

From The Merle Boyd Center

Muscle of the Month **Calves** Sharlyn Kennon, Exercise Specialist



The technical name for the exterior calf muscle that you can see on the back of the lower leg is called the Gastrocnemius. It attaches to the heel via the Achilles tendon and originates behind the knee on the femur (thigh bone) crossing both the knee and ankle joints. The Gastrocnemius has two heads; the medial and lateral. The Soleus is a deep calf muscle that is not visible when looking at the body from the outside. It lies underneath the Gastrocnemius on the rear of the lower leg. The Soleus is most active when doing calf exercises where the knee is bent, such as seated calf raises. The function of the Gastrocnemius is to elevate the heel (known as plantar flexion) and flex the knee.

Many of us suffer from tight calf muscles at least some of the time. This comes from daily walking, other movements and genetic predisposition. But factors that can aggravate matters include wearing high-heeled shoes, running and other cardiovascular activities. Unfortunately, tight calf muscles can affect the health of your feet, knees, hips, low back and even shoulders. This is because tightness in the calves often exacerbates tightness in the hamstrings, which in turn can

throw your whole pelvis and back out of alignment during your everyday activities. Additionally, tight calf muscles put you at greater risk for ankle injuries, shin splints and problems with your feet like plantar fasciitis, a painful and potentially debilitating inflammation on the bottom of the foot.

The good news is whether you're already experiencing any of the problems or simply wishing to prevent them, a great deal can be accomplished just by loosening the calf muscles through proper stretching. Here are a few key points to remember before getting started:

- * Always check with your doctor before beginning any stretching or exercise program.

- * Never force a stretch to the point where it feels like the muscle will tear or pop. Only stretch to the point of MILD DISCOMFORT.

- * Hold the stretch for 15-30 seconds.
- * Breathe slowly and smoothly during the stretch concentrating on trying to let the muscle relax.

- * Repeat the stretch 2-3 times.

- * Make sure your muscles are warmed up before stretching.

If you would like to learn specific exercises for the calves or want more information on a personalized exercise program, please contact Sharlyn Kennon, Exercise Specialist, at 918-968-9531 ext. 208.



NYPD CAMPERS; (LtoR) Connor McGann, Sharlyn Kennon, Exercise Specialist; Harrison Spang, Nolan Talton, Elizabeth Nanaeto, Nykita Tolton and Julianna Walker.

Goodbye MyPyramid... Hello MyPlate!

Erica Dean, MS, RD/LD

The USDA released on June 2, 2011 a new food guidance system that would replace the Pyramid model. USDA released the Food Guide Pyramid in 1992. It was found to be misleading in many aspects. The MyPyramid was the updated version in 2005 showing that there are foods in each food group that are better for you than others. However, the Pyramid diagrams were built to be informational and lack practicality for helping the public make good decisions. The USDA wanted to develop a simple action-based icon that could serve as a visual cue instead.

The MyPlate icon is a practical visual to help people adopt healthier eating habits. The old Pyramid system of serving sizes and daily tracking is too difficult to be practical. The new icon can help you visualize your plate and adjust your choices each meal for a healthier lifestyle.

The messages emphasized from the 2010 Dietary Guidelines for Americans include:

Balance Calories

- Enjoy your food, but eat less.
- Avoid oversized portions.

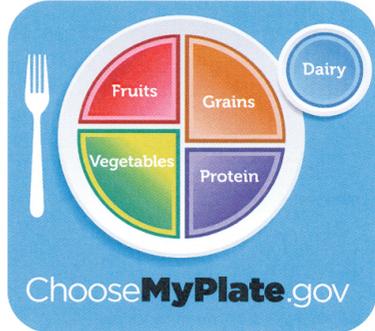
Foods to Increase

- Make half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) milk.
- Make at least half your grains whole grains.

Foods to Reduce

- Compare sodium (salt) in foods like soup, bread, and frozen meals, and choose.
- Drink water instead of sugary drinks.

To learn more about the MyPlate icon and other nutrition information, go to www.ChooseMyPlate.gov.



Got Health?

