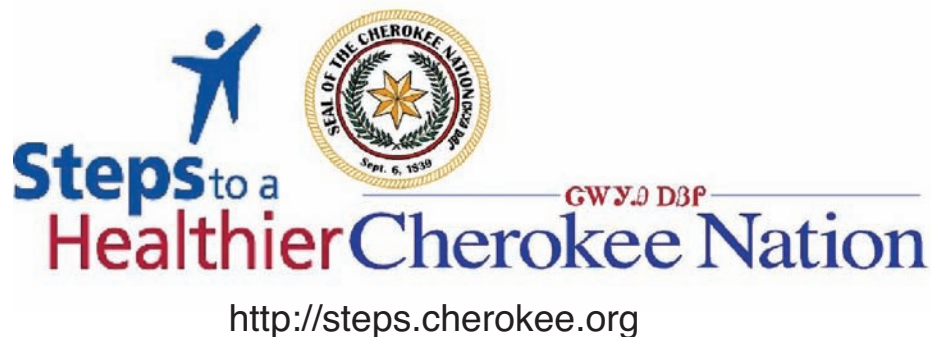


# HEALTHY NATION

## VA DBP



### April Wings Spotlight

**Name:** Debbie Townsend    **Age:** 34    **Home Town:** Muskogee, OK

**Member since:** 2002    **Favorite Workout:** Walking away the pounds

**How did you get started:** I've always been physically active.

**Personal Benefits:** Being Healthy

**Long term fitness goal:** To be healthy and stay in good health.

**Fitness advice to others:** Keep constant

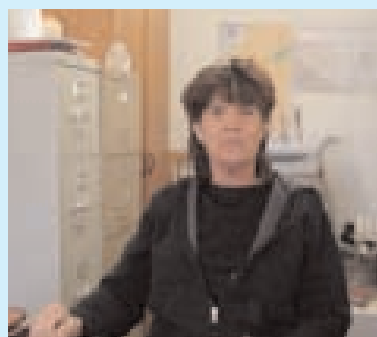


Debbie Townsend

### Tips for Increasing Fiber in Your Diet

According to the American Academy of Family Physicians, there are many reasons to eat more fiber. Foods high in fiber can help in the treatment of constipation, hemorrhoids, diverticulitis and irritable bowel syndrome. Some of the ways to get more fiber in your diet include eating at least 4 1/2 cups of fruits and vegetables every day. Replacing white bread with whole-grain breads and cereals. Eat cooked beans each week. Start by making small changes to prevent bloating. Be sure to drink more fluids when you increase fiber. Dietary fiber may help lower your cholesterol, and reduce your risk of heart disease, diabetes and certain types of cancer.

### April Spotlight



**Name:** Sue Qualls

Sue Qualls, employee of the Cherokee Nation Housing Authority, certainly is a success story. Sue enrolled in one of the Healthy Nation smoking cessation classes and quit smoking in January. She has stayed the course and continued to "not" smoke. We congratulate Sue and encourage her in her efforts to continue to be smoke free.

**For more information regarding Smoking Cessation Classes, contact Healthy Nation at 918-453-5000.**

### TIPS FOR GETTING ACTIVE!



Thinking about beginning an exercise program? Not sure where to begin? Here are some tips on where to start:

- If you always take the elevator or escalator, try the stairs
- If you try to park next to the

door of wherever you going, park farther away and walk

- If your habit is to eat at your desk, take a 10-20 minute walk first, then have your lunch (or take a walk after you eat)
- Instead of watching TV all day Saturday and Sunday, plan active weekends. Go to the park, take a walk or ride a bike with your kids.

Think of ways to be active and get moving today!  
webmd.com

### 25 Ways To Add Movement To Your Day

Here's a starter list of 25 life "activating" strategies:

