

Black Hawk Health Center

Merle Boyd Center



Sac & Fox dietitian Elizabeth Burgess and Black Hawk Health Center Physician's Assistant Kathy Song recently presented to Tobacco Incentive group. This is a stop smoking group sponsored by Sac & Fox Black Hawk Health Clinic Medical and Behavioral Health Services. If you wish to stop smoking and need help, please see your Black Hawk Clinic medical provider to learn more about this great program. (SFNews Photo)

Healthy for the Holidays

By Elizabeth Burgess MS, RD/LD; Anthony Ramirez, Exercise Specialist

The holiday season is among us, and for many people this brings thoughts of joy, laughter, and celebration. Then the words "diet" and "exercise" pop into our brains and suddenly the good thoughts turn into negative ones. Most people will only gain an average of 2 pounds after the holidays, but research has shown that this small weight gain continues each year and eventually builds up over time. As a registered dietitian, it is common for me to see people who fall into this weight gain trend. While it may seem unachievable, it is possible to stay on track with your health and enjoy your favorite holiday foods. Follow these tips:

* On the day of your holiday meal, choose small, low calorie meals beforehand. Go for snacks like fruit, whole grain toast with peanut butter, or a low fat cheese stick. Although you might think skipping meals allows you to "save" your calories for one large meal, remember eating large portions at one time contributes to your waistline.

* Remember to enjoy the conversation. Talking and taking part in the activities of your meal can help make sure you don't overeat on snack foods out of boredom.

* Looking to try everything on the table? It's a good idea to keep portions small and choose only foods you really want to eat. Keep the foods to one plate only and avoiding stacking foods on each other when you run out of room. This helps make sure you serve yourself small portions to be able to fit everything on the plate.

* Don't drink your calories. An easy way to add some extra room into your holiday meal is to avoid high calorie, high sugar drinks. Opt for sparkling water instead of a can of soda. When choosing alcoholic beverages, remember these calories can add up easily too. Choose that drink OR the extra bite of pumpkin pie.

* Bringing a dish? Choose something delicious and nutritious. Look around for low fat, low calorie recipes that offer great flavor, but allow more room for other foods. Use two egg whites in place of one egg to reduce cholesterol. Go for low-sodium, fat-free chicken broth to add to mashed potatoes instead of butter. Dips can be made with fat-free yogurt and sour cream. Try choosing reduced fat or low fat cheeses for salads and casseroles.

Along with making diet changes, add exercise into your holiday and everyday routine. Through his experience as an exercise specialist for the Sac and Fox Nation, Anthony Ramirez has been able to learn a variety of ways to encourage and push people to not let their mind limit the work their body is made to handle. He relates that the body's muscle system is an amazing instrument that benefits us in a variety of movements, but we have gotten away from what we were initially created to be, hunters with bodies trained to withstand harsh conditions. Anthony emphasizes the need for every person to start a workout plan now and not wait until the New Year. Here are a few of Anthony's top recommendations:

* Try a bi-weekly workout plan where you do not perform the same workout more than once in two weeks.

* Determine the correct weights for your fitness level. Choose weights that aren't a struggle to move, but not extremely light and easy to move as these may have no muscle benefit. Instead of performing three sets of 15 repetitions with a light weight, try three sets of 10, 5

and 15 repetitions with different weights and isolate the specific muscle you want targeted. Slow and controlled with various weight sizes is a better way of targeting a specific muscle and promoting isolation than using light weights.

