

# From The Merle Boyd Center

## Mîwîkô! (Move Around)

Anthony neteshitho, have you been waiting for a motivational purpose to get into the gym or to begin a walking regiment? It's not too late to do anything, you may have felt knocked down or even held down, but even a race begins with one step at a time.

The first step I hope that you take is in a positive direction which consists of being more physically active and also monitoring you're eating habits. The door to a healthier future can be your front door, and can also be the door to The Merle W. Boyd Center where a new incentive program is going on. It is for patients of the Black Hawk Health Center with a referral for exercise.



Anthony Ramirez

The word tashikânowa in Sauk translates to he is playing around, it is my hope that it will also mean to play around outside and not just joke around, and this is exactly what we all need to do, simply moving around and participating in outdoor activities. Mîwîkô! Let's not waste any more time by being unhealthy, and enjoy the life we are living.

Mîwîkô is the name of the program and it means move around, we aren't just walking or jogging, but now we are riding bicycles, using an elliptical and using the weight room to earn mileage and incentives. Come sign up with Anthony Ramirez today to get started!

## Don't go to Your Room, Go Outside! And Play!

Remember as a youth running around and playing outside until the streetlights came on? Maybe waking up on a Saturday morning and riding your bike around the neighborhood until called inside for food? These are activities we cannot afford to stop doing and we can definitely not afford to make the youth of today stop these activities. While young kids are often active, that positive energy expenditure fades away with age. There are plenty of things that can be put to blame, but a healthy adult should have the want to play outside with their children right? It is encouraged to nip obesity at an early age by encouraging kids to keep moving and it may help the long term health of our children and our own selves. It is recommended that kids spend at least 60 minutes a day participating in some sort of outdoor activity where they are moving about constantly with several short breaks. This is a great opportunity for parents, aunts and uncles, or even grandparents to spend as much time with their young as possible whether it's shooting baskets, riding bicycles, playing horseshoes or even playing hide and seek. Let the kids run around and chase you, or do anything you can to make sure that you are staying healthy and active with your kids. This will be something they remember and practice when they have their own in the future so what better time than now. If you do not have kids and are having trouble getting or staying active don't fret, this is a normal stage that many people go through in life. This is not directed only to those with kids, it is just a reminder to get up and get outside; work in the garden when

the weather allows, go for a bike ride with your spouse or alone to relax your mind, go for a hike around the river, or just go for a mall walk.

### Break Through The Plateau

Whether you have reached a plateau in your workouts, have lost the want to be active, or just don't see the point in what exercising can do for you, hopefully it isn't too late to fix anything. When a "plateau" is reached by an individual in their workout regiment it is usually because they constantly do the same workouts day after day. The first thought is "this is the lowest weight I'm going to get to" or "why keep pushing myself hard and working for hours if I can't make anymore improvements?" The easiest way to either avoid hitting a plateau or push past it is to keep your muscles and body guessing day by day in the workouts and avoiding doing the same workouts week in and week out. Instead of hitting 3 sets of 15 reps every time you work a muscle, try 3 sets of 10, 5 and 15 all with different weights and all while isolating the specific muscle you want targeted. I started this after I hit a plateau over the summer where I was stuck lifting the same weight and even decreasing in weight in some workouts. After changing the repetitions, I started to add new workouts to hit the same muscles and take out the ones my muscles were getting used to, and almost immediately I started feeling stronger and adding more weight. When I went back to the workouts I was doing as I hit the plateau, I was using my max weight as my repetition weight, and gained in strength and endurance in all the workouts.

## FREE mesh backpack, shorts, t-shirts, hooded sweatshirts and more!

To Get Started  
Get referral to exercise from  
Black Hawk Health Center  
And meet with  
Exercise Specialist

# Mîwîkô (Move Around)

Log actual miles walked or jogged, bicycled, or time lifting weights

For More Information Contact  
Anthony Ramirez at (918) 968-9531 Ext. 205 or Anthony.Ramirez@ihs.gov

## Health Fair T-Shirt Design Contest

Do you have a passion for drawing, or know someone that does? Would you like to see your creation captured on a shirt that will be worn by many for years to come? The 50<sup>th</sup> Sac and Fox Nation of Oklahoma Pow Wow will be approaching this July, and we are going to choose one person's drawing that captures the event in its wholeness and expresses a combination of health and Native American tradition. You

can email, fax, mail in, or even drop off your drawings to Anthony Ramirez at the Merle W. Boyd Center before February 15<sup>th</sup> at 4:30 PM. The winner will be notified after the drawings are voted upon. As it is the 50<sup>th</sup> anniversary, we will be aiming to make this the most memorable and best health fair yet. So mark your calendars and free up time to come learn and walk away with some goodies to be given out.

