



Piedmont Parks & Recreation News

piedmontparksandrec.com

January 2011

New Year's Resolutions

According to usa.gov, some of the most common New Year's resolutions are:

- * lose weight
- * get fit
- * reduce stress at work
- * reduce stress overall
- * get a better job
- * get a better education
- * quit smoking
- * drink less alcohol
- * manage debt
- * save money
- * take a trip
- * volunteer to help others

If your goal is to lose weight this year, the BMI information on pages 2 and 3 will be helpful. Also see the community calendar on page 4 for Zumba classes sponsored by Parks and Rec.

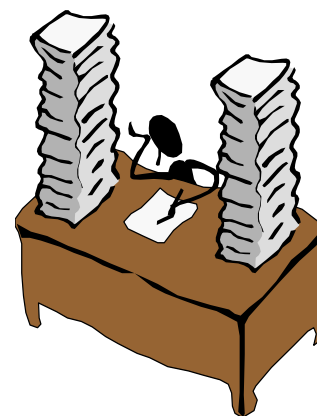
If your resolution is to help others by volunteering, consider joining the Piedmont Kiwanis Club.

If your goal is to reduce stress, you can reduce stress induced by clutter by participating in the National Clean Off Your Desk Day on January 10, 2011.

And to help keep a better balance between work and personal time, print off the poster on page 5 by Take Back Your Time and post it at your workplace as a reminder.

January 10

**National
Clean Off
Your Desk
Day**



Piedmont Kiwanis Club

The Piedmont Kiwanis Club has several fund raisers during the year, and most of the money raised goes toward scholarships for graduating seniors. The Terrific Kids program in all three elementary schools is a project of the Kiwanis, as is Builders Club for middle and junior high school students, and Key Club for high school students.

Kiwanis meets at 6:30 pm at the Civic Center on the first and third Monday of each month and usually lasts less than an hour. A light meal is served before the meeting.

Kiwanis was founded in 1915. It is a community-minded organization that supports children and young adults. If you are interested in knowing more about the Piedmont Kiwanis Club, the members welcome you to attend a meeting, or you can call Pat Hornblower at 373-1281. You can also find more information about Kiwanis International online at www.kiwanis.org

Body Mass Index (BMI)

If you've been thinking about your current weight, it may be because you've noticed a change in how your clothes fit. Or maybe you've been told by a health care professional that you have high blood pressure or high cholesterol and that excessive weight could be a contributing factor. The first step is to assess whether or not your current weight is healthy. One way to begin to determine whether your weight is a healthy one is to calculate your "body mass index" (see the chart on the following page).

Body Mass Index is a number calculated from a person's weight and height. BMI is a fairly reliable indicator of body fatness for most people, and is used as a screening tool to identify possible weight problems for adults.

The correlation between the BMI number and body fatness is fairly strong; however the correlation varies by sex, race, and age. These variations include the following examples:

- At the same BMI, women tend to have more body fat than men.
- At the same BMI, older people, on average, tend to have more body fat than younger adults.
- Highly trained athletes may have a high BMI because of increased muscularity rather than increased body fatness.

To calculate your BMI, use the chart on the following page.

- If your BMI is less than 18.5, it falls within the "underweight" range.
- If your BMI is 18.5 to 24.9, it falls within the "normal" of healthy weight range.
- If your BMI is 25.0 to 29.9, it falls within the "overweight" range.
- If your BMI is 30.0 or higher, it falls within the "obese" range.

To find the BMI of a child or teen, go to <http://apps.nccd.cdc.gov/dnpabmi/>

It is important to remember that BMI is only one factor related to risk for disease. For addressing someone's likelihood of developing overweight- or obesity-related diseases, the National Heart, Lung, and Blood Institute guidelines recommend looking at two other predictors:

- The individual's waist circumference (because abdominal fat is a predictor of risk for obesity-related diseases).
- Other risk factors the individual has for diseases and conditions associated with obesity.

Your waistline may be telling you that you have a higher risk of developing obesity-related conditions if you are:

- A man whose waist circumference is more than 40 inches
- A non-pregnant woman whose waist circumference is more than 35 inches

Overweight and obese individuals are at increased risk for many diseases and health conditions, including the following:

- Hypertension
- Dyslipidemia (for example, high LDL cholesterol, low HDL cholesterol, or high levels of triglycerides)
- Type 2 diabetes
- Coronary heart disease
- Stroke
- Gallbladder disease
- Osteoarthritis
- Sleep apnea and respiratory problems
- Some cancers (endometrial, breast, and colon)

It is important to remember that weight is only one factor related to risk for disease. If you have questions or concerns about the appropriateness of your weight, you should discuss them with your healthcare provider.

