

February 2009



Nimiipuu Fitness Center Newsletter



Wendy Strack, NMPH Fitness Coordinator
wendys@nimiipuu.org 208.843.2271 ext. 2847

Special points of interest:

- Health Promotion Programs website is <http://hpp.ou.edu>. Check it out!
- Visit Just Move It at <http://justmoveit.org>
- See how you can participate in Healthy People 2010. Go to www.healthypeople.gov
- National Indian Health Board can be found at <http://www.nihb.org>

Inside this issue:

NMPH Fitness Center Survey says... **2**

Q & A **2**

February Exercise Class Schedule **2**

Please contact Wendy for fitness consultations
Comments about this newsletter at
wendys@nimiipuu.org

Wendy returns from Native Diabetes Prevention Conference

Phoenix, Arizona The Native Diabetes Prevention Conference took place in sunny, (but not too warm!), Phoenix between January 26 through the 28th. This health promotion program was hosted by the American Indian Institute, an outreach of the University of Oklahoma. There were days full of activities including mini-courses filled with current research and enlightening information. Some of which I want to share with you.

One of the keynote presentations was given by Marcia Roper, Registered Dietitian, Certified Diabetes Coordinator and author of "*Type 2 Diabetes: Adrenal Gland Disease*". Marcia enlightened the audience about her Healthy Plate Program for diabetic and pre-diabetic patients. She stated that in 2002 a study had proven lifestyle is better than metformin for pre-diabetics.

The Healthy Plate Program includes 7 steps which must be done together for success. They include consumption of protein, consumption of complex carbohydrates, consumption of non-starchy vegetables, no caffeine, maintaining a daily food journal, *exercise*, and de-stressing. This might be old news or plain common sense to some of you but Marcia promised that the 7 steps above will work. However, if you skip one of the steps it will not work. It's that simple.

Or is it? Lifestyle change is hard. Some patients aren't ready to commit to a lifestyle change and request meds instead. And that is the individual's choice. Marcia, as all health care providers and auxiliary, respect a patient's choice once they have been informed of their options.

One thing in particular within the

Healthy Plate Program is exercise. In Marcia's own words "exercise is the magic bullet". If meds are making you eat more, also termed as 'feeding the medication', it may be of benefit to you to take up exercise, especially if you are sedentary throughout most of the day.

A new tool that I was introduced to in a class, which I am introducing to NMPH clients, is Functional Training. This type of training is available to all fitness levels and does not require equipment. If you have a large waist measurement you are at risk for developing chronic diseases, including diabetes and heart disease. Functional Training targets your core area, increases total body strength, and improves balance. FT will be implemented at NMPH Fitness Center classes for those interested.

Fitness Center Open House. How'd that go?

Well, let me tell ya. It was a smashing hit for NMPH clients, Tribal members and employees! The Fitness Center Open House took place in January between noon and 3:00. Approximately 50 people showed up to meet fitness center and community health employees,

mingle with neighbors, enjoy delicious food and compete with others in a variety of fitness challenges. Winners of the challenges received prizes while attendees had opportunities to win from on-going raffles.

Here is a list of fitness challenge

winners: *Core strength*-Elizabeth Brackney & Kevin Brackney; *Push-Ups*-Angel Sabotta & Kevin Brackney; *Chest Press*-Sonya Samuels & Robert Williamson; *Flexibility*-Adrianna Albert & Robert Williamson; *Wall Sit*-Sonya Samuelson & Kevin Brackney. Good job you all!

NMPH Fitness Center Survey Says...

I am interested in:

Weight reduction programs...73%;
 Beginner exercise programs...42%;
 Learning how to use equipment...33%;
 Group support for weight loss...31%;
 Advanced exercise programs...15%;
 Intermediate exercise programs...11%;
 Strength training classes...62%;
 Core training classes...38%;
 circuit training classes, exercise ball classes, pilates classes...all tied with 15%;
 yoga classes...11%

I consider myself to be:

Moderately active...46%;
 Sedentary...38%;
 Very active...12%

I would like the Fitness Center to offer the following:

Personal fitness consultations with Wendy...54%;
 Fitness contests...31%;
 Watching DVDs (exercise or non-offensive movies on DVD) in fitness center...31%;
 Use of a rowing machine...27%;
 Full-length mirrors in fitness center...19%;
 Stretching on a dance bar attached to the wall...15%

As a result of the survey, I am happy to announce that February classes will include strength training as well as core conditioning in the fitness center (please see Exercise Class Schedule below for details). A plasma TV/DVD player is in the planning stages for purchase. This would be mounted on a wall in the fitness center—yeah! (Sorry, cable will not be included in this package). Also, a rowing machine will be purchased! A weight reduction

fitness challenge for beginners will be introduced this month, so you can look forward to that. Better yet, you can participate in it! Information will be posted in the fitness center and on Tribal e-mail by Wednesday, February 11.

A Tribal member suggested shelves or hooks to hang clothes placed near the shower stalls in the locker rooms. What a great idea!!! Guess what? You now have a proper place to keep your toiletries while you shower. Thank you for the suggestion and thank you to maintenance for doing the work!

Comments and suggestions are **always** welcome. Please pick up a comment sheet in the bin next to my office door located in the Wellness/Fitness Center



Questions that need Answers—and answers you get!

- Is the NMPH Fitness Center open on Fridays or is that just a rumor? *Yes! The fitness center is now open 5 days a week, including Fridays from 11:00 AM to 5:00 PM. Our fitness center aide, Daneta Jabeth, is excited and looks forward to seeing you.*
- When's the Native Nike Shoe Program going to start? *Soon but not this month. Next month!*
- Why can't we turn down the heat in the fitness center? It gets hot in there and makes it hard to exercise. *I took this question to NMPH Maintenance manager Tom Haugen and this was his explanation (not verbatim but pretty darn close!). "The climate control (heat and air) is a centralized system. When you turn down the temperature at one side of a room (fitness center), then the other side of the room (corridor/Wellness center) will detect the change and turn the heat on to make up for the lower temp coming from the other side of the room. In other words, the climate control system is set on a designated setting throughout the building. (Note: Fans are provided but please feel free to step outside if you need to cool down).*

February Exercise Class Schedule

Monday thru Thursday all month

12:00 – 1:00 Walking at the Track Walk the track for 15 days (you'll even get a punch card to keep track!) and get an award. Challenges will be provided daily.

Monday thru Thursday all month

5:00—6:00 PM Strength Training and Core Conditioning in the Fitness Center Come to the Fitness Center for instruction on shaping your muscles. Or condition your core area using a variety of techniques. Wendy will show you how!

Periodic prizes and incentives will be given and you won't know what they are until you show up. I'll see you there!

Mondays & Wednesdays

1:15—1:45 Senior Exercise Class at the Senior Center. A variety of exercise options are available.