

Commit To Be Fit Club Off To A Good Start

The Commit To Be Fit Club officially kicked off on Monday, January 3rd.

This ongoing, incentive based program is designed to give participants an extra boost of motivation to accomplish their health and fitness goals.

Incentive prizes like gym bags, T-shirts, home fitness equipment, caps, jackets, hoodies and Wal-Mart gift cards are awarded to people once they complete a

series of workouts.

To date 52 people are participating in the program. Terry Williams is leading with the most workouts. But close behind him is Carrie Spang, Casey Wilson, Briana Wakolee, Nancy Nullake, Houston Crittenden and Geraldine Merrit.

To join the Commit To Be Fit Club, contact exercise specialist, Sharlyn Kennon, at 968-3526 ext 208 or sharlyn.kennon@ihs.gov.



After Hours Exercise Class Is A Hit

The after hours aerobic classes on Tuesday and Thursday from 4:45 to 5:15 pm have been a hit for the Sac and Fox community.

Participants enjoy salsa music, rhythmic movements and a Conga line during the Tuesday evening Zumba class.

On Thursdays, class members benefit from a combination of cardiovascular exercises like step, high/low impact, line

dancing and other aerobic activities. The music is fun, energy is high and participants are learning a healthier way to reduce stress while improving their health and well being.

Classes are held in the gymnasium. For more information contact exercise specialist, Sharlyn Kennon, at 968-3526 ext 208 or sharlyn.kennon@ihs.gov.

get rewarded for exercising
join the
COMMIT TO BE FIT CLUB

for more information contact:

Sharlyn Kennon,
exercise specialist,
at the

MERLE BOYD FITNESS CENTER

918-968-9531 ext. 208

sharlyn.kennon@ihs.gov

March 2011				
Black Hawk Health Center Activities				
Monday	Tuesday	Wednesday	Thursday	Friday
	1 11:15 - Circuitcise • 12:15 - Circuitcise • 4:45 - Zumba •••	2 11:15 - Yoga ••• 12:15 - Yoga •••	3 11:15 - Circuitcise • 12:15 - Circuitcise • 4:45 - Combo Cardio •••	4 11:15 - Dance Party ••• 12:15 - Zumba •••
7 11:15 - Zumba ••• 12:15 - Combo Cardio •••	8 11:15 - Circuitcise • 12:15 - Circuitcise • 4:45 - Zumba ••• 12:00 - Colorful, Wonderful Foods! ••	9 11:15 - Yoga ••• 12:15 - Yoga •••	10 11:15 - Circuitcise • 12:15 - Circuitcise • 4:45 - Combo Cardio •••	11 11:15 - Dance Party ••• 12:15 - Zumba •••
14 11:15 - Zumba ••• 12:15 - Combo Cardio •••	15 11:15 - Circuitcise • 12:15 - Circuitcise • 4:45 - Zumba •••	16 11:15 - Yoga ••• 12:15 - Yoga •••	17 11:15 - Circuitcise • Clinic Closes At Noon 4:45 - Combo Cardio •••	18 11:15 - Dance Party ••• 12:15 - Zumba •••
21 11:15 - Zumba ••• 12:15 - Combo Cardio •••	22 11:15 - Circuitcise • 12:15 - Circuitcise • 4:45 - Zumba ••• 12:00 - Eat Right -- With Color ••	23 11:15 - Yoga ••• 12:15 - Yoga ••• 10:00 - Eat Right -- With Color ••	24 11:15 - Circuitcise • 12:15 - Circuitcise • 4:45 - Combo Cardio •••	25 11:15 - Dance Party ••• 12:15 - Zumba •••
28 11:15 - Zumba ••• 12:15 - Combo Cardio •••	29 11:15 - Circuitcise • 12:15 - Circuitcise • 4:45 - Zumba •••	30 11:15 - Yoga ••• 12:15 - Yoga •••	31 11:15 - Circuitcise • 12:15 - Circuitcise • 4:45 - Combo Cardio •••	

• Boyd Center Fitness Room •• Boyd Center Kitchen ••• Gym

BLACK HAWK HEALTH CENTER ACTIVITIES

Activity Descriptions:

Group Exercise Classes – Call Sharlyn Kennon for questions.
918-968-9531 x208

ZUMBA is a fusion of Latin and International music with dance themes that create a dynamic, exciting and effective workout! The routines feature aerobic interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba is a “feel-happy” workout that is great for the body, mind and spirit.

