



"Move More"



❄️ February 2011 ❄️

Walking the Walk

Free, effective physical activity for all ages!

Most of you know that physical activity is good for you, but did you know that physical activity does not have to be strenuous to improve your health? For example, walking- one of the simplest and easiest forms of exercise imaginable - is fun and can help you feel great! 30 minutes of walking each day can help you maintain flexibility, increase mobility and build strength and endurance. It also stimulates muscles, pumps blood through your heart and lungs and it can help you to lose body fat by burning off calories.

After 2-3 weeks, regular walking will:

- Increase your energy level and stamina
- Relieve stress and tension
- Help you sleep better

Over the long term, regular walking will:

- Help you feel good about yourself
- Help you to achieve and maintain a healthier weight, when combined with healthy eating
- Reduce the risk of developing heart disease, osteoporosis and certain cancers
- Strengthen bones and muscles

Other great things about walking are:

You don't require any fancy equipment, just a pair of comfortable shoes. You don't have to pay or join a gym to do it; you don't need any special skills or instruction; and almost anyone can participate at any fitness level- from seniors to kids. Whether it is a walk around the neighborhood or finding a parking spot further away from the door, you should start small and grow into it. It is easy to make walking a part of your everyday life. You just need to find your own fun way to do it.

As you begin any walking or recreational program, it is a good idea to ease into the activity to avoid undue stress to the muscles and joints. During the first week, walk 10-15 minutes at a slow pace, on a flat surface- avoiding hills and stairs. After week one, maintain the same distance but pick up the pace. Over the next several weeks, build up gradually to a 20-30 minute walk, three to four times per week, at a pace that is brisk but comfortable.

***** See page 3 for a complete list of Free Indoor Walking locations in Somerset County.**



Lakewood Golf Course Offers Groomed Trails

Lakewood Golf Course on Route 201 is offering several miles of groomed trails for skiing and snowshoeing this winter. Beautiful scenic trails through the woods and parts of the golf course are suitable for all levels, with some hills and a picnic area. Cost is \$5.00 for adults and free for children ages 12 and under. Memberships are available. There are no indoor facilities at this time. If you have any questions, feel free to call the clubhouse at 474-5955 or e-mail info@lakewoodgolfmaine.com.



Open Ice Skating

The Skowhegan Parks & Recreation Department is offering Ice Rink Programs and open ice skating at the Skowhegan Fairground, Beech Street entrance **starting 1/10/11**. The following are open times for the public, free of charge for all. Along with Open Ice Skating, there are also many fun ice rink programs available through the Skowhegan Parks & Recreation Department. ** Please bring your own skates. They do not have skates available. **

Mondays- 5:15-7:00

Fridays- 5:15-7:00

Sunday- 1:15-5:00

Wednesdays- 5:15-7:00

Saturdays- 12-4:30 & 4:45-6:30

*** Rink Cancellation Policy- The rink will be closed on days of inclement weather and ice conditions, please call the Rec. Dept. at 474-6901 if you have any questions.

~ **Rock & Skate Night:** Saturdays 4:45-6:30pm **Starting 1/15/11**. Get together with some friends or for some family time for some fun under the lights. All children must be accompanied by an adult. Free to all!

~ **Chocolate Sunday Skate:** Sundays 1:15-5:00pm **Starting 1/16/11**. Join us for a fun filled day of free skate for all. Warm up with a hot cup of cocoa. Hot chocolate will be served at designated times during the day.

2nd Annual Winter Poker Walk



The American Cancer Society Relay For Life Team **S**.ecuring **O**.ur **S**.urvival or S.O.S will be hosting their Second Annual Winter Poker Walk on February 5th, 2011. The American Cancer Society encourages everyone to get 60 minutes of exercise several days a week. We believe it is important to offer fun opportunities for people of all fitness levels to get outside during our Maine winters, get their exercise and help find a cure for cancer all at the same time! Prizes will be awarded for the 4 highest hands. Individuals do not have to complete the entire 2.5 mile course to obtain the cards for their hand. This year we are also adding the game of "Go Fish" so kids of all ages can participate. Prizes awarded to top 3 hands. 2nd chance drawings for everyone. If you have any questions and to register, please contact any of the team members listed: Wendy Sincyr- Captain at 635-3490, Fran Bouchard- Co-Captain at: 696-3726, Harriet Bryant- Co-Captain: 635-2051 or Sherril Bouchard at: 612-6768.

