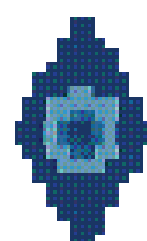


HEALTHY VA



NATION DBP





Steps to a Healthier Cherokee Nation
 GWYD DBP
<http://steps.cherokee.org>

Upcoming Physical Activity Events

May 5
Loyalty Day Run, Westville

May 12
Strawberry Festival 5K, Stillwell

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

June 23
Tahlequah Run, Tahlequah
*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



Wisdom Keepers complete course "Eat Better, Move More Project"



Sophia Blackbear enters the Wish Lemon Run April 1st in Tulsa Melody and Jonathan Blackbear are the proud parents of Sophia



Food Sampling



Daily Walk

Healthy Nation presented a pilot project at Wisdom Keepers for our "Eat Better, Move More Project". The 12 week program focused on good eating habits, and adding more exercise in their day routine

Summer Youth Fitness Residential Camp

May 21ST – 25TH - Health O' Hills - Welling Ok

May 26TH – 31ST Health O' Hills - Welling Ok

Contact Person: Bunner Gray 918-453-5615

Colcord Community Event: Honoring America's Armed Forces Walk: May 19, 2007

Community members are invited to walk in honor of American Armed Forces at the city park beginning at 10:00 A.M.

SMOKING CESSATION UPDATES

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



Cherokee Co:
Bunner Gray 918-453-5615
Contacts: Cora Flute 918-453-5612
Shirley Goodlin 918-207-5615

Adair Co.
Toney McGee 918-696-8835
Contacts: Julie Kimble 918-696-8852
Darrell Dry 918-696-8875

Mayes Co.
Contracts; Kasy Allen 918-434-7619
Jeff Tucker 918-434-8622

Delaware Co.
Contacts: Betty King 918-253-4271
Ida Sue Gray 918-253-4271

Sequoyah Co.
Contacts: Sid Church 918-775-6150
Mary Owl 918-775-6150

Call your local educator for available classes

May is National Physical Fitness and Sports Month (source <http://www.fitness.gov>)

May is also National Bike Month. Bike to Work Week is May 14-18. (<http://www.healthfinder.gov/library/nho/nhoyear.asp?year=2007>)

MAY HEALTH TIP

MAKE NO BONES ABOUT HEALTH
You can do a lot to reduce your risk of becoming one of the 10 million Americans who have osteoporosis, the bone disease that leads to

Healthy Nation department is taking applications for students between 9 -12 years of age to attend the annual residential camp. The camp offers a wide range of physical activities as well a variety of cultural activities for youth residing in the Cherokee Nation. The camp will be held at Salvation Army's Heart O' Hills camp located in Welling, OK. Session I camp is May 21-25 and Session II camp is May 26-31. If you are interested in sending your child to camp, call Bunner Gray at 918-453-5615 or Ida Gray at 918-253-4271



Stretching: Focus on flexibility

Stretching is a powerful part of any exercise program. Here's why — and how — to include stretching in your fitness routine.

Benefits of stretching

Regular stretching is a powerful part of any exercise program.

- **Stretching increases flexibility.** Flexible muscles can improve your daily performance. Tasks such as lifting packages, bending to tie your shoes or hurrying to catch a bus become easier and less tiring.
- **Stretching improves range of motion of your joints.** Good range of motion keeps you in better balance, which will help keep you mobile and less prone to injury from falls — especially as you age.
- **Stretching improves circulation.** Stretching increases blood flow to your muscles. Improved circulation can speed recovery after muscle injuries.
- **Stretching promotes better posture.** Frequent stretching keeps your muscles from getting tight, allowing you to maintain proper posture and minimize aches and pains.
- **Stretching can relieve stress.** Stretching relaxes the tense muscles that often accompany stress.
- **Stretching may help prevent injury.** Preparing your muscles and joints for activity can protect you from injury, especially if your muscles or joints are tight.



Know when to exercise caution

You can stretch anytime, anywhere — in your home, at work or when you're traveling. If you have a chronic condition or an injury, however, you may need to alter your approach to stretching. For example, if you have a strained muscle, stretching it like usual may cause further harm. Discuss with your doctor or a physical therapist the best way to stretch.

(Source: <http://www.mayoclinic.com>)