

From The Merle Boyd Center

Healthy Heart, Happy Life

By Elizabeth Burgess MS, RD



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February is American Heart Month. Cardiovascular disease (CVD) is the number one killer of women and men in the United States. CVD includes conditions such as stroke, high blood pressure, and heart disease. Having a family history of CVD means you are already at risk. Prevention of CVD can be achieved through watching these factors:

- Diet
- Physical Activity
- Tobacco Cessation
- Weight Management
- Controlling diabetes, high blood

pressure, and high blood cholesterol
To learn more helpful tips about preventing CVD, visit your local dietitian at the Sac and Fox Nation Merle Boyd Center.

Try this heart healthy pizza recipe as an alternative to delivery pizza!

Spunky Vegetable Pizza

Makes 8 servings
Total Cost: \$4.76

Ingredients

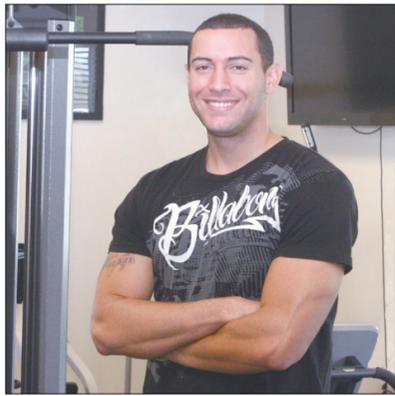
- 3/4 cup pizza sauce
- 1 Italian pizza shell (large)
- 1 cup broccoli (chopped)
- 1 cup carrot (shredded)
- 1/2 cup bell pepper (red or green, sliced)
- 5 oz mozzarella cheese (low-fat, shredded)

Directions

1. Preheat the oven to 450°F.
2. Spoon pizza sauce on pizza shell.
3. Put pizza shell on a cookie sheet. Arrange vegetables over sauce. Sprinkle on the cheese.
4. Bake for 10 minutes.
5. When baked, cool pizza for 3 minutes before slicing. Cut into 8 wedges.

Myths vs. Truths about Squats

by Anthony Ramirez Exercise Specialist MBC



Anthony Ramirez
Exercise Specialist MBC

Have you been told you need bigger or stronger legs and that squats are the only way to get this way? Every gym I have gone to, it has been preached that if you don't do squats, you won't gain strength and size. Well I have done my fair share of squats and let me tell you first hand that the claim isn't fully true. Yes squats are a mostly functional exercise that engages the hamstrings, quads, glutes and lower leg muscles but what use is an exercise if you don't know the proper form, and are potentially hurting yourself more than strengthening? Some gym-goers have legit reasons for ditching this exercise because squats make their knees snap, crackle and pop. Maybe inflexibility prevents them from achieving a full range of motion. And, let's face it; some people just don't like squatting, and never will. For most it is some type of evil exercise that the personal trainer tells them to do for torture. So how are you able to get the benefits of hundreds of squats, without doing them? With any exercise there are three things needed to enforce muscle strengthening, muscle growth and muscular endurance; muscle isolation, protein absorption, and rest. You might think rest while you are trying to gain muscle makes no sense, or that muscle isolation while you are trying to cut body fat is absurd. With muscle isolation you are able to focus on one muscle acting to flex then release and stretch. For example the bicep curl, with your elbow acting as the pin and your forearm and hand as the lever, you lift the weight to shorten the bicep and initiate the flex until you reach the top of the exercise and return to the starting position of a straight arm at your side with your bicep stretching. Protein is key to anyone wanting to repair and rebuild their muscle whether they are a serious athlete, a person that works out 5 days a week, a nighttime walker,

or a person that only works out once a week. After you workout, your body repairs or replaces damaged muscle fibers through a cellular process where it fuses muscle fibers together to form new muscle protein strands. These repaired protein strands increase in thickness and number to create muscle hypertrophy (growth). Muscle growth occurs whenever the rate of muscle protein synthesis is greater than the rate of muscle protein breakdown. This adaption, however, does not happen while you actually lift the weights. Instead, it occurs while you rest.

