

# From The Merle Boyd Center

## Muscle of the Month - Abdominals

Sharlyn Kennon, Exercise Specialist

The abdominal muscles, often called the “abs”, consist of six muscles; the rectus abdominis, transversus abdominis and internal and external obliques (two of each).

The transversus abdominis is the deepest muscle and is responsible for forced expiration, compressing the abdomen and helping to stabilize the back and pelvic girdle. The rectus abdominis is the most superficial of the group and is often referred to as the “six-pack”. It is responsible for flexion of the spinal column. The internal and external obliques help move the thorax downward and assist with lateral rotation. All six abdominal muscles are vital to good posture by helping support the spine and holding the abdominals flat.

Most people do “core” or abdominal exercises because they want to have a trim waistline. At some point in life, we look down at ourselves and discover we have a spare tire or “fanny pack” around our waist. Here’s the bad news. You can do a million sit-ups or crunches and you aren’t going to get a slimmer waist unless you combine core exercise with cutting down on calories and doing cardiovascular exercises to burn body fat. There is no such thing as “spot reduction,” short of liposuction. The good news is that paying attention to your abs will improve posture, which will make you feel slimmer and taller and make daily living easier. So, spend a few minutes at the end of your workout doing some core exercises.

Here are a few suggestions to get you started:

1. Chair Lean Backs: You can work your abs even sitting in a chair. Simply tense the stomach muscles, exerting pressure downward and hold. Scoot up a bit to the front of your chair. Cross arms over your shoulders. Lean back as far as comfortable and “crunch” forward.

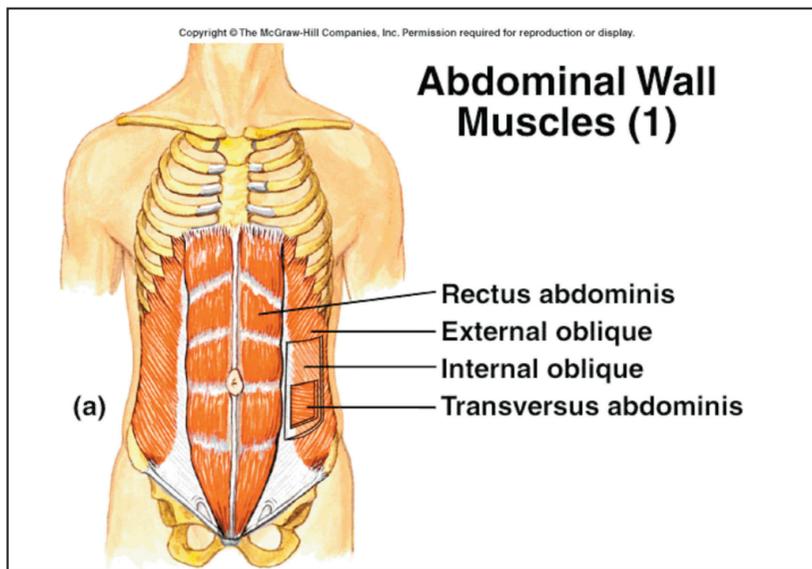
2. Standard Crunch: Lie on your back with knees bent. Lift shoulders off the floor till you feel “the crunch.” Hold momentarily. Beginners should start with holding hands on your chest and progress to holding your hands on the sides of your head.

3. Ball Crunches: If you want a greater range of motion for training the abdominal muscles, do crunches on a stability ball.

4. Belly Button Compressions – Pull your belly button into your spine and hold for a few seconds then release. These can be done in a lying, sitting or standing position. These work the transversus abdominis and help to flatten the abdominal region.

5. Planks: Lie face down on the mat. Now, support yourself by your forearms, raising your body parallel to the floor. Hold for 10-60 seconds.

If you have questions about these or other exercises, contact Sharlyn Kennon, Exercise Specialist, at 918-968-9531 ext. 208 or at sharlyn.kennon@ihs.gov.