- Don't use the nearest bathroom. Use one that requires you to walk a bit, preferably up or down some stairs.
- Balance on one foot while brushing your teeth. Balance on the other foot while combing your hair.
- Park in the furthest space.
- Move with your kids. Instead of just watching soccer practice, walk up and down the sidelines. Join in your child's karate class. At the playground, get off the bench and swing, climb, hang and slide.
- Hide your TV remote, so you have to get up and walk across the room to push the buttons.
- Never take an elevator fewer than three flights, take the stairs.
- Get rid of your electric can opener and use a manual one.
- Turn your coffee break into a walk break. Walk to a distant vending machine, cafeteria or coffee shop to get your snack.
- Stretch or walk while you're talking on the (cordless) phone, preferably with a headset.
- Set an "activity" timer or program your computer to remind you to take periodic walking and/or stretching breaks.
- Take a five-minute walk before you sit down to eat.
- Walk or bike to do errands instead of driving.
- Take a minute to stretch your arms, legs, back, shoulders and neck whenever you get up from sitting or lying down.
- Sweep your floors, patio and/or front walk every day.
- During TV commercials, get up and walk or get down and stretch.
- Socialize actively. Instead of sitting and talking, go for a walk with family and/or friends. Or go bowling, play Ping-Pong, basketball, bocce ball or line dancing.
- Put your favorite mug on a very low shelf, so you'll have to squat down to get it out and put it back.
- Take your dog for a walk every day. If you don't have a dog, borrow your neighbor's, or just walk your "inner dog."
- Practice "aerobic shopping" by taking a lap around the mall or grocery store before you go into a store or put an item in your cart.
- Avoid "drive-thrus." Park your car and walk in.
- Practice good posture when you're forced to wait in line. Stand firmly on both feet and try to raise the top of your head to touch an imaginary hand held a quarter-inch above you. Let your spine extend, stomach lift, shoulders relax and arms fall at your sides.
- Don't automatically drive. If the dry cleaner is across the parking lot from the bank, walk there. (Wear decent walking shoes or keep a good pair in your car.)
- Install a chin-up bar in a convenient doorway, then use it often to chin-up, pull-up or simply hang.
- Try musical housework. Put on dancing music and sweep, vacuum or wash windows to the beat.
- Every time you hear a bell ring (phone bell, doorbell, church bell, etc.) take a deep breath and smile. Think of it as "mouth yoga" that relaxes hundreds of muscles in your face. And it's contagious, so pass it on.

Paid Advertisement

### Upcoming Physical Activity Events

**April 21**  
Flower Power Run, Muskogee

**May 5**  
Loyalty Day Run, Westville

**May 12**  
Strawberry Festival 5K, Stilwell

**May 26**  
Day-Ohn-Day 5k Run, Tulsa

\*Schedule Subject to Change

To request an entry form call: 1-8800-850-0298

### WINGS EVENTS CONTACTS

Lu McCraw @ 918-453-5260  
Trina Jackson @ 918-207-3913

### WINGS SPRING FLING

April 21, 2007  
Horseshoe and Cherokee Marble Tournament  
Trophies will be awarded to the top male, female and kid division finishers.  
Event is open to everyone.

For more details and to sign up for the tournament, contact  
Sid Church @ 918-775-6150

### SMOKING CESSATION UPDATES

For information regarding smoking cessation classes please contact one of the following:



- Delaware Co.**  
Sam Hider Jay Community Clinic – Ida Sue Gray  
Betty King  
918-253-4271 x 288
- Adair Co.**  
Wilma P. Mankiller Clinic – Toney McGee  
Darrell Dry  
Julie Kimble  
918- 696-8852
- Mayes Co.**  
"AMO" Salina Clinic – Kasy Allen  
Jeff Tucker  
918-434-8500
- Sequoyah Co.**  
Redbird Smith Health Center – Mary Owl  
Sid Church  
918-775-6150
- Cherokee Co.**  
Cherokee Nation Complex – Shirley Goodlin  
Cora Flute  
Bunner Gray  
918-453-5000

### SEQUOYAH COUNTY JUMP FOR HEART EVENT

Healthy Nation Public Health Educator, Mary A. Owl, facilitated a physical fitness jump rope event with four Sequoyah County schools entitled "Jump For Heart" in the month of February. This activity was offered to all the 4th grade elementary classes in the county. Liberty Elementary in Roland won the event with Taben Morris' score of 497 jumps. The whole class will receive individual t-shirts. The other schools that participated were Eastside Elementary, Belfonte Public School, and Central Elementary School. All the students that participated were given a jump rope to take home in hopes to encourage the activity at home.

### Monthly Health Tips

**April**  
**STEP LIVELY FOR HEALTH**  
Regular physical activity is a must for good health. Exercise helps reduce your risk for heart disease, diabetes, osteoporosis, and several types of cancer. It also helps to lower blood pressure, and reduce stress and depression. Fit in at least 30 minutes of physical activity on most days. Even moderate activities – such as walking or gardening – can enhance your health.