

HEALTH SERVICES

WALKING PROGRAM

Did you know that walking a mile burns as many calories as jogging a mile?



HOW MANY CALORIES DO YOU BURN WALKING?

WALKING SPEED (mph)	WALKING PACE (per mile)	CALORIC COST (kcal/lb./min.)
3.0	20 min.	.027
3.5	17 min.	.033
4.0	15 min.	.042
4.5	13 min.	.047

To calculate how many calories you consume walking on level ground, first determine your walking pace in minutes per mile. Then, multiply your body weight by caloric cost. This will tell you how many calories you burn per minute. Next, multiply that number by the number of minutes you walk. Example (20-min. pace, 150-lb. person, 30-min. walk):
 $150 \times .027 = 4.05 \text{ calories/min.}$
 $4.05 \times 30 = 121.5 \text{ calories burned}$

In addition to reducing weight, a regular program of brisk walking significantly increases your aerobic capacity, conditions muscles and strengthens bones. Best of all, fitness walking is virtually injury-free because its the safest, most natural exercise there is.

To begin your "Walk to Better Health," call the Tribal Health Program or stop by the Depot office for all of the information you will need about a fitness walking test and program that can be adapted especially for you. (No exercise test or program should be undertaken without the consent of your physician.)

Remember, we are closed during the lunch hour, 12:00 Noon to 1:00 p.m. - we're probably all out walking.

CONTRACT HEALTH SERVICE CLERKS

Jackie Colton, Contract Health Service Clerk, has been out of the office since February 2, 1987 and will be out for the next couple of weeks. In Jackie's absence, Shannon Welch will be here in the office taking the Contract Health Service calls.

TRIBAL CLINICS

This is a reminder of the Tribal Health Programs's weekly clinics here at the Depot office. Bette Seagren, Family Nurse Practitioner, is here each Wednesday and one Saturday a month. If you need to see Bette, please call for an appointment at 879-5211 or, for out of the Grand Ronde area 1-800-422-0232. Patients with appointments will take precedence over walk in appointments.

ALCOHOLICS ANONYMOUS GROUP MEETINGS

Congratulations to Riley P. who has started a very successful Alcoholics Anonymous Program. The first two sessions each had eleven people participating!

The meetings are held every Friday evening, from 8-9:30 p.m., at the Depot Tribal Office. The meetings are open to the public. Contact Riley at 876-4173 for more information.

RADIO STATION SEEKS MATERIALS

Native American Public Radio Station KWSO, 91.9 FM, in Warm Springs, Oregon is producing a new feature called "Rhyme Time," which will incorporate original works of poetry, legends and short stories written by Native Americans.

Elementary, junior and senior students are especially encouraged to participate. The program will include materials from all Indian tribes. Submissions must be original works, either published or non-published. A waiver for any copy-righted material should accompany the submissions. For more information, contact William Moses, KWSO "Rhyme Time," P.O. Box #489, Warm Springs, OR 97761.

Radio station KWSO is operated by the Warm Springs Confederated Tribes.

