



Exercise Makes Your Cardiovascular System Healthier

A consistent, practical program of aerobic exercise, such as walking, jogging, swimming, cycling, or aerobic dance, increases the heart's ability to pump oxygen-rich blood to the cells.

An average heart beats 70 times per minute at rest. That's about 100,000 heartbeats a day. A well-conditioned heart can supply the same amount of oxygen to the body with fewer beats. With conditioning, the heart and the whole body become more resilient, resistant to stress, and less likely to be harmed by cardiovascular problems, such as a heart attack or stroke.

At least two other risk factors for cardiovascular disease may be improved by aerobic exercise: high blood pressure and blood cholesterol level. As the heart becomes more efficient, high blood pressure tends to drop and exercise increases the body's levels of HDL cholesterol. Higher levels of HDL cholesterol have been associated with a lower risk of heart disease.

A good aerobic exercise program doesn't have to be strenuous. Exercising aerobically at a moderate level of exertion for just 30 minutes a day provides all the benefits of more strenuous activity and fewer risks. Employ the "talk test" to set the pace. If the pace is too fast to talk comfortably to a companion, slow down. People who are over 40 should consult their health care provider before they embark on any exercise program.

If you have questions about exercise, especially if you have a heart condition, ask your health care provider to recommend an exercise program that's right for you and your heart.



Siletz-area elders attend the Mother's Day Tea in Salem (above). The Tom family gathers for a family portrait (below) while attending the tea.

Why You Should Drink More Water

Our bodies' need for water is second only to our need for air. In fact, more than half of our adult body weight comes from water.

Water provides a medium for all of the body's fluids and is vital for breathing, digestion, and metabolism. It also helps balance the acids in the body, carries nutrients into all the body's cells, and is essential for removing wastes from cells. Not drinking enough water can have an impact on the body in other ways, including:

- Digestive inefficiency
- Decreased organ function
- Sore muscles and joints
- Dehydration

Whether or not you're dieting, you should drink at least eight to 10 eight-ounce glasses of water or other non-caffeinated fluids daily. Getting adequate fluids helps your body function properly and may contribute to feeling full so you're not tempted to munch on high-fat, high-calorie foods.

Remember that coffee, black teas, and many soft drinks contain caffeine. If you thirst for something besides plain water, try herbal teas, lemonade, juice, or caffeine-free soft drinks.

One final note: When you first increase your water intake to the recommended level, you probably will need to urinate more frequently. But your bladder will adjust after a few weeks, and you'll urinate less frequently but in larger amounts.



Mother's Day Tea a Success

Siletz women celebrated Mother's Day with friends and family at the Mission Mill in Salem. This is our fourth annual event and approximately 50 women attended this year.

An elegant lunch was served. The speakers this year were Cici Whitewolf, a native woman who is a breast cancer survivor, and Kathleen Marquart, PA, who takes care of women at the Grand Ronde clinic. The event ended with a round of breast care bingo.

We also took pictures of women with their family or friends and will send out copies. Not only will the photo be a reminder of the beautiful day, but also a reminder of the message of the tea – for women to take care of their health.