

# KICKAPOO FITNESS QUARTERLY

## JANUARY-MARCH 2014

### Fitness News

Our first weight loss challenge has come to an end and everyone who participated did a great job. The total weight loss was, 215 pounds. The top three teams that lost the most weight are; 1<sup>st</sup> Site 2, 2<sup>nd</sup> Cadue Family, and 3<sup>rd</sup> Zack Attack. The top three females are; 1<sup>st</sup> Shelley Cadue, 2<sup>nd</sup> Tammy Wahwasuck, and 3<sup>rd</sup> Ann Horned Eagle. The top three males are; 1<sup>st</sup> Howard Allen, 2<sup>nd</sup> Paul Austin, and 3<sup>rd</sup> Derrick Cadue. Let's give everyone a round of applause. The next weight loss challenge will be in March. Keep an eye out for the flyer, and be thinking about your team.

We are going to try and start a workout session early in the morning for those that are not able to make it the gym during the day. It will begin sometime in March and be on Tuesdays and Thursdays starting around 5:30am or 6:00am. Again be looking for the Flyer to announce when it will start.

The Police Department now has ONE key, to the gym, that may be checked out during closed hours.

### Healthy Eating: Portion Size

A Healthy Diet and Daily Exercise is the way to a better, healthier life. However, many people believe that if they are eating foods that are good for the body, they can over indulge. This is not true! Whatever we eat, we still need to consume in moderation, this is where portion control comes in. To the right is a quick reference guide to the size of portions we should be eating at our meals. Remember to always use a 9 inch plate and divide your plate in to quarters; 1/4 plate is fruits, 1/4 plate is vegetables, 1/4 plate is grains or starch, 1/4 plate is meat, fish or poultry.

So go out get some exercise and eat smart at every meal.

Here is a list of the Fitness Center Rules;

1. You must be 18 or older to sign out the key.
2. No Kids under the age of 14 allowed on the equipment.
3. You are responsible for anything that is lost, broken, damaged, and/or stolen.
4. The key is to be returned the same night.
5. Wipe down the equipment when finished using it.
6. The kitchen is not to be used.
7. The offices are off limits.

If any of these rules are broken, you will be held liable and not be allowed in the Fitness Center.

As always if anyone has suggestions for a class, please pass it on to me through email or give me a call.

WebMD Portion Size Guide		
<b>BASIC GUIDELINES</b>	<b>GRAINS</b>	<b>DAIRY &amp; CHEESE</b>
1 cup = baseball	1 cup of cereal flakes = baseball	1 ½ oz cheese = 3 stacked dice
½ cup = lightbulb	1 pancake = compact disc	1 cup yogurt = baseball
1 oz or 2 tbsp = golf ball	½ cup cooked rice = lightbulb	½ cup of frozen yogurt = lightbulb
1 tbsp = poker chip	½ cup cooked pasta = lightbulb	½ cup of ice cream = lightbulb
3 oz chicken or meat = deck of cards	1 slice bread = cassette tape	
3 oz fish = checkbook	1 bagel = 6 oz can of tuna	<b>FATS &amp; OILS</b>
	3 cups popcorn = 3 baseballs	1 tbsp butter or spread = poker chip
		1 tbsp salad dressing = poker chip
		1 tbsp mayonnaise = poker chip
		1 tbsp oil = poker chip
WebMD Portion Size Guide		
<b>FRUITS &amp; VEGETABLES</b>	<b>MEATS, FISH &amp; NUTS</b>	<b>MIXED DISHES</b>
1 medium fruit = baseball	3 oz lean meat = deck of cards	1 hamburger (without bun) = deck of cards
½ cup grapes = about 16 grapes	3 oz fish = checkbook	1 cup fries = about 10 fries
1 cup strawberries = about 12 berries	3 oz tofu = deck of cards	4 oz nachos = about 7 chips
1 cup of salad greens = baseball	2 tbsp peanut butter = golf ball	3 oz meatloaf = deck of cards
1 cup carrots = about 12 baby carrots	2 tbsp hummus = golf ball	1 cup chili = baseball
1 cup cooked vegetables = baseball	¼ cup almonds = 23 almonds	1 sub sandwich = about 6 inches
1 baked potato = computer mouse	¼ cup pistachios = 24 pistachios	1 burrito = about 6 inches

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*Small Daily Improvements, Are The Key To  
Staggering Long-Term Results*