

From The Merle Boyd Center

Sac and Fox Nation Health Fair

Thursday July 10th from 10 AM-2 PM

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

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

Step Your Way to Health by Anthony Ramirez Exercise Specialist MBC



Anthony Ramirez
Exercise Specialist MBC

Have you ever been curious about the amount of steps you take in a day? Do you wear a pedometer to keep track of those steps? Well if you are an avid walker and average a 20 minute mile, you are walking approximately 100 steps PER MINUTE! That is just over one and a half steps per second!

The incredible thing though is the amount of steps you take or the equivalent in different exercise, depending on what you are doing. When you are walking you are using your legs from your hips down, and your shoulders to swing your arms. Now, think about all the other things you do whether it is around your house or throughout your daily activities and check out the chart below.

Walking you are really isolating only a few areas of your body unless you focus on specific muscles, with something such as step aerobics in a fitness facility you are moving to a step count of about 128 beats per minute and that is usually one step per beat, now incorporate stepping up onto the step while holding weights, tightening your core and possibly lifting your knee up.

Do you have a visual? Well according to research I have found from some digging around, (which also used some steps) you could be having an equivalent step count of 273! A faster song possi-

bly with more movement and different weights and you could be pushing upward of 300 steps per minute!

The breakdown on calorie burn in comparison is tricky, especially if you are letting your heart rest for recommended time, but you could be burning, or could burn in the future, anywhere between 200-400 calories per hour, or more with the right choice of exercise. The more you can incorporate your full body in cardio aerobics as opposed to cardio isolation, the higher caloric burn you will have and the better chances for weight loss, inch loss, and an overall healthier lifestyle.

Challenge yourself to be more active this month than last, it may not be too difficult to do that, but get your legs and rest of your body moving in hopes of being more active and having less pain and struggle through the summer and upcoming winter.

• Aerobic Dance _____	197
• Ballroom Dancing – fast _____	167
• Ballroom Dancing – slow _____	91
• Basketball games _____	242
• Bicycling _____	242
• Cooking _____	61
• Gardening _____	121
• Golf _____	136
• Health club exercise, general _____	167
• Hiking _____	182
• House cleaning _____	91
• Running, 6mph - 10 minute mile _____	303
• Shopping _____	70
• Softball _____	152
• Step aerobics _____	273
• Stretching _____	76
• Swimming laps – moderate _____	212
• Tai chi _____	121
• Tennis _____	212
• Volleyball _____	121
• Walking 3 miles per hour (mph) _____	100
• Walking 4 mph _____	152
• Walking 5 mph _____	242
• Water aerobics _____	121
• Weight lifting – moderate effort - _____	121
• Yoga _____	76

It's Tornado Season LaDona Johnson, CHR Coordinator



Hello Spring, we welcome your return. We DO NOT welcome tornado season though!!

Last month, the article was on lightning; this month tornado season. I realize these two articles are more of a safety topic than medical, but it's that time of year to be weather aware.

Tornado – noun – A mobile, destructive vortex of violently rotating winds having the appearance of a funnel-shaped cloud and advancing beneath a large storm system.

I think last year's May 20th tornado is still pretty fresh on our minds. When you travel I-40 and see the devastation around Shawnee, Bethel and Dale areas, it is a strong reminder, how in a few minutes, the landscape can change drastically. More important than landscape, how many, many lives were changed that day also.

Of course that was the same day the Oklahoma City suburb of Moore was hit. We traveled to these areas a few weeks after the storm and there weren't words that could describe what you saw and felt.

Moore had also been hit on May 3, 1999. That storm started near the town of Lawton. By the end of the day, it had grown into a violent storm system with a reported 76 tornadoes. More than 40 people were killed, over 500 were injured, and more than 1,500 buildings were destroyed. One of the tornadoes in the system, classified as an F5, had a diameter of 1 mile at times and stayed on the ground for more than 4 hours.

May is notorious for Oklahoma tornadoes. Of course they can happen in any month, as I well know. October 1970 I was a teenager and our house was totally demolished. That's the storm that hit Shawnee and traveled to Prague, which resulted in fatalities. Maybe that's why I really have a fear of tornadoes.

Tornadoes have been known to shatter buildings, drive straws through solid wood (saw that one), lift trains from their tracks, and even pulls the water out of small streams. The United States experiences most of the world's tornadoes, averaging about 800 each year. Most of these tornadoes arise in the states of Texas, Oklahoma and Kansas. On average, tornadoes are responsible for 80 deaths, 1,500 injuries, and millions of dollars of damage annually in the United States.