With all of that being said, it is time for you to learn the exercises that can take the place of squats or can be used in tandem with squats to increase your leg strength and ability to just get off the couch. As I have mentioned, the muscles that are activated through the squat process are your quadriceps (front of the leg), hamstrings (back of the leg), glutes (known as a variety of other words), and your lower legs (calves, soleus, and many other extensors and flexors). The leg press is as close to a squat as you can get without holding any dumbbells or having a bar pushing into your shoulders/traps. Depending on your foot placement during the leg press you can work either the front of your legs, the back of your legs, or both in pushing and resisting back to the starting point. The barbell dead lift is something most haven't perfected and thus, if done incorrectly can cause a world of hurt for your lower back. The correct form is to have a straight back, shoulders neutral or back, neck long, and bend at the hips holding the weight in front going straight down towards your toes and standing straight up bringing your shoulders back and pushing your hips slightly forward. The hamstring curl is a great tool to isolate the back of the leg in ways you are unable to with squats. Leg extensions are the exact opposite of the hamstring curl so you are working the front of your leg and hitting each muscle that makes up the quad. The final exercise is the calf raise, again depending on the foot position you can work the inner and outer calf, soleus which is just beneath the calf, and the other flexor and extensor muscles that make up the lower half of the leg. With this combination of exercise, you will be able to strengthen your legs, make daily life easier, and be able to feel and see the difference. Living life with healthy joints and strong bones will make things so much easier, so what are you waiting for to make your life easier?

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



The Merle W. Boyd Center exercise room will be opening at 7 AM beginning February 2nd!!!

The exercise room and locker rooms will be open at 7AM on Mondays, Wednesdays and Fridays only

This is for the exercise room only, no other services at the MBC will begin at 7AM



February 2015 Black Hawk Health Center Activities



Monday	Tuesday	Wednesday	Thursday	Friday
2 Exercise Room open 7AM-6PM 11:15 Circuit Training 12:15 Circuit Training 5 PM Cardio/core training	3 Exercise Room open 8-4:30 Anthony in Shawnee	4 Exercise Room open 7AM-6PM 11:15 Circuit Training 12:15 Circuit Training 5 PM Lower Body Focus Training Class	5 Exercise Room open 8AM-6PM 11:15 Circuit Training 12:15 Circuit Training 5 PM Upper Body Focus	6 Exercise Room open 7AM-4:30PM 11:15 Circuit Training 12:15 Circuit Training
9 Exercise Room open 7AM-6PM 11:15 Circuit Training 12:15 Circuit Training 5 PM Cardio/core training	10 Exercise Room open 8-4:30 Anthony in Shawnee	11 Exercise Room open 7AM-6PM 11:15 Circuit Training 12:15 Circuit Training 5 PM Lower Body Focus Training Class	12 Exercise Room open 8AM-6PM 11:15 Circuit Training 12:15 Circuit Training 5 PM Upper Body Focus	13 Exercise Room open 7AM-4:30PM Anthony Out of Office
16 Closed in observance of President's Day	17 Exercise Room open 8-4:30 Anthony in Shawnee	18 Exercise Room open 7AM-6PM 11:15 Circuit Training 12:15 Circuit Training 5 PM Lower Body Focus Training Class	19 Exercise Room open 8AM-12PM, 4:30-6PM Closed 12-4:30 for In service training 5 PM Upper Body Focus	20 Exercise Room open 7AM-4:30PM 11:15 Circuit Training 12:15 Circuit Training
23 Exercise Room open 7AM-6PM 11:15 Circuit Training 12:15 Circuit Training 5 PM Cardio/core training	24 Exercise Room open 8-4:30 Anthony in Shawnee Elizabeth Cooking Class 11:00 AM	25 Exercise Room open 7AM-6PM 11:15 Circuit Training 12:15 Circuit Training 5 PM Lower Body Focus Training Class	26 Exercise Room open 8AM-6PM 11:15 Circuit Training 12:15 Circuit Training Elizabeth Cooking Class 12:00 PM 5 PM Upper Body Focus	27 Exercise Room open 7AM-4:30PM 11:15 Circuit Training 12:15 Circuit Training

February Cooking Class

Featuring:
Juicing



Juicing has become one of the biggest health trends. Participants will create 2 types of juices and learn how to incorporate juicing into their healthy lifestyle.

New Location!! Sac and Fox Nation Learning Center

Tuesday, February 24 at 11am

Thursday, February 26 at 12pm

To sign up:

Contact the Dietitian, Elizabeth Burgess at 918-968-9531 ext. 3042 or email at Elizabeth.burgess@ihs.gov

February Is Healthy Heart Awareness Month



"Get Fit, Eat Right, and Live Well"

Presented By: Merle W. Boyd Center

Friday February 27th 2015

Located at Sac and Fox Nation Gym

From 10:00 am to 2:00

Come and Get Heart Healthy

- Activities will include heart pumping exercise for all during these times 10:30, 11:30, 12:30 and 1:30 that will last 15 minutes
- Following the exercise there will be a Heart Healthy Snack and Education
- Those who participate in exercise will receive a complimentary Healthy Heart T-shirt
- Also visit the CHR/LPN booth to check your Blood Pressure and Heart Rate