HEALTHY NATION
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CHEROKEE NATION
HEALTHY NATION
(918) 453-5000 or 1(800) 850-0298 • Website: http://steps.cherokee.org

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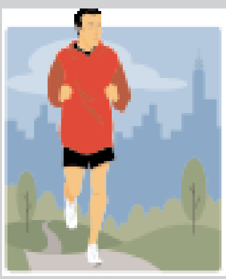
ENJOY THE SUPREME THIRST-QUENCHER

Water is the best beverage around. It has no calories, yet it fills you up, tastes great, and does your body good. Water improves your skin, circulation, and digestion, and fuels your muscles so fatigue doesn't zap your energy. Drink at least 6-8 cups a day, and even more when you're out in hot weather or exercising. To play it smart, carry a bottle of water with you everywhere.

Upcoming Runs/Walks*



August 11
Salina Run
Salina

August 18
Balloon fest Run
Tahlequah

Aug. 25
Ft. Gibson Run
Ft. Gibson

September 1
Cherokee Holiday
Tahlequah

September 8
Sallisaw Run
Sallisaw

*Schedule subject to change
To request an entry form call:
1-800-850-0298

WINGS EVENTS CONTACTS
Lu McCraw @ 918-453-5260
Trina Jackson @ 918-207-3913

Healthy Children, Healthy Choices

Parents are in charge!

As a parent, your responsibility is to buy healthy groceries and serve nutritious food to your growing children.
Start by establishing a routine, even if it is difficult at first. This means a set time for breakfast, lunch, dinner, and snacks. Once you have a routine for meals and snacks, meal times are more relaxed. Most children are happier on a schedule and become hungry at regular times. You'll feel happier about your parenting job when the family has a routine.
• So, be consistent! Children need a meal routine just like they need a bedtime routine. Plan for three meals and two snacks each day! Serve a vegetable or fruit at every meal. Fruits and vegetables are great for snacking too.
• Instead of rewarding your child with food, reward them with attention (hugs, kisses, and smiles) and playful activities.

Money-Saving Ideas for Better Health

• Avoid arguments about high-fat, high-sugar foods by not bringing them into the house. Leave the candy, soft drinks, chips, and cookies at the store.
• Serve water when your child is thirsty. Water is cheap and healthy.

Portion Size for Young Children 2–6 Years Old

Serve child-sized portions, and let your child ask for more. Here are some examples of child-sized portions:

TV Time

• Tired of hearing your children beg for sugary, high-fat foods? They may be influenced by too many commercials.
• Limit the amount of time your children watch TV to less than 2 hours a day. Remove the TV from your child's room.
• Find fun activities to do inside and outside your home: play hopscotch, jump rope, walk the dog, play hide-and-seek, or build an obstacle course in the hall.

Eat at Home

Part of having a healthy family includes spending time together. The family meal is a great way for everyone to get together, have a conversation, and eat together.

Getting Children Involved

An easy way to get children to try new foods is to get them involved in meals. Here are some age-appropriate suggestions.

Picky Eating Tips

• Parents are role models! Set a good example by eating healthy foods yourself! Buy and try new fruits and vegetables. Drink water between meals. Set an eating routine at home for your meals and snacks. Your children will learn by your good example.
• Don't expect your child to like something new the first time. Offer it again in a week. It usually takes several tries before children are willing to try new foods.
• Place a small amount of each food on your children's plates. Let them ask for more.
• Offer healthy foods. Your child soon learns these are the foods in your home and will eventually eat!

http://www.cdc.gov/nccdphp/dnpa/nutrition/nutrition_for_everyone/quick_tips/healthy_children.htm

Wings Race Series
Wings Race Series got off to a great start with over 230 runners participated in the rain for the 5K run. This event raised $530 toward Cancer Survivors Group

5 Rules of Gym Etiquette

1. Be quit and respectful of others.
Cell phones can distract from the mental focus everyone needs to achieve their fitness goals. If you are participating in a group exercise you need to try and keep your conversations as quiet as possible.

2. Clean off the machine.
After using any type of equipment at the club, be sure to wipe it off. "Covering the seats or benches with a towel beforehand helps to avoid this problem and it also protects you from germs that can be passed on through other people's sweat." You wouldn't want to sit in someone else's sweat, so please don't make them sit in yours.

3. Be careful when handling weights.
Don't permit the weight stack on any piece of equipment to slam down. It can be disruptive to others training in the same area, is potentially damaging to equipment, and can cause injury. Also remember to put weights back when you are done.

4. Share the equipment.
If you are circuit training, trade off sets with someone else, that way you can rest while someone else lifts. Cardio equipment must be shared as well. Many clubs have time limits for these machines during peak hours. Be sure to abide by these rules so everyone can benefit from the equipment.

5. Watch your odor.
Be sure to clean your workout clothes on a regular basis and don't wear overbearing perfume or cologne.

MSN Health & Fitness

What is BMI?

Why should you have your BMI checked?

Body Mass Index (BMI) is a number calculated from a person's weight and height. BMI provides a reliable indicator of body fatness for most people and is used to screen for weight categories that may lead to health problems.

Oklahoma Tobacco Helpline
1 800 QUIT NOW

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1-800 ᎯᏰᎳᎪᎢ ᏃᏊ

Tobacco fact:

Secondhand smoke has higher levels of toxins when it exists in small spaces like the home or car.
U.S. tobacco use = health care costs & missed work = $150,000 billion.

Paid Advertisement

BACK TO SCHOOL EVENT:

Back to School Skate Night at Thunder Rally Skateway in, Sallisaw, OK.
Monday - August 13, 2007
6:00 pm -9:00 pm. FREE Admission
For more information please call
Sid Church @ (918) 775-6150.