



HEALTH

TAKE A WALK....

"You Must Exercise More"

How many times have you heard that - from your family and your friends, from your Doctor? Here's how to take your health in stride - Take a walk!

WALK TALK

You'd be surprised about all of the healthful effects of a good walking program. WALKING BRISKLY (walking quickly enough to make your heart beat faster and cause you to breathe deeply) can prevent heart attacks and strokes by:

- 1) Improving your body's ability to use oxygen;
- 2) Lowering your heart rate at rest;
- 3) Reducing your blood pressure;
- 4) Burning calories.

DID YOU KNOW?

- 1) Walking one mile in 15 minutes burns about the same number of calories as jogging an equal distance in 8 1/2 minutes.
- 2) Heavier people who walk burn more calories than lighter people.
- 3) Walking faster won't burn more calories per mile, BUT WILL burn more calories per minute - producing more dramatic conditioning effects for the heart and lungs.

TIPS FOR TREKKERS

- 1) Always warm up before walking by stretching and bending.
- 2) Start out gradually, increasing your time and pace as you gain strength.
- 3) Hold your head up, back straight and tuck in your abdomen.
- 4) Point your toes straight ahead and let your arms swing loosely at your sides.
- 5) Land on your heel and roll forward, pushing off from the ball of your foot.
- 6) Take long, easy strides - but don't push for distance or try to walk too fast.
- 7) As you walk faster or up hill, lean forward a bit.

- 8) Breathe deeply, with your mouth open if it's more comfortable. You should be able to talk while you walk. If you're breathless, you're going too fast.
- 9) Dress comfortably and wear sturdy shoes with arch support, thick rubber soles and "Breathable" uppers. Any good running shoe should do.
- 10) Slow down or stop walking if you feel dizzy or nauseated, or develop pain.

CAUTION: Always discuss with your doctor your plans to start any exercise program.

Call your Tribal Health Program at 1-800-422-0232 for information about an excellent walking fitness test and program.

MENTAL HEALTH

Myron George, Mental Health Counselor, Chemawa Health Clinic, is providing Mental Health Services here at the Tribal Health Program. Myron will be coming out on a once a month



MORTALITY RATES DROP

The infant mortality rate among Native Americans fell to 10.2 infant deaths per one-thousand live births, the Health and Human Services Department announced May 13. Dr. Robert E. Windom, assistant secretary for health, said the rate is lower than that of the U.S. population as a whole during the same period.

"The Indian Health Service can take pride in its success in lowering infant mortality among Native American," Dr. Windom said. "Although much remains to be done in other medical areas to improve the health of Indians and Alaska natives, this example should give heart to the Indian Health Service and to those IHS serves."

The newly reported rate is for 1982-84. Three-year reporting periods are used because of the relatively small number of births and infant deaths occurring in a single year among American Indians and Alaska Natives. The 1982-84 rate for Native Americans is nine percent below the 1983 rate for the population as a whole, which was 11.2 deaths per one-thousand births.

YOUTH LEADERSHIP

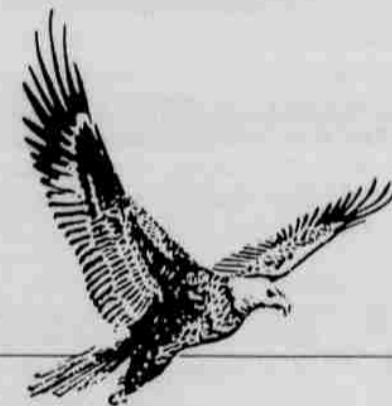
The Northwest Portland Area Indian Health Board will be hosting the first Summer Youth Leadership Conference at Portland, Oregon on June 22-26, 1987. The theme of the Conference is: "BUILDING SELF-ESTEEM IN OUR LEADERS FOR THE FUTURE"

The purpose of the conference is to establish a Native American leadership program that will provide Indian youth with the skills to improve their own health status.

Northwest tribal leaders will meet with the students to serve as facilitators for the group. Mock tribal government sessions will be held and tribal councils will be elected. Through different workshops, conference participants will discuss issues which explore the concepts of positive self-esteem, how alcohol and drug abuse destroy leadership ability, and how disease and unhealthy lifestyles affect the development of Indian leaders.

NCAI CONFERENCE

"We, the Original People: A Bill of Treaty Rights and Indian Justice" is the theme for the National Congress of American Indians (NCAI) Mid-Year Conference, June 24-26 in Portland, Oregon. The Conference will be held at the Red Lion Inn - Lloyd Center in Portland, and is timed to coincide with the June 25 Treaty Day Celebration of the Confederated Tribes of the Warm Springs Reservation.



Tribal members:

Don't Forget to call Contract Health for preauthorization for medical and dental appointments!

1-800-422-0232