

## From The Merle Boyd Center

### Blood Pressure: More pieces to the Puzzle than Salt

By Erica Dean, MS, RD/LD

We hear a lot about reducing sodium intake (and therefore salt intake) to control high blood pressure. Often, the only instruction for reducing blood pressure received is “lower your salt intake and lose weight.” However, a diet rich in potassium is the piece less frequently discussed and it appears to be a bigger piece of the diet puzzle to improve or prevent increased blood pressure.

Potassium is much over-looked as an important piece of the diet. Research has shown that individuals who eat a high potassium diet over a lifetime have a greatly decreased risk of high blood pressure as they age. Other nutrients that are important include Magnesium and Calcium.

It is possible to get too much potassium, so it is best to get them from foods rather than a supplement. Supplements and potassium salts should only be used under the direction of your physician. If you have problems with your kidneys, you may need to restrict potassium under the direction of your physician and dietitian.

What foods are the best sources of potassium? Fruits and vegetables are the best source. Beans are also a good source of potassium. Here is a list of high potassium foods:

- Sweet potatoes and yams
- Potatoes
- Greens and spinach
- Mushrooms
- Pinto, red, kidney, and lima beans
- Acorn and butternut squash; pumpkin
- Avocado
- Okra
- Bananas

- Tomatoes, tomato juice and tomato sauce (look for low-sodium versions)
- Oranges and orange juice
- Cantaloupe and honeydew melon
- Prunes and prune juice
- Apricots and apricot juice

The DASH (Dietary Approaches to Stop Hypertension) Diet is an excellent guide for reducing blood pressure. In research studies, the DASH Diet has been shown to reduce blood pressure in 14 days without lowering or focusing on reduced salt use. It emphasizes a higher number of fruit and vegetable servings per day, increased whole grains, and reduced meat consumption. Your dietitian can teach you about the DASH diet.

The picture of lower blood pressure would not be complete without the exercise piece. Physical activity that keeps our heart beating faster than normal for 30 minutes or more a day will strengthen the heart. A strong heart helps blood pressure to be better controlled. Exercise allows our blood vessels to maintain elasticity rather than becoming rigid. It also helps control our body weight. When we carry excess body weight, our heart must work harder to circulate blood. That increased work load can contribute to increased blood pressure.

Taking your medication, if prescribed, is also important if you have already been diagnosed with high blood pressure. However, if medication and less salt are the only defenses you use, you may find yourself with an incomplete picture.

### Bass Signs Letter Of Intent For OCU



CITIZEN PHOTO/JIM PERRY

Jared Bass, Cushing High School Senior, signed a letter of intent to wrestle this fall at Oklahoma City University. Bass was a two-time state tournament qualifier—he placed fourth as a junior—and had a 48-32 won-lost record his last two seasons at CHS. He was joined at his signing by his mother, Jane Bass (seated) and Tiger head coach Jonathan Huseman; as well as OCU head coach Archie Randall (standing, from left), Stars assistant Mitch Brown and CHS assistant Dusty Hancock. (Courtesy of Cushing Citizen)

## “Got Health?”

Coming Thursday, July 7th  
10 a.m. to 2 p.m.

5th Annual Health Fair

Make Plans To Attend

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

### May Is National High Blood Pressure Education Month



Nutrition Workshops in the Kitchen

Call Erica Dean for questions  
918-968-9531 ext 203

**Spice Up Your Life!**

Learn how to use different spices and taste test recipes that use no added salt with maximum flavor. Spice samples and recipe copies will be provided to those who attend.

### 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.

SAC & FOX NATION May 2011 Black Hawk Health Center Activities				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> 11:15 - Step Aerobics & Washboard Core ... 12:15 - Combo Cardio ...	<b>3</b> 11:15 - Circuitcise & Xbox Kinect • 12:15 - Circuitcise & Xbox Kinect • 4:45 - Zumba ...	<b>4</b> 11:15 - Beginner Yoga • 12:15 - Yoga •	<b>5</b> 11:15 - Circuitcise & Xbox Kinect • 12:15 - Circuitcise & Xbox Kinect • 4:45 - Combo Cardio ...	<b>6</b> 11:15 - Xbox Kinect • 12:15 - Xbox Kinect •
<b>9</b> 11:15 - Step Aerobics & Washboard Core ... 12:15 - Combo Cardio ...	<b>10</b> 11:15 - Circuitcise & Xbox Kinect • 12:15 - Circuitcise & Xbox Kinect • 4:45 - Zumba ...	<b>11</b> 11:15 - Beginner Yoga • 12:15 - Yoga •	<b>12</b> 11:15 - Circuitcise & Xbox Kinect • 12:15 - Circuitcise & Xbox Kinect • 4:45 - Combo Cardio ...	<b>13</b> 11:15 - Xbox Kinect • 12:15 - Xbox Kinect •
<b>16</b> 11:15 - Step Aerobics & Washboard Core ... 12:15 - Combo Cardio ...	<b>17</b> 11:15 - Circuitcise & Xbox Kinect • 12:15 - Circuitcise & Xbox Kinect • 4:45 - Zumba ...	<b>18</b> 11:15 - Beginner Yoga • 12:15 - Yoga •	<b>19</b> 11:15 - Circuitcise & Xbox Kinect • <b>Clinic Closes At Noon</b> 4:45 - Combo Cardio ...	<b>20</b> 11:15 - Xbox Kinect • 12:15 - Xbox Kinect •
<b>23</b> 11:15 - Step Aerobics & Washboard Core ... 12:15 - Combo Cardio ...	<b>24</b> 11:15 - Circuitcise & Xbox Kinect • 12:15 - Circuitcise & Xbox Kinect • 4:45 - Zumba ... 12:00 - Spice up your life ...	<b>25</b> 11:15 - Beginner Yoga • 12:15 - Yoga • 11:00 - Spice up your life ...	<b>26</b> 11:15 - Circuitcise & Xbox Kinect • 12:15 - Circuitcise & Xbox Kinect • 4:45 - Combo Cardio ...	<b>27</b> 11:15 - Xbox Kinect • 12:15 - Xbox Kinect •
<b>30</b> 11:15 - Step Aerobics & Washboard Core ... 12:15 - Combo Cardio ...				
• Boyd Center Fitness Room	•• Boyd Center Kitchen			••• Gym