Body Mass Index Table

(for adults 20 years old and older)

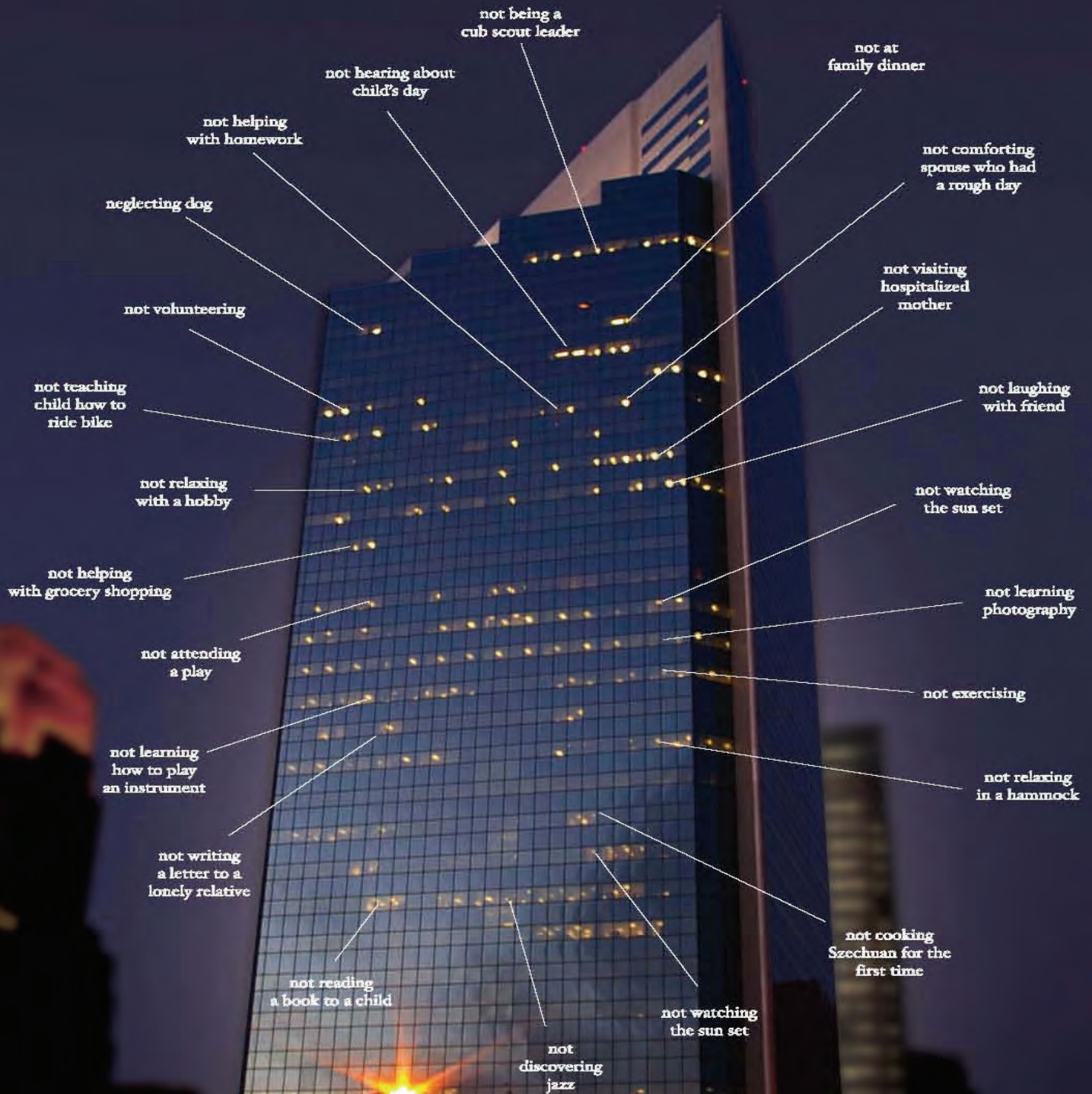
Weight	Height																		
	4'10"	4'11"	5'0"	5'1"	5'2"	5'3"	5'4"	5'5"	5'6"	5'7"	5'8"	5'9"	5'10"	5'11"	6'0"	6'1"	6'2"	6'3"	6'4"
100	21	20	20	19	18	18	17	17	16	16	15	15	14	14	14	13	13	13	12
105	22	21	21	20	19	19	18	18	17	16	16	16	15	15	14	14	14	13	13
110	23	22	22	21	20	20	19	18	18	17	17	16	16	15	15	15	14	14	13
115	24	23	23	22	21	20	20	19	19	18	18	17	17	16	16	15	15	14	14
120	25	24	23	23	22	21	21	20	19	19	18	18	17	17	16	16	15	15	15
125	26	25	24	24	23	22	22	21	20	20	19	18	18	17	17	17	16	16	15
130	27	26	25	25	24	23	22	22	21	20	20	19	19	18	18	17	17	16	16
135	28	27	26	26	25	24	23	23	22	21	21	20	19	19	18	18	17	17	16
140	29	28	27	27	26	25	24	23	23	22	21	21	20	20	19	19	18	18	17
145	30	29	28	27	27	26	25	24	23	23	22	21	21	20	20	19	19	18	18
150	31	30	29	28	27	27	26	25	24	24	23	22	22	21	20	20	19	19	18
155	32	31	30	29	28	28	27	26	25	24	24	23	22	22	21	20	20	19	19
160	34	32	31	30	29	28	28	27	26	25	24	24	23	22	22	21	21	20	20
165	35	33	32	31	30	29	28	28	27	26	25	24	24	23	22	22	21	21	20
170	36	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	21
175	37	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	23	22	21
180	38	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	23	22
185	39	37	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	23
190	40	38	37	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23
195	41	39	38	37	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24
200	42	40	39	38	37	36	34	33	32	31	30	30	29	28	27	26	26	25	24
205	43	41	40	39	38	36	35	34	33	32	31	30	29	29	28	27	26	26	25
210	44	43	41	40	38	37	36	35	34	33	32	31	30	29	29	28	27	26	26
215	45	44	42	41	39	38	37	36	35	34	33	32	31	30	29	28	28	27	26
220	46	45	43	42	40	39	38	37	36	35	34	33	32	31	30	29	28	28	27
225	47	46	44	43	41	40	39	38	36	35	34	33	32	31	31	30	29	28	27
230	48	47	45	44	42	41	40	38	37	36	35	34	33	32	31	30	30	29	28
235	49	48	46	44	43	42	40	39	38	37	36	35	34	33	32	31	30	29	29
240	50	49	47	45	44	43	41	40	39	38	37	36	35	34	33	32	31	30	29
245	51	50	48	46	45	43	42	41	40	38	37	36	35	34	33	32	32	31	30
250	52	51	49	47	46	44	43	42	40	39	38	37	36	35	34	33	32	31	30
255	53	52	50	48	47	45	44	43	41	40	39	38	37	36	35	34	33	32	31
260	54	53	51	49	48	46	45	43	42	41	40	38	37	36	35	34	33	33	32
265	56	54	52	50	49	47	46	44	43	42	40	39	38	37	36	35	34	33	32
270	57	55	53	51	49	48	46	45	44	42	41	40	39	38	37	36	35	34	33
275	58	56	54	52	50	49													