Saturday, February 5, 2011

Registration 9:00am-10:00am

Madison American Legion Hall—20 S. Maple Street, Madison

\$5.00 per person (13 years+), \$3 per child to play child's game (ages 5 to 12)

Under 5 is Free



www.movemore.org

~WALK WARM this WINTER ~

Somerset County Indoor Walking

The gyms at these locations are available to the public for winter walking during the 2010-2011 School and Adult Education Calendar. Walkers are asked to please change into a clean pair of indoor shoes and sign in before using the facilities.

☀	Canaan Elementary School	6:00-7:30 AM Mon-Fri
☀	Margaret Chase Smith School	6:30-7:30 AM Mon-Fri
☀	Skowhegan Area High School	6:30-7:30 PM Mon-Thurs
	<i>(Please bring a change of shoes.) Check in and out at the Adult Ed office. Follow the Adult Ed calendar and the cancellation policy.)</i>	
☀	Mill Stream Elementary School	6:30-8:00 AM Mon-Fri
	<i>Norridgewock (Please pre-register during school hours to receive badge.)</i>	
☀	Skowhegan Community Center	6:00-10:00 AM Mon-Fri
	<i>(Free for Skowhegan residents, \$30 for non-residents.)</i>	
☀	Mercer Community Center	9:00AM-3:00 PM Mon, Wed, Thurs
		6:00-8:00 PM Tues, Wed.
☀	Athens Elementary School	7:00-8:00 AM Mon-Fri
☀	Madison Junior High School	7:00-7:45 AM Mon-Fri
	<i>(Please park in the Nichols Street parking lot and use the front/main door entrance.)</i>	
☀	Madison Area Memorial High	6:00-7:00AM Mon-Fri
☀	Carrabec High School	6:00-7:00AM Mon, Tues, Wed, Fri
☀	Forest Hills School, Jackman	6:15-7:15 AM Mon-Fri
	<i>(Other times available upon request- contact Principal.)</i>	

For more information or to receive your Free "Move More" Information packet and pedometer, please contact: Kristie LeBlanc at Somerset Heart Health, Phone: 474-7473 x. 204 or e-mail: kleblanc@rfgh.net

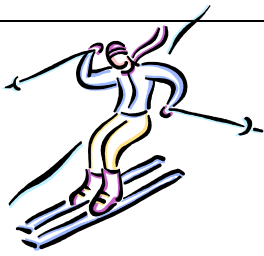


The Winter Blues...

Try creating an 'Abundance Mentality'

With the frigid temperatures outside, lack of sunlight and the shorter days, we are bound to some days feel sluggish and have what some call, 'the winter blues'. Much of our society seems to be built on a scarcity mentality, a mentality that tells us something is missing in our lives; that who we are is not enough; that we will be happier if we buy more, do more, achieve more. This scarcity mentality can be painful and create unnecessary fear, anxiety and desperation. An abundance mentality however tells us there are always new chances and opportunities. Here are a few tips to create and reinforce your own abundance mentality:

- Look for the symptoms of a scarcity mentality in your thinking and your life: Taking things too seriously is one symptom. Thoughts like, "If I lose weight, I'll be happier"
- Focus on the abundance, not on the lack: What you focus on, you will see in your world. If you think you can't do it, chances are you won't. Focus on the glass $\frac{1}{2}$ full and not $\frac{1}{2}$ empty.
- Appreciate: Appreciate your food, life, your home, your friends and family and so on. This can help you notice opportunities you have missed and help you appreciate something in your life for a few minutes each day.
- Remind Yourself: It is very easy to slip back into old thought patterns. To keep yourself from slipping, use external reminders. Post notes in places you can't avoid seeing several times each day- your workspace, fridge and mirrors. Seeing words or quotes that remind you of your new abundance mentality can help you snap back into the right mindset once again.
- Get out & Move! Whether it's a brisk walk on a cold morning, snowshoeing on some of the beautiful area trails or hitting the gym for a workout- getting your body moving will improve your outlook for the day, the week and even the season!