Here are four myths vs. facts that I'll share:

Myth: Opening windows in a home or building during a tornado will help equalize pressure

Fact: Opening windows will have no effect. Stay away from windows and exterior walls. Take shelter in the base-

ment, storm cellar or an interior room without windows on the lowest floor.

Myth: If you are caught driving during a tornado, you should always get out of your car and get in a ditch.

Fact: Try to drive to the closest sturdy shelter. If there is flying debris, pull over and park. Stay in the car with the seat belt on and the engine running. Put your head below the windows, covering your head with your hands and a blanket.

Myth: Cities are protected from tornadoes because of the tall buildings.

Fact: Tall buildings do not protect from tornadoes. Cities cover a small geographical area so the chances of being directly hit are small. However, tornadoes can strike anywhere.

Myth: Taking shelter in the southwest corner of your home will protect you.

Fact: This is based on an outdated theory that all tornadoes come from the northeast. Tornadoes can move from any direction and no one corner of your home is always safe.

The F scale rates a tornado from F0 all the way to F5 with F5 tornado having the fastest wind speeds and causing the most damage. Here's the rating:

F0 tornado – Have wind speeds between 40-72 mph; causes light damage, branches breaks off of trees and pushes over small trees.

F1 tornado – Have wind speeds between 73-112 mph, causes moderate damage, tiles broken off of roofs. Cars and trailers get pushed.

F2 tornado – Have wind speeds between 113-157 mph, causes considerable damage, roofs get torn off. Big trees get toppled, mobile homes are destroyed. Heavy cars are lifted and thrown.

F3 tornado – Have wind speeds between 158-206 mph, causes severe damage, roofs torn off even on the most well constructed structures. Trains are overturned.

F4 tornado – Have wind speeds between 207-260 mph, causes catastrophic damage, well constructed structures are leveled. Structures with weak foundations are blown away.

F5 tornado – Have wind speeds between 261-318 mph, causes total damage. Few if any structures are left standing. Cars become missiles flying in the air.

In 1928, a tornado in Kansas plucked the feathers right off some chickens. In 1931, a tornado in Mississippi lifted an 83 ton train and tossed it 80 feet from the track.

We've seen the horrendous effects that a tornado leaves, right here within a few miles, just last year. It's close, it's personal, and tornados can be deadly.

Please be weather aware this year. Listen to NOAA Weather Radio or to commercial radio or television newscasts for the latest information. In any emergency, always listen to the instructions given by local emergency management officials.

May 2014

Black Hawk Health Center Activities

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			12:15 - CIRCUIT TRAIN 2:15 - YOGA 4:45 Circuit Training	11:15 Sweatin to the Oldies 12:15 exercise dvd
5 11:15 - Sweatin to the Oldies 12:15 -exercise dvd 5:00 Cardio/core training	6 open 8-4:30 Anthony in Shawnee	7 11:15 - Sweatin to the Oldies 12:15 -exercise dvd beginner's weight training class 4:45	8 12:15 - CIRCUIT TRAIN 2:15 - YOGA 4:45 Circuit Training	9 11:15 Sweatin to the Oldies 12:15 exercise dvd
12 11:15 - Sweatin to the Oldies 12:15 -exercise dvd 5:00 Cardio/core training	13 Demo dates are Tentative open 8-4:30 Anthony in Shawnee Brittany Cooking Demo @ 12- 1 pm	14 11:15 - Sweatin to the Oldies 12:15 -exercise dvd beginner's weight training class 4:45	15 Closed 12-4:30 for In-service Training Brittany Cooking Demo @ 11-12 noon 4:45 Circuit training	16 Closed in observance of Sac and Fox Victory Day
19 11:15 - Sweatin to the Oldies 12:15 -exercise dvd 5:00 Cardio/core training	20 open 8-4:30 Anthony in Shawnee	21 11:15 - Sweatin to the Oldies 12:15 -exercise dvd beginner's weight training class 4:45	22 12:15 - CIRCUIT TRAIN 2:15 - YOGA 4:45 Circuit Training	23 11:15 Sweatin to the Oldies 12:15 exercise dvd
26 Closed in observance of Memorial Day	27 open 8-4:30 Anthony in Shawnee	28 11:15 - Sweatin to the Oldies 12:15 -exercise dvd beginner's weight training class 4:45	29 12:15 - CIRCUIT TRAIN 2:15 - YOGA 4:45 Circuit Training	30 11:15 Sweatin to the Oldies 12:15 exercise dvd

Sac and Fox Nation

Special Diabetes Program

May Cooking Demonstration

Please join us for this months cooking demonstration!

We will be learning about a whole grain food that is also high in protein. Cooking demonstrations will take place in the Merle W. Boyd Demonstration Kitchen.

Tuesday May 13 12 PM– 1 PM

Thursday May 15 11AM– 12 PM