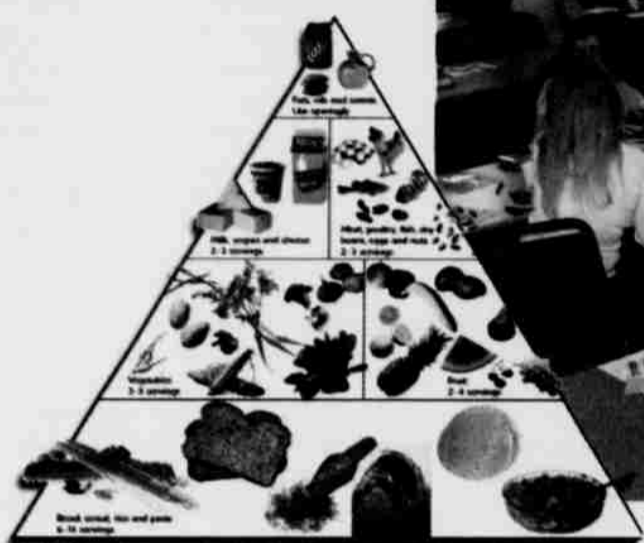


Lifestyle Balance



Tribal Members And Employees Take On A New, Healthier Lifestyle

■ The lifestyle balance program helps Tribal members and employees balance nutrition and exercise.

By Angie Sears, Tribal Mentee

It's been 14 years since 39-year-old Donna Todd, X-Ray Technician at the Health and Wellness Medical Lab, nearly lost her life and her left leg in an automobile accident.

At the time of the accident, Todd was physically fit and into body building. Today, she still struggles with the weight gain she endured during the long recovery from her injuries.

"Three years ago I was at my heaviest weight," said Todd. "I realized with my injuries something had to be done." At that time she did some research and began a series of yo-yo diets and failed attempts to lose the weight and keep it off.

She has tried the Atkins and South Beach diets only to be disappointed. "It's so confusing," said Todd. "I was so overwhelmed; I didn't know what to eat."

That's when she knew it was time to make some life changes, to get back to the basics, watch what she eats, cut down her fat intake and begin exercising again. She was on her way to healthy weight loss, but she lost sight of things over the holidays and began to gain the weight back again.

Physicians and staff at the Health and Wellness Center recognize that this is a problem far too many people face today. In their efforts to find a way to educate patients about proper nutrition and exercise, they developed a program that would promote a healthy lifestyle.

Tracy Biery, Health Promotions Specialist, and Linda Mann, Dental Hygienist, attended a Native American fitness training seminar sponsored by Nike and The Northwest Portland Indian Health Board where they learned about health and fitness training programs.

Biery and Mann used the information obtained from this seminar to devise a 16-week Lifestyle Balance program that is meant to educate people about healthy eating habits and exercise. The program follows the curriculum of a nationwide Diabetes Prevention Program.

Mann said her goal is to help participants of the program lose seven percent of their bodyweight and reach a body mass index (BMI) of 21-23. To do this, she encourages 30 minutes of exercise five times a week, and a low fat diet.

"Everyone here has a measurable goal," said Mann. "People in the pro-

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"My goal is to someday have a schedule seven days a week that would offer health and wellness activities for a range from children and Elders to the healthy person."

~ Mike Watkins

Executive Director of Health & Wellness

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Linda Mann

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Reaching For Health — Tribal members and Tribal employees do a little stretching as part of the Tribe's effort to promote a new, healthier lifestyle. Bend two three. Stretch two three. OK. OK. Time for a break.

Photos by Angie Sears