Circuitcise is a circuit training program that alternates between cardiovascular and muscle endurance exercises. The circuit of activities includes using weight machines, free weights, calisthenics, exercise tubing and cardiovascular equipment to work all major muscle groups in the body. This is a great total body workout done to motivating music!

Dance Party is a cardio workout inspired by a variety of dance styles. Enjoy country and western line dancing, hip hop jams, salsa, cha cha slide and many others. Join the dance party for a workout that feels more like fun than exercise.

Yoga increases flexibility while building strength and stamina through various movements and poses. The main emphasis of yoga is to blend philosophies of physical and mental conditioning through stretching and relaxation. Yoga helps improve posture, rejuvenate energy, relieve stress, and reduce fatigue and/or chronic pain.

Combo Cardio is an upbeat aerobic class that is sure to get your body moving! A great workout for beginner or advanced fitness enthusiasts, this class combines hi/low impact and step aerobics for a great cardiovascular workout.

Nutrition Workshops
in the Kitchen–
Call Erica Dean for questions.
918-968-9531 x203

Creations from a Can! -
Erica will demonstrate several recipes that will teach you how to use those canned goods for something gourmet. Prevent one more night of heat-and-serve sides and learn how to make that plain ole’ chicken breast more flavorful. Recipe copies will be provided to those who attend.



Erica Dean

**Remember! February is Heart Health Month
March is National Nutrition Month!**
Eat Right! With Color!
Commit To Be Fit Club

2011 OTOE MISSOURIA ENCAMPMENT COMMITTEE BENEFIT

Saturday, February 19, 2011
at
Red Rock, Oklahoma

HEAD STAFF

Head Singer Nick Wahepaph
Head Gourd Dancer Mark Bolin
Head Lady Dancer Tesa Roubedeaux
Head Man Dancer Rev. Tommy Morris
Emcee Wallace Coffey
A.D. Encampment Committee Members

HONORING ALL PIGEON CLAN MEMBERS

Schedule:
Gourd Dance 2:00 p.m.
Supper 5:30 p.m.
Gourd Dance 6:30 p.m.
War Dance 7:30 p.m.

Black Hawk Health Center Activities				
February 2011				
Mon	Tue	Wed	Thu	Fri
11:15-Zumba ••• 12:15-Combo Cardio •••	1 11:15 -Circuitcise • 12:15 -Circuitcise • 4:45 -Zumba •••	2 11:15 -Yoga ••• 12:15 -Yoga •••	3 11:15 -Circuitcise • 12:15 -Circuitcise • 4:45 -Combo Cardio•••	4 11:15 -Dance Party ••• 12:15 -Zumba •••
7 11:15 -Zumba ••• 12:15 -Combo Cardio•••	8 11:15 -Circuitcise • 12:15 -Circuitcise • 4:45 -Zumba •••	9 11:15 -Yoga ••• 12:15 -Yoga •••	10 11:15 -Circuitcise • 12:15 -Circuitcise • 4:45 -Combo Cardio•••	11 11:15 -Dance Party ••• 12:15 -Zumba •••
14 11:15 -Zumba ••• 12:15 -Combo Cardio•••	15 11:15 -Circuitcise • 12:15 -Circuitcise • 4:45 -Zumba ••• 12:00- What to Do When You Can't Fry Your Food! ••	16 11:15 -Yoga ••• 12:15 -Yoga ••• 10:00- What to Do When You Can't Fry Your Food! ••	17 Clinic Closes at Noon	18 11:15 -Dance Party ••• 12:15 -Zumba •••
21 11:15 -Zumba ••• 12:15 -Combo Cardio•••	22 11:15 -Circuitcise • 12:15 -Circuitcise • 4:45 -Zumba •••	23 11:15 -Yoga ••• 12:15 -Yoga •••	24 11:15 -Circuitcise • 12:15 -Circuitcise • 4:45 -Combo Cardio•••	25 11:15 -Dance Party ••• 12:15 -Zumba •••
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