



Nimiipuu Fitness Center Newsletter

Body Composition - Part 1

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Body composition consists of fat and nonfat components. For many years people relied on height/weight charts to determine their recommended body weight. We know now that these tables are not capable of showing fat values which contribute to increased risk for disease. It is crucial to determine how much body fat a person carries as well as the nonfat component which is also called lean body mass. Once fat percentage is known, a healthy recommended body weight can be calculated.

Total fat in the body is classified into two types: essential fat and storage fat. Essential fat is found in muscles, nerve cells,

bone marrow, intestines, heart, liver, and lungs. You cannot live without it. Storage fat serves to keep the body warm, it offers energy and acts as padding. Men tend to store most of this around the waist and women around the hips and thighs. Storage fat is usually located beneath the surface of the skin.

There are many techniques to assess body composition ranging from hydrostatic weighing to calipers to bioelectrical impedance to near-infrared. NMPH uses the near-infrared method. A probe is placed onto a selected body site such as the bicep, giving off an infrared light which passes

through both fat and muscle tissue and is then reflected back to the probe. Personal data such as weight, height, gender, age, frame size and activity level is inputted into the computer (that the probe is connected to) which then spits out a digital readout of body fat and lean tissue percentages. The American College of Sports Medicine (ACSM) Standards of Body Composition state that ideal body fat (BF) for women is between 16—19%. Anything over 32% BF is obese. The ideal BF for men is 11—13% whereas 25% or more BF is considered obese. Numbers may vary depending on the source.

Exercise DVD review by Wendy

The Abs Diet Workout

I played this for the first time in the fitness center at lunch hour and people actually watched it! This DVD has 3 programs, circuit training and recipes. The host is knowledgeable and exercises effective. I give *The Abs Diet Workout* a 2-thumbs up.

Exercise, Stress and the Adrenals

I was approached by a Biggest Loser participant with the question of, should I keep exercising if I'm sleep deprived? I sat back in my chair and shook my head no. Sleep deprivation is a stress to your body. So is exercise. When your adrenal glands (there is one located

above each kidney) detect stress they produce cortisol. Cortisol contributes to fat storage. When your system is stressed and you exercise because you feel obligated to stay on schedule, guess what? You will be burning sugar and the fat will not release as a result of

the elevated cortisol. The term *adrenal burnout* is becoming more common in the health field as society increases and maintains an exaggerated level of stress. Everything from junk food to traffic and pollution to lack of sleep all add stress. Rest and nutrition can help.

Earth Day Funny-Fun-Fun Walk is a Hit!

Earth day has come and gone but the spirit of walking continues. On Wednesday, April 22nd, the NMPH Diabetes Prevention Program and the fitness center hosted what we termed a Funny-Fun-Fun Walk. Let me not get ahead of myself here. The Nez Perce Tribe Water Resources actually recruited us to come up with an activity to promote Earth Day 2009. It didn't take much brainstorming to create an



Participants doing the zaniest things on the Funny-Fun-Fun Walk!

activity that would not only be fun but funny. A new twist to an old (walking) event.

At first it almost seemed as though no one was going to show up at the BIA Road to walk around the circle-8. All of those who were volunteering, myself included, were at our stations standing at the ready. We waited looking at each other wondering if this event was going to be a big flop. Then, out of nowhere, a few

folks trickled in and suddenly out of the blue everyone showed up! Not everyone but about a hundred people, including children from Head Start.

If you weren't there then you missed out on a good time. Participants grabbed pieces of recycled paper from shopping totes. They either won prizes or had to "pick apples off of an invisible tree" *in public!* Very fun-ny indeed.

Off-the-Cuff Chit Chat

Every newsletter needs to have a little corner where freestyle writing can roam. This month I've chosen to use this space to not say anything in particular. What comes to mind at this moment is the realization that the Native Nike Fitness Challenge has come to an end for this quarter. Another NNFC will start up in May for the

next quarter. June's newsletter will have details of the first challenge with statistics or whatever jumps out at me that might be interesting to report. I need to know what size shirts NMPH clients wear so I can order Nike t-shirts for incentives. Stop by my office and mark your t-shirt size on the paper posted to my door... The

NMPH Fitness Center Fitness Stars challenge continues and there is some tight competition! A few challengers have not missed a day of working out since this began. That is serious dedication! ...The chest press machine on the multi-purpose gym equipment is repaired—finally! Please take care of your gym equipment.

"I have nothing to say."
Pedro from Napoleon Dynamite,
Fitness Center movie DVD

Elementary Students Keep Walking the Nez Perce Trail



Lapwai 5th graders sample jerky and fruit rolls, foods eaten on the historic trail.

As of Thursday, April 30th, the combined footsteps of Lapwai 3rd through 5th graders was at the 940 mile marker on their trek along the 1,170 mile Nez Perce Trail. Jeanne Laws, NMPH Diabetes Coordinator, presented diabetes education and prevention with regard to diet during classroom time.

Samples of healthy snacks were offered to the students after an interactive discussion about the natural foods the students' Native ancestors may have eaten during their escape into Canada. Intern Loretta Spawlding assisted in handing out certificates of participation and incentives such as squishy

baseballs and jump ropes. Phys ed teacher Dawn Melton reported that the kids are still very involved in the Walk The Nez Perce Trail. So far, the pilot project has been a success for all Lapwai Elementary participants and the NMPH Diabetes Prevention Program.