Sac and Fox Nation Annual Health Fair

July 7, 2011
10am to 2pm
Sac and Fox
Community Building
5.5 miles South of
Stroud On Hwy 99

Door Prizes
FREE Lunch
Basket Weaving
Chair Massage
Health Screenings
Education

- *Women's & Men's Health
- *Nutrition
- *Diabetes Education
- *Glucose Screenings
- *Drug and Substance Abuse
- *Cancer
- *Blood Pressure Check
- *Heart Disease
- *Domestic Violence
- *Child Abuse Awareness
- *Mental Health
- *Tobacco Cessation
- *Exercise Evaluations
- *And Much More!!!

For More Information Contact
Sharlyn Kennon - (918) 968-9531 Ext. 208

BLACK HAWK HEALTH CENTER ACTIVITIES Activity Descriptions:

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

Circuitcise is a circuit training program that alternates between cardiovascular and muscle endurance exercises. The circuit 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!

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! This class combines hi/low impact, Zumba, line dancing and step aerobics for a great cardiovascular workout for beginner, intermediate or advanced fitness enthusiasts.

Washboard Core is a workout designed to tone the core muscles of the body. The core muscles run the entire length of the torso and are used to stabilize the spine and pelvis. The benefits of a strong core include reduction of back pain, improvement of posture imbalances and enhanced fitness performance. If you're looking for tighter abs, obliques, gluts and back muscles, this is the class for you!

Step Aerobics is a cardiovascular workout that burns 30-60% more calories than traditional aerobics classes. Participants can choose to workout on a 4, 6 or 8 inch step depending on their fitness level.

Xbox Kinect Games are played every Friday in the Merle Boyd Center. Join us for fun, games and some friendly competition that will get your body moving.

Zumba is a fusion of latin and international music with dance themes that create a dynamic, exciting and effective workout! The routines feature a 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.

Nutrition Workshops in the Kitchen
Call Erica Dean for questions. 918-968-9531 x203
Family Reunion Favorites -- Review of classic favorites with a twist. Recipe copies will be provided to those who attend.

Got Health? July 7!

July 2011				
Monday	Tuesday	Wednesday	Thursday	Friday
				1 11:15 - Xbox Kinect • 12:15 - Xbox Kinect •
4 Happy 4th of July	5 11:15 - Circuitcise & Xbox Kinect • 12:15 - Circuitcise & Xbox Kinect • 4:45 - Zumba •••	6 11:15 - Beginner Yoga • 12:15 - Yoga •	7 Got Health? Black Hawk Health Center Annual Health Fair 10:00 am-2:00 pm	8 11:15 - Xbox Kinect • 12:15 - Xbox Kinect •
11 Native American Day	12 11:15 - Circuitcise & Xbox Kinect • 12:15 - Circuitcise & Xbox Kinect • 4:45 - Zumba •••	13 11:15 - Beginner Yoga • 12:15 - Yoga •	14 11:15 - Circuitcise & Xbox Kinect • 12:15 - Circuitcise & Xbox Kinect • 4:45 - Combo Cardio •••	15 11:15 - Xbox Kinect • 12:15 - Xbox Kinect •
18 11:15 - Step Aerobics & Washboard Core ••• 12:15 - Combo Cardio •••	19 11:15 - Circuitcise & Xbox Kinect • 12:15 - Circuitcise & Xbox Kinect • 4:45 - Zumba ••• 12:00 - Family Reunion Favorites ••	20 11:15 - Beginner Yoga • 12:15 - Yoga •	21 11:15 - Circuitcise & Xbox Kinect • 12:15 - Circuitcise & Xbox Kinect • 4:45 - Combo Cardio •••	22 11:15 - Xbox Kinect • 12:15 - Xbox Kinect •
25 11:15 - Step Aerobics & Washboard Core ••• 12:15 - Combo Cardio •••	26 11:15 - Circuitcise & Xbox Kinect • 12:15 - Circuitcise & Xbox Kinect • 4:45 - Zumba •••	27 11:15 - Beginner Yoga • 12:15 - Yoga •	28 11:15 - Circuitcise & Xbox Kinect • 12:15 - Circuitcise & Xbox Kinect • 4:45 - Zumba •••	29 11:15 - Xbox Kinect • 12:15 - Xbox Kinect •

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