## Sign up form for the Mîwîkô! Exercise Program

Name \_\_\_\_\_

Email \_\_\_\_\_

Phone Number \_\_\_\_\_

Shirt Size \_\_\_\_\_ Short Size \_\_\_\_\_

Referral to exercise \_\_\_\_\_

### Southwestern Layered Bean Dip

by Brittany Crawford, Registered Dietitian

**Ingredients**

- 16-ounce can nonfat refried beans
- 15-ounce can black beans, rinsed
- 4 scallions, sliced
- ½ cup prepared salsa
- ½ tsp. ground cumin
- ½ tsp. chili powder
- ¼ cup pickled jalapeno slices, chopped
- ½ cup reduced-fat sour cream
- 1 ½ cups chopped romaine lettuce
- 1 medium tomato, chopped
- 1 medium avocado, chopped
- ¼ cup canned sliced black olives

**Preparation**

Combine refried beans, black beans, scallions, salsa, cumin, chili powder and jalapenos in a medium bowl. Transfer to a shallow 2-quart microwave-safe dish; sprinkle with cheese. Microwave on high for 3-5 minutes. Spread sour cream evenly over the hot bean mixture with lettuce, tomato, avocado and olives.

<b>JANUARY 2013</b>				
Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> CLOSED	<b>2</b> 11:15 - Lunch Tone 12:15 - Lunch Tone  	<b>3</b> 11:15 - YOGA 12:15 - YOGA  <span style="color: red;">5:00 - 5:45 C.A.P.S.</span>	<b>4</b> Just come in!  
<b>7</b> 11:15 - Lunch Tone 12:15 - Lunch Tone	<b>8</b> 11:15 - YOGA 12:15 - YOGA  <span style="color: red;">5:00 - 5:45 C.A.P.S.</span>	<b>9</b> 11:15 - Lunch Tone 12:15 - Lunch Tone 12 P.M. <span style="color: blue;">Healthy Cooking</span>	<b>10</b> 11:15 - YOGA 12:15 - YOGA  <span style="color: red;">5:00 - 5:45 C.A.P.S.</span>	<b>11</b> Dance with Kinect!
<b>14</b> 11:15 - Lunch Tone 12:15 - Lunch Tone	<b>15</b> 11:15 - YOGA 12:15 - YOGA  <span style="color: red;">5:00 - 5:45 C.A.P.S.</span>	<b>16</b> 11:15 - Lunch Tone 12:15 - Lunch Tone	<b>17</b> Closed for In-service Training from 12:00 - 4:30 <span style="color: red;">5:00 - 5:45 C.A.P.S.</span>	<b>18</b> Basketball?
<b>21</b> 11:15 - Lunch Tone 12:15 - Lunch Tone	<b>22</b> 11:15 - YOGA 12:15 - YOGA  <span style="color: red;">5:00 - 5:45 C.A.P.S.</span>	<b>23</b> 11:15 - Lunch Tone 12:15 - Lunch Tone 12 P.M. <span style="color: blue;">Healthy Cooking</span>	<b>24</b> 11:15 - YOGA 12:15 - YOGA  <span style="color: red;">5:00 - 5:45 C.A.P.S.</span>	<b>25</b> Volleyball?
<b>28</b> 11:15 - Lunch Tone 12:15 - Lunch Tone  	<b>29</b> 11:15 - YOGA 12:15 - YOGA  <span style="color: red;">5:00 - 5:45 C.A.P.S.</span>	<b>30</b> 11:15 - Lunch Tone 12:15 - Lunch Tone	<b>31</b> 11:15 - YOGA 12:15 - YOGA  <span style="color: red;">5:00 - 5:45 C.A.P.S.</span>	
<span style="color: blue;">11:15 and 12:15 LUNCH TONE in Merle W. Boyd Center during lunch hour.</span> <span style="color: red;">5:00 - 5:45 C.A.P.S. in the Gymnasium</span> <span style="color: blue; font-weight: bold;">MONDAY AND WEDNESDAY OPEN TIL 6 PM!!</span>				

## JULY 2013 HEALTH FAIR T-SHIRT DESIGN CONTEST

Black Hawk Health Center  
and  
Merle W. Boyd Center  
are sponsoring a  
T-Shirt Design Contest for the  
2013 Health Fair T-Shirt  
Honorariums will be awarded  
to all participants. If you  
would like to participate in  
the contest please contact:  
Anthony Rameriz at  
(918) 968-9531 ext. 205