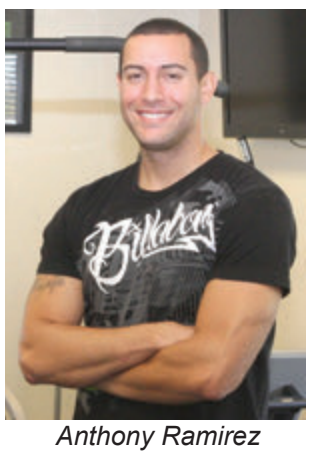
From The Merle Boyd Center

New in the Merle W Boyd Exercise Room!

Haven't been to the exercise room in a while up here? Well you are missing out on some great equipment! We will start with the floor, it used to just be linoleum on top of concrete, we didn't dig it up, but we have had a layer of rubberized flooring added to cover the entire floor to save your knees and ankles! New dumbbells were purchased several months ago and have been getting a full workload. The dumbbells go up to 65 pounds! There is now an Olympic sized bar and 300 pounds of plates to use, ranging from two and a half pounds up to 45 pounds. A piece of equipment that was highly demanded was a leg lift machine, and thankfully enough, we were able to attain that which also has handles for triceps dips and pull-ups. It is a nifty piece and a great tool for the individuals that are serious about weight loss and strength gaining. A favorite of mine that was asked about frequently is the preacher curl bench and bar. It was received beginning of January and has been worth the wait to use, men and women enjoy it because it is different than the regular bicep curls with dumbbells, and keeps you focused on using both arms simultaneously and keeping you even. The final two machines that we have received in recently are a leg adduction/abduction machine and a smith/squat machine/rack. The leg adduction and abduction machine is perfect for working your inner and outer thighs where most people confess are their trouble areas or the areas they would like to lose the most excess. The squat rack is equipped with the Olympic sized bar where you can perform a huge assortment of different strength training and endurance training exercises for chest, shoulders, arms, back and legs. The machine also has a bar for pull-ups, and a smith machine that you can use to do all the same exercises as the Olympic bar that is not attached. This equipment is here for you, if you have a referral and are not utilizing the new equipment, then it is time to get in here and get everything started for a healthier year than last.



Anthony Ramirez

Recipes for February

by Brittany Crawford,
Registered Dietitian **MBC**

Creamy Chicken Wild Rice Soup

Makes 6 servings

Ingredients

1 cup wild rice
9 oz boneless skinless chicken breast
½ cup diced carrots
½ cup diced celery
2 cups chicken broth
3 cups water
½ cup margarine
½ cup flour
2 cups milk
½ teaspoon ground pepper
1 teaspoon parsley

Preparation

In a slow cooker, combine wild rice, chicken, carrots, celery, chicken broth, and water. Cook 4-5 hours until chicken is cooked all the way through. To make the cream sauce, make a roux by melting margarine in a small saucepan. Mix in flour by tablespoon. When all the flour is mixed in, slowly whisk in milk. Add cream sauce to slow cooker and mix.

Spicy Candied Almonds

Makes 18 servings

Ingredients

1 egg white
1 tbsp water
16 oz almonds
¼ cup Splenda Brown Sugar Blend
1 tbsp ground cinnamon
1 tsp ground ginger
1 tsp salt
½ tsp ground coriander
½ tsp allspice
1 pinch of ground red pepper

Preparation

Preheat oven to 250° F. In a medium bowl, whisk egg white and water until frothy. Add almonds and stir to coat completely. In a large zip-lock bag, combine Splenda Brown Sugar Blend, cinnamon, ginger, salt, coriander, allspice, and pepper. Close bag and shake vigorously to blend. Add half of the almonds to the bag and shake to coat thoroughly. Remove almonds and place on a large nonstick baking sheet. Repeat with remaining nuts and spices, and spread on the baking sheet. Bake, stirring and smoothing almonds into a single layer every 15 minutes for about 45 minutes or until almonds are caramelized. Allow almonds to cool before eating.

Per Serving= 7g carbohydrate, 170 calories, 15g total fat, 1g saturated fat, 5g protein, 3g dietary fiber, 4g sugar, 0mg cholesterol, 135mg sodium

Sign up form for the Mîwîkô! Exercise Program

Name_____

Email_____

Phone Number _____

Shirt Size_____Short Size_____

Referral to exercise _____

Effective November 1, 2012

Merle Boyd Center Exercise Facility
Will be Open
Until 6:00 p.m. on Mondays and Wednesdays
Must have referral from
Black Hawk Health Center *to use exercise room*

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 50th 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 15th at 4:30 PM. The winner will be notified after the drawings are voted upon. As it is the 50th 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.

February 2013
Black Hawk Health Center Activities

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Just come in!
4 11:15 - Lunch Tone 12:15 - Lunch Tone	5 11:15 - YOGA 12:15 - YOGA 5:00 - 5:45 C.A.P.S.2	6 11:15 - Lunch Tone 12:15 - Lunch Tone 12 P.M. Healthy Cooking	7 11:15 - YOGA 12:15 - YOGA 5:00 - 5:45 C.A.P.S.	8 Dance with Kinect! Have fun and move
11 11:15 - Lunch Tone 12:15 - Lunch Tone	12 11:15 - YOGA 12:15 - YOGA 5:00 - 5:45 C.A.P.S.	13 11:15 - Lunch Tone 12:15 - Lunch Tone	14 11:15 - YOGA 12:15 - YOGA 5:00 - 5:45 C.A.P.S.	15 Basketball?
18 11:15 - Lunch Tone 12:15 - Lunch Tone	19 11:15 - YOGA 12:15 - YOGA 5:00 - 5:45 C.A.P.S.	20 11:15 - Lunch Tone 12:15 - Lunch Tone 12 P.M. Healthy Cooking	21 11:15 - YOGA 12:15 - YOGA 5:00 - 5:45 C.A.P.S.	22 Volleyball?
25 11:15 - Lunch Tone 12:15 - Lunch Tone	26 11:15 - YOGA 12:15 - YOGA 5:00 - 5:45 C.A.P.S.	27 11:15 - Lunch Tone 12:15 - Lunch Tone	28 11:15 - YOGA 12:15 - YOGA 5:00 - 5:45 C.A.P.S.	

11:15 and 12:15 Lunch classes Monday - Thursday
5:00 - 5:45 C.A.P.S. in the Gymnasium
MONDAY AND WEDNESDAY OPEN TIL 6 PM!!