

Family

Weight and body mass can affect a person's heart health

February is a great month to talk about our hearts.

How do we have a healthy heart? Let's start by talking body composition. Body composition is one part of a person's overall physical fitness. The others are cardiovascular endurance (fitness of the heart and lungs), muscular strength and flexibility. The first two parts are linked with the risk of heart and blood vessel disease. Obesity is a major, in-

Healthy Haps

dependent risk for heart disease.

Your body is made up of water, fat, protein, carbohydrate and various vitamins and minerals. If you have too much fat, especially if a lot of the fat is located in your waist area, you are at higher risk for health problems, including high blood pressure, high blood cholesterol,

diabetes, heart disease and stroke.

Two helpful ways to find a person's body composition are the waist-to-hip ratio (W.H.R.) and the body mass index (B.M.I.).

The waist-to-hip ratio is a method used to measure the distribution of a person's body composition. Waist in inches is divided by the hip measurement in inches. For men a desirable WHR is less than 0.9, meaning that the number of inches

around the waist is 90 percent of the circumference of the hips. For middle-aged and elderly women the WHR should be less than 0.8 (waist 80 percent of hips).

How do you find your waist-to-hip ratio? With your feet together, stand straight with your abdomen relaxed. At the narrowest part of your upper body (at the level of your natural waist), wrap a cloth measuring tape around your body. Keep it

horizontal, and don't measure at your navel. Do not hold your breath or try to hold in your waist as you take the measure. Don't pull the tape so tight that it compresses the skin. Write down the value to the nearest inch.

Now place the tape horizontally at the widest point of your hips and buttocks. Do not pull the tape too tightly. Write down the value to the nearest inch. Find your waist measure along the top of the Waist-to-Hip Ratio Table. Find your hip measure along the left side of the table. Then find the number on the chart where the two values meet. This is your waist-to-hip ratio.

Overweight is defined as a body mass index (BMI) of 25.0-29.9. Obesity is defined as a BMI of 30.0 or greater.

What is the body mass index (BMI)? The body mass index is a method used to measure a person's percentage of body fat. Weight in kilograms is divided by height in meters squared (kg/m²).

In studies by the National Center for Health Statistics, overweight is defined as a body mass index of 25.0-29.9 (based on U.S. Dietary Guidelines for Americans). A Body Mass Index of approximately 25 kg/m² corresponds to about 110 per-

cent of ideal body weight. Obesity is defined as a Body Mass Index of 30.0 or greater (based on criteria of the World Health Organization).

How do you find your body mass index? Use a weight scale on a hard, flat, uncarpeted surface. Wear very little clothing and no shoes. Obtain your weight to the nearest pound and write it down.

With your eyes facing forward and your heels together, stand very straight against a wall. Your buttocks, shoulders and the back of your head should be touching the wall. Use a ruler held at a right angle to the wall to mark your height at the highest point of your head. Then use a yardstick held flat against the wall to measure from the floor to the point you marked with the ruler. Write down your height in inches to the nearest inch.

Find your height in inches along the top of the Body Mass Index Table. Find your weight in pounds along the left side of the table. Then find the number on the chart where the two values meet. This is your body mass index.

Daughters of Isabella hold February meeting

Immaculate Heart of Mary Circle #747 met in the Knights of Columbus room Feb. 3 at 7:30 p.m.

Gayle Bremenkamp, Regent, called the meeting to order. The opening prayer was said as a group. The pledge to the flag followed. The opening ode was sung.

Correspondence regarding the

state convention to be held April 15, 16 and 17 at the Holiday Inn in Hays was read. It will be discussed at the March meeting as to who plans to attend and the item the Circle wishes to donate for the auction.

Fawna McFee suggested we donate to the Sacred Heart carnival this weekend and it will be done.

Quarterly reports will be done Tuesday, Feb. 8 at 5:40 p.m.

