do NOT burn** – Sunburns significantly increase one's lifetime risk of developing skin cancer, especially for children.

***Avoid Sun Tanning and Tanning Beds** – UV radiation from tanning beds and the sun causes skin cancer and wrinkling.

***Generously Apply Sunscreen** – Generously apply about one ounce of sunscreen to cover all exposed skin 15 minutes before going outside. Sunscreen should have a Sun Protection Factor (SPF) of at least 30 and provide broad-spectrum protection from both ultraviolet A (UVA) and ultraviolet B (UVB) rays. Reapply every two hours, even on cloudy days, and after swimming or sweating.

***Wear Protective Clothing** – Wear protective clothing, such as a long-sleeved shirt, pants, a wide-brimmed hat, and sunglasses, when possible.

***Seek Shade** – Seek shade when possible, and remember that the sun's UV rays are strongest between 10 a.m. and 4 p.m.

***Use Extra Caution Near Water, Snow and Sand** – Water, snow and sand reflect the damaging rays of the sun, which can increase your chance of sunburn.

***Check the UV Index** – The UV Index provides important information to help you plan your outdoor activities in ways that prevent sun overexposure. The UV Index forecast is issued daily by the National Weather Service and EPA.

***Get Vitamin D Safely** – Get Vitamin D safely through a diet that includes vitamin supplements and foods fortified with Vitamin D. Don't seek the sun.

Information provided by EPA United States Environmental Protection Agency

Volleyball and horseshoes tournaments

Saturday the 12th

During The Annual Sac and Fox Nation Powwow put on by Sallateeska Baptist Church

(We will have refreshments for the players to a limit)

Horseshoes will have

- FLAT \$5 PER PERSON
- MENS AND WOMENS SINGLES
- MENS AND WOMENS DOUBLES
- SINGLE ELIMINATION BRACKET PLAY
- MUST USE HORSESHOES PROVIDED!

Volleyball will be

- \$50 PER TEAM
- MAX OF 8 PER TEAM
- DOUBLE ELIMINATION BRACKET PLAY
- NO TEAM JUMPING
- MINIMUM OF 5 ON COURT AT ALL TIMES
- 2 GIRLS ON COURT AT ALL TIMES



Oklahoma Tobacco Helpline

1 800 QUIT NOW

June 2014

Black Hawk Health Center Activities

Monday	Tuesday	Wednesday	Thursday	Friday
2 11:15 - Sweat in to the Oldies 12:15 -exercise dvd 5:00 Cardio/core training	3 open 8-4:30 Anthony in Shawnee	4 11:15 - Sweat in to the Oldies MBC closes at 4:30	5 No Classes MBC closes at 4:30	6 11:15 Sweatin to the Oldies
9 11:15 - Sweat in to the Oldies Anthony & Brittany @ NYPD Camp All Week MBC closes at 4:30	10 Anthony & Brittany @ NYPD Camp All Week MBC closes at 4:30	11 11:15 - Sweat in to the Oldies Anthony & Brittany @ NYPD Camp All Week MBC closes at 4:30	12 No Classes Anthony & Brittany @ NYPD Camp All Week MBC closes at 4:30	13 11:15 - Sweat in to the Oldies Anthony & Brittany @ NYPD Camp All Week
16 11:15 - Sweat in to the Oldies 12:15 -exercise dvd 5:00 Cardio/core training	17 open 8-4:30 Anthony in Shawnee	18 11:15 - Sweat in to the Oldies 12:15 -exercise dvd beginner's weight training class 4:45	19 Closed 12-4:30 for In-service Training 4:45 Circuit training	20 Closed in observance of Sac and Fox Victory Day
23 11:15 - Sweat in to the Oldies 12:15 -exercise dvd 5:00 Cardio/core training	24 open 8-4:30 Anthony in Shawnee	25 11:15 - Sweat in to the Oldies 12:15 -exercise dvd beginner's weight training class 4:45	26 12:15 - CIRCUIT TRAIN 2:15 - YOGA 4:45 Circuit Training	27 11:15 Sweatin to the Oldies 12:15 exercise dvd
30				

REVIVAL

For as the rain cometh down, and the snow from heaven, and returneth not thither, but watereth the earth, and maketh it bring forth and bud, that it may give seed to the sower, and bread to the eater:
So shall my word be that goeth forth out of my mouth: it shall not return unto me void, but it shall accomplish that which I please, and it shall prosper in the thing whereto I sent it.
Isaiah 55:9-11

Share in the Blessings!
Share in the Breaking of Bread!
Come & Share in the Praise & Worship & the Word!

DISCIPLE'S WAY MISSION

The Sac & Fox Nation Chapel
35695 E. 930 Road
Stroud, Oklahoma
(Highway 99 – Just North of the Sac & Fox Administrative Offices)

June 11 – 15, 2014

7:00 pm Nightly & 11:00 am Sunday

EVANGELISTS

June 11-12: **Ben Little**
of Shawnee, Oklahoma

June 13-15: **Jesse Bible**
of Muskogee, OK

SPECIAL SINGING EACH NIGHT by OTHER NATIVE CHURCHES

REFRESHMENTS WILL BE SERVED

Sunday School: 9:45 AM
Sunday Morning Worship: 11:00 AM
Wednesday Evening Bible Study: 7:00 PM

For More Information or Transportation
Call: (918)509-9294 OR Email: Don_M.Tigger@att.net