

TRY THIS!

101 Ways to Get More Exercise

- Set fitness goals
- Carry your own groceries
- Start a walking program
- Volunteer for active chores
- Use a stationary bike at home
- Paint a mural
- Plant a garden
- Sweep or vacuum daily
- Do sit-ups while watching TV
- Fly a kite
- Go canoeing
- Rake leaves
- Shoot some hoops
- Wash your car by hand
- Ride a bike instead of drive
- On car trips, stop to stretch and stroll
- Do pull-ups
- Play table tennis
- Contract your buttocks while waiting in checkout lines
- Do salsa aerobics
- Learn to dance
- Roller skate
- Tighten your stomach muscles while sitting
- Play catch
- Work out with fitness shows on TV
- Do jumping jacks
- Park away from your destination and walk
- Wash windows
- Lift hand weights while talking on the phone
- Walk circuits around the shopping mall
- Stretch while using the computer
- Offer to help others lift and carry
- Take a guided tour of your favorite museum
- Redecorate
- Go horseback riding
- Build a snowman
- Answer the phone that's the farthest away
- Go swimming
- Clean out the garage
- Go on fund-raising walks
- Play horseshoes
- Take a nature walk
- Go sledding
- Walk on the beach
- Go dancing
- Walk your dog
- Walk a neighbor's dog
- Turn your mattresses
- Jump rope
- Walk on coffee breaks
- Organize office exercise breaks
- Use the stairs, not elevators or escalators
- Learn to juggle
- Take up karate
- Ski
- Do step aerobics
- Go camping
- Join a bowling league
- Explore a state park
- Play volleyball
- Walk through the zoo
- Play miniature golf
- Go ice-skating
- Take light weights on business trips
- Play Frisbee
- Join a gym
- At work, arrange to have walking meetings
- Walk before dinner
- Walk after dinner
- Work in a community garden
- Join active hikers' or bicyclists' groups
- Pull weeds
- Play racquetball
- Join a neighborhood clean up
- Avoid drive-up window use; walk into banks instead
- Stretch at your desk
- Take a brisk walk at lunchtime
- Mow your lawn with a push mower
- Do the dishes by hand
- Learn to play golf
- Row, row, row
- Schedule family hikes or bike rides
- Work out to fitness videos
- Clean out your closets
- Play softball
- Walk to deliver messages at work
- Try a yoga class
- Play tennis
- Join in a parade
- March in place during TV shows
- Take morning jogs with friends
- Roller blade
- Pack up items for donations
- Hold a garage sale
- Play paddleball
- Have a Hula Hoop contest
- Play tag with your kids
- Dust, dust, dust
- Walk for short errands
- Keep track of your progress
- Celebrate reaching your goals!

INTEGRIS

James L. Hall Jr.

CENTER FOR MIND, BODY AND SPIRIT

The INTEGRIS James L. Hall Jr. Center for Mind, Body and Spirit is a not-for-profit educational organization committed to improving health by increasing awareness of the healing power of the connection between mind, body and spirit. The center is intended as a community resource. For more information, please call (405) 943-3921, or write:

4900 N. Portland, Suite 102
Oklahoma City, OK 73112

R. Murali Krishna, M.D.
President and COO

Rev. Karrie Oertli, MA, M.Div.
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Chairman, Advisory Board

Charlotte Lankard, M.Ed., LMFT
Director

Kerry Ann Richards
Administrative Assistant

4900 N. Portland, Suite 102
Oklahoma City, OK 73112

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SUMMER 2005

HARMONY

James L. Hall Jr. Center for
MIND, BODY AND SPIRIT

TUESDAY NIGHTS AT THE CENTER

June, July and August 2005

6:30 to 8 p.m. • 4900 N. Portland, Suite 102

Call Kerry Ann at (405) 943-3921 for reservations.

Presentations are free!

Tuesday, June 14

Introduction to Reiki

Reiki might best be described as the energy that forms the basis of all life. The term Reiki is Japanese, and its roots reach far back into ancient times with some of the symbols actually being found on pyramid walls. While Reiki is used by practitioners, therapists and healers, it is also used by many nonprofessionals in their daily life as an effective means of promoting health and well-being. Reiki lecturer and practitioner/teacher Betty Shirm is a registered therapist with 20 years of university teaching experience in psychology and therapy. She has also worked in mental health facilities with both adults and children, many of whom had special physical and mental needs.



Betty Shirm

Tuesday, July 12

An Introduction to Acupuncture

Acupuncture is one of the oldest, most commonly used medical procedures in the world. Originating in China more than 4000 years ago, acupuncture began to become better known in the United States in 1971, when New York Times reporter James Reston wrote about how doctors in China used needles to ease his pain after surgery.



Karen Wilson

Acupuncture is a procedure involving stimulation of anatomical points on the body. Preclinical studies have documented acupuncture's effects, but they have not been able to fully explain how acupuncture works within the framework of the Western system of medicine that is commonly practiced in the United States. In the past two decades, acupuncture however has grown in popularity in the U.S and The National Institutes of Health stated that acupuncture is being widely practiced by thousands of physicians, dentists, and acupuncturists for relief or prevention of pain and for various other health conditions.

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Relaxation Classes for Children

Tuesdays and Thursdays,
June 7, 9, 14, 16, 21, 23 and 28
10 to 10:45 a.m.

INTEGRIS James L. Hall Jr.
Center for Mind, Body and Spirit
To enroll, call (405) 943-3921.
Enrollment is limited.



Scooter, The Clown

How Relaxation Classes Can Help a Child

Research indicates that children who learn early in life to calm themselves will have better coping skills as adults.

It is normal for a child of any age to sometimes become angry, fearful, upset or not be able to fall asleep at night. By teaching relaxation techniques to your children, you are providing them with some basic coping skills to use throughout their lives.

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JOIN US FOR
TUESDAY NIGHTS AT
THE CENTER! CALL
(405) 943-3921