

# Fitness Challenge encourages good health

By Brian Mortensen  
Spilyay Tymoo

More than 100 people were squeezed, poked and weighed at the Warm Springs Community Wellness Center Fitness Challenge Kickoff Poker Walk and Mini Health Fair. The event happened Nov. 1.

This was the start of the community center's annual team health competition, where teams score by accumulating minutes of exercise during the campaign, which lasts through November.

At the fair, participants underwent the common tests of blood pressure and blood sugar, and were weighed. They could also arrange through the Wellness Center to have their body fat measured.

As part of the Fitness Challenge opening event, participants walked through a five-station course outside, where they were given a playing card at each station to make up a poker hand.

The winning team of 15 participants in the Health Challenge receives a trophy that passes from the previous winning team to the current victors.

Along with exercise, the Health Challenge includes instruction on healthy cooking, diabetes testing, and pointers on group health, said Community Wellness Coordinator Carolyn Harvey.

The following is a list of November Fitness Challenge activities, listed by date:

Tuesday, Nov. 16: Early Childhood Education Center



Brian Mortensen/Spilyay

Krisanne Billy (right) has her blood pressure checked by Jennie Smith (center), nurse practitioner and Coordinator of the Warm Springs Diabetes Program; meanwhile, Margie Koepping (left) nurse practitioner at the clinic, checks Billy's blood sugar.

Gobble Gobble Fun Run at the ECE parking lot: 9:30 - 11 a.m.

Parents and teachers are encouraged to participate and earn bonus points. Yoga, 12:10 p.m. (double bonus points).

Wednesday, Nov. 17: Yoga, 5:15 p.m. (double bonus points); Healthy Cooking Class at the clinic kitchen conference room, 5:30 p.m. (bonus points).

Thursday, Nov. 18: Great American Smoke-out and WOW luncheon, Family Resource Center; salmon bake with baked potatoes provided with educational talk. (bonus points).

Friday, Nov. 19: Step Circuit, 12:10 p.m. (double bonus

points).

Tuesday, Nov. 23: Diabetes breakfast at the clinic atrium, 8:45 a.m. (bonus points).

Wednesday, Nov. 24: Walk for Diabetes at the community center, noon to 1 p.m. Screenings, raffle, water, food, educational material available. (bonus points).

Monday, Nov. 29: Body Flex, 5:15 p.m. (double bonus points).

Wednesday, Dec. 1: World AIDS Day walk at the Community Center.

After the walk, turn in final sheets at Community Center (bonus points).

## Happy birthday wishes...

To our darling son Anthony Raye, happy first birthday on November 6. You bring happiness into our hearts. Love, Mom and Dad.



Happy first birthday, Anthony R. Ike-Lopez. Love, your sisters Lisa, Jazmine and Jennifer.

Happy fifth birthday on Nov. 14, "Chalupa." Luv, Lisa, Jaz, Jen and Toni.

Bring your happy birthday wishes to the Spilyay Tymoo.

Ad for the Spilyay? Call Sam, 749-0424.

## Memorial for Uncle Louie Bagley

The family of uncle Louie Bagley will honor him on Friday, November 19, 2004 at 12 p.m. at High Lookie Lodge, with a potluck lunch and memorial giveaway.

Special friends, family, hunters and fisherman, and all who helped with his services please accept this little offering from a special man.

Thank you from the hearts of all his family.



## Help with winter heating

Help with winter power bills is available for low-income families, through the Low Income Home Energy Assistance Program (LIHEAP).

The program is federally funded. This is not an entitlement program; and instead provides assistance for households affected by costs of home energy that are excessive to their home.

The program this year is the same as last year, and provides a one-time payment during each heating season.

Call Odessa Jones-Anderson, energy assistance coordinator, at 553-3491 for information.

LIHEAP benefits are issued on a first-come first-serve basis, with outreach being offered to seniors, disabled families with children 5 and under.

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