

From The Merle Boyd Center

What is the most important muscle in the body? The heart! The human heart is about the size of a clenched fist. Along with the lungs, arteries, veins, capillaries and blood, this is what's known as the cardiovascular system. The heart's main function is to pump blood to the entire body. Blood distributes oxygen and nutrients to all cells and then carries waste products away. Although this four-chambered muscular organ weighs less than a pound, it contracts continuously over 40 million beats per year. The heart controls blood distribution to and from the lungs and then out to the body through its four cavities or chambers: the right and left atria, and the right and left ventricles. Its muscle fibers are not unlike those of skeletal muscle. However, they are all interconnected so that they contract simultaneously. This creates a wringing effect, pumping a steady flow of blood to the cells of the body. The more efficiently this distribution can occur, the fewer times our heart has to beat on a daily basis. Therefore, by increasing the strength of the heart, we can decrease our resting heart rate, increase our aerobic capacity and carry out tasks with much less effort.

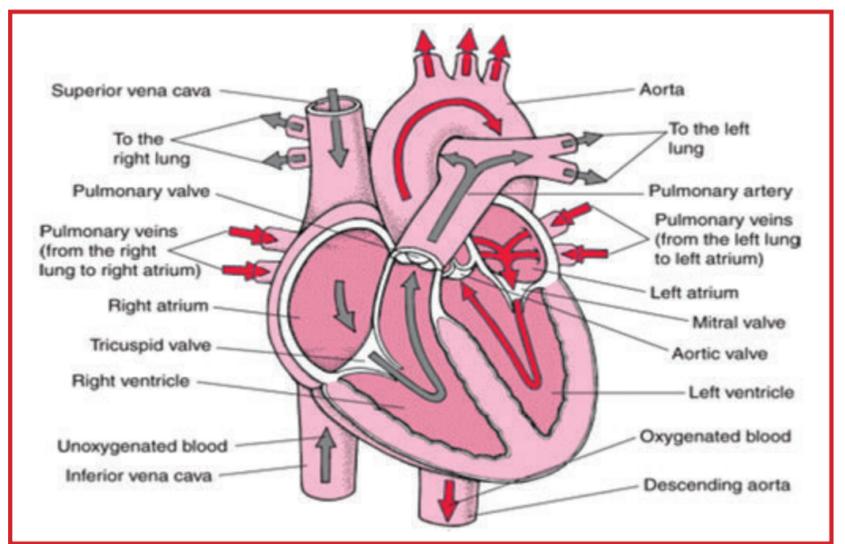
So, how do we get our hearts pumping more efficiently? Cleaning up the blood stream is a great place to start. Watching what we eat is half the battle, but regular

cardiovascular exercise is the key! By doing cardiovascular exercises for 20 to 60 minutes a day, 3 to 6 times/week, you can dramatically lower your risk of heart disease and stroke. Regular activity helps prevent and control risk factors such as high blood pressure, high cholesterol, diabetes and obesity. It also reduces stress levels, increases energy and improves sleep and digestion. Because physical activity makes you feel better about yourself, you are more likely to make healthy lifestyle choices.

What type of exercises can be done to improve heart health? Cardiovascular exercises are rhythmic, can be done continuously for a period of time, use the largest muscles in your body (primarily lower body) and elevate the heart rate into what's known as the "target heart rate zone". A few examples are walking, swimming, bicycling, jogging, rowing, dancing, skating, aerobic classes, Zumba, stair climbing or using an elliptical machine.

The Merle Boyd Center offers a variety of equipment and fitness classes to help increase the strength and efficiency of the heart muscle. If you need more information or would like to be set up on a personalized fitness program, please contact Sharlyn Kennon at 918-968-3526 ext. 208 or sharlyn.kennon@ihs.gov.

Muscle Of The Month - Heart



National Nutrition Month



Nutrition Workshops in the Kitchen

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

Breakfast on the Go

Don't suffer one more morning without fuel to help you move! Erica will demonstrate easy, tasty breakfast ideas. Recipe copies will be provided to those who attend.