"Choose Your Adventure"

*Do you want to enjoy the beautiful outdoors of
Somerset County but don't know how?*

*Do you want to learn some new ways to
have fun & be active with outdoor, life time activities?*

"Choose Your Own Adventure" is an outdoor education program for adults who want to explore and enjoy lifetime outdoor activities in Somerset County. The following outdoor education units will be available in 4-8 week sessions.

Fishing Unit- Learn fly tying, casting, and bass fishing techniques as well as boating safety, rules, and ethics of fishing. We may also cover rod and reel care and construction as well as insect and fish identification based on class participant interest.

Trail Skills & Outdoor Survival Unit- Hiking basics, first aid, trip planning and packing, how to survive in adverse situations, and trail ethics to make your wilderness experience enjoyable for everyone. We may also cover trail nutrition and outdoor cooking based on class participant interest.

Mountain Biking Unit- Explore the trails around town while learning safety and biking techniques for best use of a mountain bike. Bikes and helmets will be available, or you can bring your own.

GPS, Map & Compass, and Orienteering Skills Unit- Learn how to use a GPS, and how to orienteer without one by using a map and compass to plot points. Also learn more about the exciting hobby of outdoor adventure racing using your new skills!

Outdoor Photography Unit- Learn proper settings, lenses, and composition for outdoor photography as well as identification of your subjects (wildlife, tracks, birds, and fish), equipment care and use, and matting and framing of your photos.

Canoe & Kayaking Skills & Safety Unit- Learn the basics of human motorized boating including paddling, rolling a kayak, water rescue skills, and basic water safety.

Local Harvest Unit- How to grow, cook, and harvest foods from your yard, including outdoor cooking basics, garden design and structures, and maple syrup cooking.

For more information and to register for the "Choose Your Adventure" Program, contact: Lynn Kandiko at Somerset Heart Health 474-7473 ext. 207 / lkandiko@rfgh.net

Tuition: units will cost between \$15.00-\$30.00 (Scholarships Available)

RFGH Community Health Programs

For more information and to pre-register, please call Jim at 858-2318.

◇ **Healthy Heart:** Tuesday, February 15th from 6:00-7:30pm at RFGH Conference Rm. #1. Presenters Pam Alexander, RRT & Jim Fortunato, TTS-C will discuss multiple topics such as: Risk factors, What do the numbers mean?, Improving blood pressure and cholesterol, Healthy weight, nutrition, exercise & heart health, Steps for making changes and support programs.

◇ **Heart Burn:** Tuesday, March 15th from 5:30-7:30pm at RFGH Conference Rm. #1 Presenters Roger Renfrew, MD, Tirunellai Shankar, MD, Tricia Sprengel, MS, RD, LD and Lou Ann Magoon, RN will discuss multiple topics such as: Symptoms, Diagnosis, Diet, Treatment & Surgical options.



This month's favorites quote... a food for thought message...

We all have ability. The difference is how we use it. ~ Stevie Wonder



Hearty Minestrone Soup

Serves 6-8



**In large pot:
Sauté 10 min**

1 Tablespoon Olive Oil
1 Cup Carrots, sliced
1 Green Pepper, diced
1 Cup Red Onion, finely chopped

**Add, cover
& simmer
20 min**

28 oz. Can Crushed Tomatoes
14 oz. Can Low-sodium Chicken or Vegetable Broth
½ Teaspoon Black Pepper, 1 Bay leaf
1 Teaspoon each: Oregano, Basil, Parsley

**Add & simmer
10 min:**

1 Small Zucchini, sliced
1 Small Summer Squash, sliced
15 oz. Can Cannelloni Beans (white beans)
15 oz. Can Dark Kidney Beans

Optional: 2 cups cooked pasta and/or shredded cheese

Discard bay leaf, serve & enjoy ☺

Adapted from Maine Schoolsite Health Promotion Wellness Conference



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*** Sources include: Healthy Maine Partnerships, eatingwell.com, Active 2010, Jim Fortunato- Community Health Educator/RFGH, Skowhegan Parks & Recreation