Normal
 Overweight
 Obese
 Extremely Obese
 Underweight

January Community Calendar

- 1** (9:00-11:00 am) - Piedmont Recycling at the former Co-Op, 373-2905
- 3-7, 10-14, 17** (9:00-4:00 pm) - Angel Food orders can be placed at the Baptist church and picked up on Saturday, January 22, 373-2420
- 4, 11, 18, 25** (10:00 am) - Preschool Story Time at the Library, free, 373-9018
- 5** (10:00 am) - Preschool Music and Movement with Miss Bonnie at the Library, children ages 2-5, free, 373-9018
- 5, 12, 19, 26** (noon) - Senior Adults lunch and fellowship at the Methodist church, \$3, for reservations call 373-2905
- 6** (2:00 pm) - Triad meeting at the police department, for anyone interested in preventing the criminal victimization of seniors, speaker is Mary Pinzon from Integris on stroke issues and seniors, free, 373-1334
- 6, 13, 20, 27** (7:30-8:30 pm) - Zumba class at city hall, beginners welcome, \$3, 650-0229
- 8, 15, 22, 29** (10:00-2:00 pm) - Historical Society Museum is open, free, 823-1345
- 8** (1:00-3:30 pm) - Piedmont Area Rocketry Club for all ages, at the civic center, free, 488-5999
- 11, 18, 25** (10:00-noon) - Library Quilters for anyone interested in quilting, at the library, free, 373-1662
- 11** (6:30 pm) - Canadian County Tuff Riders 4-H equine program for 9-18 year olds, don't have to own a horse, at the library, free, 820-6728
- 11** (7:00 pm) - Sit. Stay. Read (kids read to dogs) at the library, all ages, free, 373-9018
- 13** (6:30-8:30 pm) - Piedmont Parent Network at Methodist church, Oklahoma Family Network is doing a workshop on Telling Your Story, free, 514-9248
- 17** (11:00-1:00 pm) - Pulled Pork Sandwiches by Boy Scout Troop 374 at Soldier Creek Church of Christ, cost is a donation, 570-1957
- 20** (6:30 pm) - The No-Experience-Necessary Writer's Workshop for adults, at the library, free, 373-3788
- 26** (5:30-6:30 pm) - Indian Tacos at the Methodist church, \$6, 615-9411
- 27** (7:00 pm) - Piedmont Historical Society meeting at the museum, speaker is EJ Phillips, free, 373-2905
- 28** (6:00-9:00 pm) - Stampin' Up card & paper crafting class at civic center, \$25, RSVP 373-0180

So what are you doing with your time?



Learn how to better balance company time with personal time at timeday.org