Our member Emma Hamel is in the hospital. Darline Hutfles had a hip replacement, Loretta Zerr's grandson Tanner Zerr is needing a liver transplant, Marge Mowry's husband Tom needs prayers and numerous friends and relatives of

our group did also. So prayers were said for all those people.

Joan Albers mentioned the "Walk for a Beating Heart" Feb. 12 at 9 a.m. Sign-up sheets are in the back of the church. The Mary Elizabeth Maternity House will receive 60 percent of the proceeds and Rachel's Vineyard 40 percent.

Susan Veeh reported on the dues collected for the year.

After the obligation and prayer was said and closing ode was sung, the meeting was adjourned.

Margaret Danneler and Hankie Beckman served brownies and coffee.

Seniors celebrating Valentines Day

Monday, Feb. 14 there will be a Valentine Party at the Senior Progress Center, 165 Fike Park. Come and enjoy the fellowship and fun planned for the day.

There are plenty of other activities scheduled at the center for the week of Feb. 14-18, including the Valentine party on Monday. Exercise will be at 9:30 a.m. Tuesday and it's also Relaxation Day, just relax. "Safe Steps for Seniors" will be at 11:40 a.m. Wednesday. It's a short 12-minute safety video. Thursday exercise is at 9:30 a.m. Exercise is

at 9:30 a.m. Friday and small prize bingo is at 11 a.m. It's also Denim Day. Wear those denim duds.

Everyone over 60 is welcome to eat lunch at the center. Donna Schielke, director of the center, says no special invitation is needed to join in the lunchtime fellowship and all are welcome. Those under 60 are welcome to eat at the center also. She did remind everyone that a reservation is needed by noon the previous day. The menu for the next week includes: Monday - ham, sweet potatoes, five cup salad,

bread, oatmeal cherry cookie. Tuesday - Philly steak sandwich, potato wedges, corn, bun, Jello with bananas. Wednesday - chicken tortilla soup, orange pineapple salad, crackers, cookie. Thursday - roast beef, mashed potatoes and gravy, peas and carrots, rosy applesauce, bread, birthday cake. Friday - salmon loaf or patties, tomato parsley rice, seasoned broccoli, bread, pears.

The building is also available for rental for events. For information or lunch reservations, call 460-2901.

Kindergarten enrollment scheduled

Colby Grade School kindergarten enrollment for the 2005-06 school year is scheduled for Wednesday, Feb. 23 from 7:30 a.m.-3 p.m. in the conference room.

Parents should bring their child's immunization records, birth certificate and social security number. Any child residing in the Colby school district who will be five-years-old on or before Aug. 31 is

eligible to enroll. It is not necessary to bring children to enrollment.

Kindergarten screening to assess a child's vision, hearing, motor skills, reasoning ability and speech/language will be on March 8 and 9 at the United Methodist Church at 950 S. Franklin.

An appointment time will be made for this screening at enrollment or by calling school nurse

Emily Strange at 460-5111.

The screening is provided by the school district with the assistance of the Northwest Kansas Educational Service Center staff for preschool services.

Markets

Quotes as of close of previous business day
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Wheat	\$3.08
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Soybeans	No bid

Babies

Gabriela Ileen Gatlin

Terry and Michelle Gatlin of Pratt announce the birth of their daughter, Gabriela Ileen Gatlin. She was born at 7:08 p.m. Monday, Feb. 7, 2005 at Pratt Regional Medical Center. She weighed 7 pounds, 9 ounces and was 20 inches long. She was welcomed home by brothers Elijah and Samuel.

Maternal grandparents are Leonard and Doris Brown of Lucas and paternal grandmother is Joyce Gatlin of Colby. Maternal great-grandparents are Zola Branda of Lucas and Donald and Evelyn Brown of Salina and paternal great-grandmother is Esther Lauritsen of Colby.

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DENNY IS TURNING
60!



I just had to share it and now all he can do is grin and bear it.

Happy Birthday Dad!
Love Ya!
Kim

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