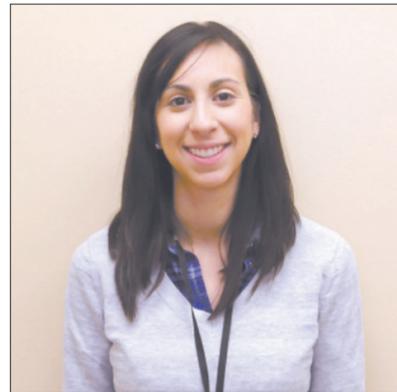
* Be creative and try a variety of exercises. For those of you truly interested in beginning a workout plan, try teaching yourself about different exercises that target areas you want to strengthen and areas you want to lose fat. Pair up these muscle groups when you hit the weights next; chest and triceps, shoulders and biceps or back and biceps (back can be worked on its own it can handle it), quads and calves, and finally glutes and hamstrings.

* Lastly, find a workout that works for you and stick to it to receive the best benefits you can work for!

Remember to enjoy the holidays and make small, attainable diet and exercise goals that fit into your lifestyle. Contact your local registered dietitian and exercise specialist for a more specific plan that can help you reach your weight management goals.

November is National Diabetes Month

By: Elizabeth Burgess MS, RD/LD



Elizabeth Burgess MS, RD

November is National Diabetes Month. Take time out of your week to familiarize yourself with some basic facts about diabetes mellitus. Did you know there are 3 types of diabetes mellitus? In type 1 diabetes, a person produces very little or no insulin. Typically this is seen in infants and children. These

people are born with type 1 diabetes and there is no way to prevent the disease. Gestational diabetes occurs in pregnant women. Type 2 diabetes is more common, and in this disease a person's body is not using insulin properly. It is more common for adults to be diagnosed with this form. Unlike type 1 diabetes, type 2 diabetes is preventable. You can prevent type 2 diabetes by consuming a healthy diet similar to MyPlate, exercising, and staying at a healthy weight. Symptoms of uncontrolled type 2 diabetes include frequent urination, involuntary weight loss, and frequent thirst. If you are diagnosed with type 2, make sure you control your diabetes through diet, exercise, and medications. Uncontrolled type 2 diabetes can ultimately lead to kidney disease, eye disease, heart disease, and nerve damage. If you are experiencing any of these symptoms, contact your doctor immediately.

November Cooking Class

"Healthy Holiday Desserts"

Monday, November 23rd at 11:00 am
Tuesday, November 24th at 12:00 pm
Location: Sac and Fox Nation Learning Center
Hosted by Elizabeth Burgess,
Registered Dietitian for Sac and Fox Nation

November 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 8AM-4:30PM 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
9 Exercise Room open 7AM-6PM 11:15 Circuit Training 12:15 Circuit Training 5 PM Cardio/core Training	10 Exercise Room open 8AM-4:30PM	11 Closed for observance of Veteran's Day	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 11:15 Circuit Training 12:15 Circuit Training
16 Exercise Room open 7AM-6PM 11:15 Circuit Training 12:15 Circuit Training 5 PM Cardio/core Training	17 Exercise Room open 8AM-4:30PM	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-4:30PM 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 Elizabeth Cooking class at edu building 11:00 AM 5 PM Cardio/core Training	24 Exercise Room open 8AM-4:30PM Elizabeth Cooking class at edu building 12:00 PM	25 Exercise Room open 7AM-4:30PM 11:15 Circuit Training 12:15 Circuit Training	26 Closed for observance of Thanksgiving Day	27 Closed for observance of Thanksgiving Day
30 Exercise Room open 7AM-6PM 11:15 Circuit Training 12:15 Circuit Training 5 PM Cardio/core Training				

November: National Diabetes Month!

Free Raffle Prizes, Giveaways, Information, Blood Sugar Testing!

Take time in November to educate yourself about diabetes! Do you know if you're at risk for type 2 diabetes? Come visit our table and take a free risk test and free finger stick blood sugar test. Learn about ways to prevent and manage diabetes and discover how Black Hawk Health Center can help you lead a healthier life!

Black Hawk Health Center Lobby Table Dates & Times:

- November 5th 8:00am-12:00pm
- November 10th 8:00am-12:00pm
- November 17th 8:00am-12:00pm
- November 25th 8:00am-12:00pm