"Got Health?"

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

5th Annual Health Fair

Make Plans To Attend

April 2011				
Monday	Tuesday	Wednesday	Thursday	Friday
				1 11:15 - Xbox Kinect • 12:15 - Xbox Kinect •
4 11:15 - Step Aerobics & Washboard Core ••• 12:15 - Combo Cardio •••	5 11:15 - Circuitcise • 12:15 - Circuitcise • 4:45 - Combo Cardio •••	6 11:15 - Yoga • 12:15 - Yoga •	7 11:15 - Circuitcise • 12:15 - Circuitcise • 4:45 - Combo Cardio •••	8 11:15 - Xbox Kinect • 12:15 - Xbox Kinect •
11 11:15 - Step Aerobics & Washboard Core ••• 12:15 - Combo Cardio •••	12 11:15 - Circuitcise • 12:15 - Circuitcise • 4:45 - Combo Cardio •••	13 11:15 - Yoga • 12:15 - Yoga •	14 11:15 - Circuitcise • 12:15 - Circuitcise • 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 • 12:15 - Circuitcise • 4:45 - Cardio Combo ••• 12:00 - Breakfast on the go --	20 11:15 - Yoga • 12:15 - Yoga • 11:00 - Breakfast on the go ••	21 11:15 - Circuitcise • Clinic Closes At Noon 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 • 12:15 - Circuitcise • 4:45 - Combo Cardio •••	27 11:15 - Yoga • 12:15 - Yoga •	28 11:15 - Circuitcise • 12:15 - Circuitcise • 4:45 - Combo Cardio •••	29 11:15 - Xbox Kinect • 12:15 - Xbox Kinect •

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

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.

May 2011				
Monday	Tuesday	Wednesday	Thursday	Friday
2 11:15 - Step Aerobics & Washboard Core ••• 12:15 - Combo Cardio •••	3 11:15 - Circuitcise • 12:15 - Circuitcise • 4:45 - Combo Cardio •••	4 11:15 - Yoga • 12:15 - Yoga •	5 11:15 - Circuitcise • 12:15 - Circuitcise • 4:45 - Combo Cardio •••	6 11:15 - Xbox Kinect • 12:15 - Xbox Kinect •
9 11:15 - Step Aerobics & Washboard Core ••• 12:15 - Combo Cardio •••	10 11:15 - Circuitcise • 12:15 - Circuitcise • 4:45 - Combo Cardio •••	11 11:15 - Yoga • 12:15 - Yoga •	12 11:15 - Circuitcise • 12:15 - Circuitcise • 4:45 - Combo Cardio •••	13 11:15 - Xbox Kinect • 12:15 - Xbox Kinect •
16 11:15 - Step Aerobics & Washboard Core ••• 12:15 - Combo Cardio •••	17 11:15 - Circuitcise • 12:15 - Circuitcise • 4:45 - Combo Cardio •••	18 11:15 - Yoga • 12:15 - Yoga •	19 11:15 - Circuitcise • Clinic Closes At Noon 4:45 - Combo Cardio •••	20 11:15 - Xbox Kinect • 12:15 - Xbox Kinect •
23 11:15 - Step Aerobics & Washboard Core ••• 12:15 - Combo Cardio •••	24 11:15 - Circuitcise • 12:15 - Circuitcise • 4:45 - Cardio Combo ••• 12:00 - Spice up your life ••	25 11:15 - Yoga • 12:15 - Yoga • 11:00 - Spice up your life ••	26 11:15 - Circuitcise • 12:15 - Circuitcise • 4:45 - Combo Cardio •••	27 11:15 - Xbox Kinect • 12:15 - Xbox Kinect •
30 11:15 - Step Aerobics & Washboard Core ••• 12:15 - Combo Cardio •••				

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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.

