

From The Merle Boyd Center

Destination Great Lakes

Sharlyn Kennon, Exercise Specialist

Okay, Sac and Fox Nation...Let the journey begin! Destination Great Lakes is a virtual trip exploring the historical route of the Sac and Fox Nation dating back to the 1600's. This incentive based activity program is designed to get people moving while they virtually walk to the Great Lakes of Michigan. The route has been mapped out and teams will begin at Sac and Fox Nation, Stroud, OK and finish 1770 miles away at the Saginaw Bay in Michigan. We'll have incentives along the way as we travel to the Great Lakes region.

Once we arrive at our final destination... let the festivities begin! There will be a destination party with food, games and awards to recognize participants and to honor the ancestors for their heroic journey!

The team oriented journey will begin on Monday, September 12th. There will be a minimum of 6 and maximum of 8 people on each team. All ages are encouraged to join. Participants need a referral to exercise on file from the Black Hawk Health Center. Participants can either create their own team or, if you don't have a team, you can become a free agent. All free agents will be assigned to a team by the exercise specialist. Each team will receive a Sauk

Language name associated with a color.

There will be one designated leader on each team. They will be in charge of encouraging teammates to get active, plus they will gather mileage information from their team and report it to the exercise specialist by Monday each week. This can be done via phone, email or in person at the Merle Boyd Center.

Since not all people prefer walking as their chosen form of exercise, participants can use the attached chart to convert other activities into miles.

To sign up as a team or individual, contact Sharlyn Kennon, by Wednesday, September 7th. There will be a meeting for just the team leaders on Friday, September 9th.

**Destination Great Lakes
officially starts
Monday, September 12
Let the fun
begin!**



Recipes by Erica Dean MS, RD/LD

Healthy Macaroni Salad

- 1 cup whole grain macaroni
- ½ cup cucumbers, diced
- 2 hard boiled eggs, diced
- ½ cup cheese, diced
- ½ cup celery, diced
- ½ cup carrots, grated
- ½ cup light, olive oil based mayonnaise
- 1 teaspoon lemon juice



1. Cook macaroni according to package directions.
2. Drain and chill, adding lemon juice to macaroni.
3. When chilled, add the remaining ingredients and refrigerate until serving time.

September 2011				
Black Hawk Health Center Activities				
Monday	Tuesday	Wednesday	Thursday	Friday
	New Exercise Programs in Red		1 11:15 - Circuitcise • 12:15 - Circuitcise • 12:15-Gym Games ••• 4:45-Combo Cardio •••	2 11:15 - Xbox Kinect • 12:15 - Xbox Kinect •
5 Labor Day Closed	6 11:15 - Circuitcise • 12:15 - Circuitcise • 12:15 - Gym Games ••• 4:45-Zumba & Step •••	7 11:15 - Beginner Yoga ••• 12:15 - Lower Body Sculpt & Core •••	8 11:15 - Circuitcise • 12:15 - Circuitcise • 12:15 - Gym Games ••• 4:45-Zumba & Step •••	9 11:15 - Xbox Kinect • 12:15 - Xbox Kinect •
12 11:15 - Beginner Yoga ••• 12:15 - Lower Body Sculpt & Core •••	13 11:15 - Circuitcise • 12:15 - Circuitcise • 12:15 - Gym Games ••• 4:45-Zumba & Step •••	14 11:15 - Beginner Yoga ••• 12:15 - Lower Body Sculpt & Core •••	15 11:15 - Circuitcise • Clinic Closed At Noon 4:45 - Combo Cardio •••	16 11:15 - Xbox Kinect • 12:15 - Xbox Kinect •
19 11:15 - Beginner Yoga ••• 12:15 - Lower Body Sculpt & Core •••	20 11:15 - Circuitcise • 12:15 - Circuitcise • 12:15 - Gym Games ••• 4:45-Zumba & Step ••• 12:00-Mexican Fiesta •••	21 11:15 - Beginner Yoga ••• 11:30-Real Solutions Weight Loss ••• 12:15 - Lower Body Sculpt & Core •••	22 11:15 - Circuitcise • 12:15 - Circuitcise • 12:15 - Gym Games ••• 4:45-Zumba & Step •••	23 11:15 - Xbox Kinect • 12:15 - Xbox Kinect •
26 11:15 - Beginner Yoga ••• 12:15 - Lower Body Sculpt & Core •••	27 11:15 - Circuitcise • 12:15 - Circuitcise • 12:15 - Gym Games ••• 4:45-Zumba & Step •••	28 11:15 - Beginner Yoga ••• 11:30-Real Solutions Weight Loss ••• 12:15 - Lower Body Sculpt & Core •••	29 11:15 - Circuitcise • 12:15 - Circuitcise • 12:15 - Gym Games ••• 4:45-Zumba & Step •••	30 11:15 - Xbox Kinect • 12:15 - Xbox Kinect •
• Boyd Center Fitness Room		•• Boyd Center Kitchen		••• Gym



Destination Great Lakes Activity Conversion Chart

Since not all people prefer walking as their chosen form of exercise, participants can use this chart to convert other activities into miles. Activity conversions are based on the honor system. Record only the time spent performing the activity. The amount of time sitting/resting during the activity shouldn't be included in the total amount of time.

Activity Level	Description	Sample Activities	Mileage Conversion
Level 1	Light Activity (less than 3.5 kcals used per minute)	Raking leaves, beginning yoga, bowling, table tennis, window cleaning, painting (room or house), slow treading in a pool, vacuuming, cleaning house	30 minutes of continuous activity = 1 mile
Level 2	Moderate Activity (3-7 kcal used per minute)	Xbox Kinect, softball, light weightlifting, shoveling snow, dancing, tennis, volleyball, intermediate yoga, recreational swimming, riding a push scooter, rollerblading	30 minutes of continuous activity = 2 miles
Level 3	Vigorous Activity (7.5+ kcals used per minute)	Exercise Classes (step, kickboxing, spinning, Zumba, circuit training), basketball, soccer, martial arts, fast lap swimming, chopping wood, competitive dancing, heavy weight lifting, boxing/sparring.	30 minutes of continuous activity = 3 miles
Running and Walking		Report Actual Miles	
Bicycling		3:1 Ration (1 mile for every 3 biked)	

Recording examples:

1. My basketball game lasted 1 hour, but total minutes I played throughout the game was 30 minutes. I would record 3 miles for my activity.
2. I was cleaning and vacuuming my house. It took 1 ½ hours, but I stopped to watch a 30 minute TV show while I folded laundry. I would record 2 miles for my activity.
3. I went walking for 30 minutes and went 2 miles. I would record 2 miles for my activity.

If you have questions or need more information about activities and their intensity level, contact Sharlyn Kennon at 918-968-9531 ext. 208 or sharlyn.kennon@ihs.gov.

September 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.

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 **NEW PROGRAM** 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!

Lower Body Sculpt **NEW CLASS** targets the hips, buns, inner/outer thighs and calves by using bands, balls, and the body's own weight to improve muscle strength, endurance and tone. No choreography. All fitness levels welcome.

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

Mexican Fiesta --Make delicious Mexican meals that won't make you feel like taking a big siesta. 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.