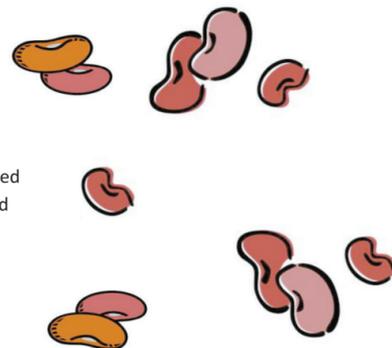
Abdominal Wall Muscles (1)

## Recipes by Erica Dean MS, RD/LD

### Three-Bean Turkey Chili

6 servings

- 1 pound lean ground turkey
- 1 small onion, chopped
- 1 can diced tomatoes (28 oz) undrained
- 1 can chickpeas (15 oz), rinsed and drained
- 1 can kidney beans (15 oz), rinsed and drained
- 1 can black beans (15 oz), rinsed and drained
- 1 can tomato sauce (8 oz)
- 1 can diced mild green chiles (4 oz)
- 1-2 Tbl Chili powder
- Salt to taste



1. Cook and stir turkey and onion in medium nonstick skillet over medium-high heat until turkey is no longer pink and “juice” is clear. Drain and discard fat.
2. Transfer to slow cooker. Add remaining ingredients; mix well.
3. Cook on high 4 hours.

October 2011				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> 11:15 - Zumba/Step/Core ... 12:15 - Zumba/Step/Core ...	<b>4</b> 11:15 - Circuitcise • 12:15 - Circuitcise • 4:45- Gym Games ... 4:45- Zumba/Step/Core ...	<b>5</b> 11:15 - Beginner Yoga ... <b>11:30-Real Solutions Weight Loss</b> •• 12:15 -Zumba/Step/Core ...	<b>6</b> 11:15 - Circuitcise • 12:15 - Circuitcise • 12:15-Gym Games ... 4:45-Combo Cardio ...	<b>7</b> 11:15 - Xbox Kinect & Cardio Circuit • 12:15 - Xbox Kinect & Cardio Circuit •
<b>10</b> 11:15 - Zumba/Step/Core ... 12:15 - Zumba/Step/Core ...	<b>11</b> 11:15 - Circuitcise • 12:15 - Circuitcise • 12:15 - Gym Games ... 4:45- Zumba/Step/Core ...	<b>12</b> 11:15 - Beginner Yoga ... <b>11:30-Real Solutions Weight Loss</b> •• 12:15 -Zumba/Step/Core ...	<b>13</b> 11:15 - Circuitcise • 12:15 - Circuitcise • 12:15 - Gym Games ... 4:45-Zumba & Step ...	<b>14</b> 11:15 - Xbox Kinect & Cardio Circuit • 12:15 - Xbox Kinect & Cardio Circuit •
<b>17</b> 11:15 - Zumba/Step/Core ... 12:15 - Zumba/Step/Core ...	<b>18</b> 11:15 - Circuitcise • 12:15 - Circuitcise • 12:15 - Gym Games ... 4:45- Zumba/Step/Core ...	<b>19</b> 11:15 - Beginner Yoga ... <b>11:30-Real Solutions Weight Loss</b> •• 12:15 -Zumba/Step/Core ...	<b>20</b> 11:15 - Circuitcise • <b>Clinic Closed At Noon</b> 4:45 - Combo Cardio ...	<b>21</b> 11:15 - Xbox Kinect & Cardio Circuit • 12:15 - Xbox Kinect & Cardio Circuit •
<b>24</b> 11:15 - Zumba/Step/Core ... 12:15 - Zumba/Step/Core ...	<b>25</b> 11:15 - Circuitcise • 12:15 - Circuitcise • 12:15 - Gym Games ... 4:45- Zumba/Step/Core ... <b>12:00 - Fall Comforts</b> ••	<b>26</b> 11:15 - Beginner Yoga ... <b>11:30-Real Solutions Weight Loss</b> •• 12:15 -Zumba/Step/Core ...	<b>27</b> 11:15 - Circuitcise • 12:15 - Circuitcise • 12:15 - Gym Games ... 4:45-Zumba & Step ...	<b>28</b> 11:15 - Xbox Kinect & Cardio Circuit • 12:15 - Xbox Kinect & Cardio Circuit •
<b>31</b> 11:15 - Zumba/Step/Core ... 12:15 - Zumba/Step/Core ...				
• Boyd Center Fitness Room		•• Boyd Center Kitchen		••• Gym

## October 2011

### BLACK HAWK HEALTH CENTER ACTIVITIES Activity Descriptions:

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

**Beginning Yoga** increases flexibility while building strength and stamina through various movements and poses. Yoga helps improve posture, rejuvenate energy, relieve stress, and reduce fatigue and/or chronic pain. This is a great class for those beginning an exercise program.

