

From The Merle Boyd Center

March is National Nutrition Month

By JACKIE BAUMANN

March is National Nutrition Month and a good time to reassess our eating habits, now that most people's interest in their New Year's diets and resolutions may have faded.

Whether you are dreaming of spring break, thinking ahead to summer weather or more importantly simply ready to make some permanent changes to improve or maintain your health, there is no better time than the present to begin.

A great way to celebrate nutrition month would be to assess your plate to see how healthy it is. Here are a few tips for making your plate healthy:

1. Get more Fruits and Vegetables -- Most people need 4.5 cups a day (that's about 1.5 cups per meal). Keep them low in fat. Get a variety of colors and remember that vegetables should fill about half of your plate.

2. Chose lean protein -- Most people need only 5 ounces per day. Include fish and beans each week. Choose protein items that are lean and prepare with little fat. Protein should fill about one quarter of your plate.

3. Make most of your grains whole.

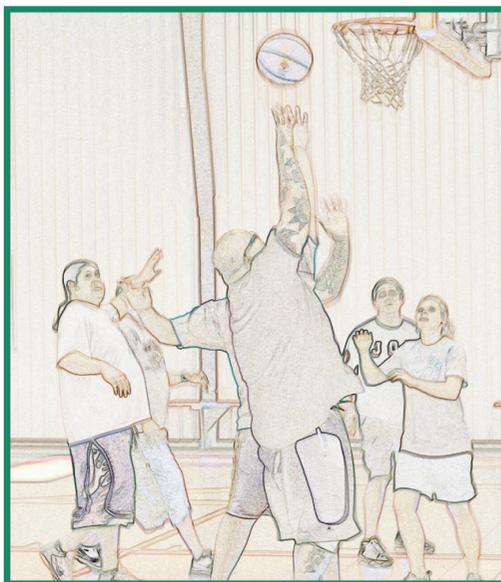
Most people need to eat 3 servings of whole grains per day. These may be pasta, brown rice, oats, barley, couscous or quinoa. Keep your grains low in fat. Grains should fill about a quarter of your plate.

4. Downsize your plates! Check your dinnerware. If your plates are the size of platters, consider using luncheon plates or purchasing plates that are smaller. Using smaller plates will result in most people putting less food on their plate. For example, if a person used a smaller bowl that held only 1 cup of cereal each day in place of a larger one they had been filling with 1.5 cups of cereal, the difference would amount to a savings of about 31,000 calories per year! The USDA has launched a new tool for tracking what you eat. It is called SuperTracker and is available free on the internet at ChooseMyPlate.gov. The site is designed to assist individuals as they make changes in their life to reduce their risk of chronic disease and maintain a healthy weight. The site provides a place to track both diet and physical activity. SuperTracker is available free, on-line at any time. Users can choose a variety of features to support their individual goals.

Healthy Heart Awareness Day



DON'T FORGET Black Hawk Health Center ACTIVITIES AND CLASSES



Walk/Jog 5 miles — FREE t-shirt
Walk/Jog 150 miles — FREE Nike N7 Shoes



kehchipenowa club



kîyothêwa club

Must have referral to exercise from Black Hawk Health Center

Kehchipenowa
(He/She Jogs/Runs)
Kîyothêwa
(He/She goes for a walk)

Log actual miles walked or jogged. Participate in local walking/running events. Receive incentives! Improve health! Enhance lifestyle!

Get Active and Get A Life!

For More Information Contact
Sharlyn Kennon at (918) 968-9531 Ext. 208 or sharlyn.kennon@ihs.gov

March 2012

BLACK HAWK HEALTH CENTER ACTIVITIES Activity Descriptions:

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

Basketball - Pick up games, 21, Horse, Round the World and other games will be played.

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.

Circuit Training is a total body workout. Participants alternate between aerobic, muscles strength, core, agility and endurance movements while performing each station for one minute. Intensity can be adjusted for beginner to advance levels of fitness.

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!

Kehchipenowa & Kiyothêwa Club started February 21st. Kehchipenowa is the Sauk word which means he/she jogs or runs. Kiyothêwa is the Sauk word which means he/she walks around. Participants receive incentives for jogging/walking 150 miles.

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 dancing.

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.

March 2012

Black Hawk Health Center Activities

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Mon	Tue	Wed	Thu	Fri
	◆ Boyd Fitness Center ◆◆◆ Gymnasium		1 11:15- Basketball ◆◆◆ 12:15- Basketball ◆◆◆ 4:45- Circuit Training ◆◆◆	2 11:15- Kehchipenowa & Kiyothêwa Club ◆ 12:15- Basketball ◆◆◆
5 11:15-Zumba ◆◆◆ 12:15-Kehchipenowa & Kiyothêwa Club ◆	6 11:15- Basketball ◆◆◆ 12:15- Basketball ◆◆◆ 4:45- Circuit Training ◆◆◆	7 11:15-Beginner Yoga ◆◆◆ 12:15-Kehchipenowa & Kiyothêwa Club ◆	8 11:15- Basketball ◆◆◆ 12:15- Basketball ◆◆◆ 4:45- Circuit Training ◆◆◆	9 11:15- Kehchipenowa & Kiyothêwa Club ◆ 12:15- Basketball ◆◆◆
12 11:15-Zumba ◆◆◆ 12:15-Kehchipenowa & Kiyothêwa Club ◆	13 11:15- Basketball ◆◆◆ 12:15- Basketball ◆◆◆ 4:45- Circuit Training ◆◆◆	14 11:15-Beginner Yoga ◆◆◆ 12:15-Kehchipenowa & Kiyothêwa Club ◆	15 11:15- Basketball ◆◆◆ Clinic Closes at Noon 4:45- Circuit Training ◆◆◆	16 11:15- Kehchipenowa & Kiyothêwa Club ◆ 12:15- Basketball ◆◆◆
19 11:15-Zumba ◆◆◆ 12:15-Kehchipenowa & Kiyothêwa Club ◆	20 11:15- Basketball ◆◆◆ 12:15- Basketball ◆◆◆ 4:45- Circuit Training ◆◆◆	21 11:15-Beginner Yoga ◆◆◆ 12:15-Kehchipenowa & Kiyothêwa Club ◆	22 11:15- Basketball ◆◆◆ 12:15- Basketball ◆◆◆ 4:45- Circuit Training ◆◆◆	23 11:15- Kehchipenowa & Kiyothêwa Club ◆ 12:15- Basketball ◆◆◆
26 11:15-Zumba ◆◆◆ 12:15-Kehchipenowa & Kiyothêwa Club ◆	27 11:15- Basketball ◆◆◆ 12:15- Basketball ◆◆◆ 4:45- Circuit Training ◆◆◆	28 11:15-Beginner Yoga ◆◆◆ 12:15-Kehchipenowa & Kiyothêwa Club ◆	29 11:15- Basketball ◆◆◆ 12:15- Basketball ◆◆◆ 4:45- Circuit Training ◆◆◆	30 11:15- Kehchipenowa & Kiyothêwa Club ◆ 12:15- Basketball ◆◆◆