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

**Circuitcise** is a circuit training program that alternates between cardiovascular and muscle strength/endurance exercises. The circuit uses weight machines, free weights, calisthenics, exercise bands and cardiovascular equipment to work all major muscle groups in the body. No choreography. All fitness levels welcome.

**Gym Games** Are you looking for a fun way to stay active while having fun? Join us in the gym for a variety of games and activities. Basketball, volley, table tennis, and other games will be organized throughout the year. A HORSE tournament will be held on Tuesdays & Thursdays at 12:15 during the months of September and October. Bring your shooting skills!

**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. 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, glutes and back muscles, this is the class for you!

**Step** 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. The choreography is basic so all fitness levels can participate.

**Xbox Kinect Games** are played every Friday in the Merle Boyd Center. Join us for fun, games and some friendly competition.

**Zumba** is a fusion of latin and international music that create a dynamic, exciting and effective workout! Routines feature a aerobic interval training with a combination of fast and slow rhythms. 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

**Fall Comforts** --Foods that are perfect for the crisp cool weather! Recipe copies will be provided to those who attend.

**Real Solutions Weight Loss Group** -- A weight loss class for individuals who are ready to take action! The group setting will help you find support with others who share your journey. The class will be a 6 week series and limited to only 9 individuals. Please only sign up if you can commit to the full 6 week course. Each participant will get a “Real Solutions Weight Loss Workbook.” They will be expected to bring the book back each week. Participants will be expected to keep food records and a goal sheet.

## MONTH of OCTOBER 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b> New Fiscal Year Begins
<b>2</b>	<b>3</b> Spaghetti w/meat sauce Green Beans Garlic Bread Peach Cup	<b>4</b> BBQ Chicken Crispy Potatoes Corn Wheat Bread Pineapple Cup	<b>5</b> Salisbury Steak w/gravy Mashed Potato Cucumber Slices Yeast Rolls	<b>6</b> Pinto Beans w/ham Onions Corn Bread Apple Cobbler	<b>7</b> Turkey Sandwich Potato Salad Baby Carrots Pear Cup	<b>8</b>
<b>9</b>	<b>10</b> Sauerkraut w/ polish sausage Broccoli Wheat Bread Apricot Cup	<b>11</b> Hominy & Pork Green Salad Frybread Mixed Fruit Cup	<b>12</b> Beef-n-Noodles Green Beans Yeast Rolls Apple Crisp	<b>13</b> Hamburger Stew Crackers Peach Cup	<b>14</b> Pancakes Sausage Patties Cottage Cheese w/pineapple Juice	<b>15</b>
<b>16</b>	<b>17</b> Breaded Fish Crispy Potatoes Coleslaw Hushpuppies Peach Cup	<b>18</b> Sliced Ham Sweet Potatoes Corn Yeast Rolls Green Salad	<b>19</b> Chicken & Rice Mixed Vegetables Crackers Apple	<b>20</b> Butter Beans Spinach Corn Bread Jello Salad	<b>21</b> Ham & Cheese Sandwich Lettuce/Tomato Chips Pineapple Cup	<b>22</b>
<b>23</b>	<b>24</b> Pork Chop Scalloped Pots Carrots Yeast Rolls Mixed Fruit Cup	<b>25</b> Meatloaf Mashed Potato Green Beans Yeast Rolls Jello w/pears	<b>26</b> Baked Chicken Mashed Potato Green Peas Yeast Rolls Sliced Peaches	<b>27</b> Chili Beans Green Salad Cornbread Peach Cobbler	<b>28</b> French Toast Sausage Patties Boiled Egg-Juice	<b>29</b>
<b>30</b>	<b>31</b> Halloween Indian Tacos w/ H'burger/Beans Lettuce/Cheese & Tomatoes Pear Cup					Approved by Dietitian: <i>Erica Dean, MS, RD/LD</i>

