

"Move More"



March 2011



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!

Healthy Sleep

Reap the benefits of sleep

Getting enough quality sleep is as vital to good health and long life as are healthy eating and regular exercise. You need sleep to: Help your immune system fight infections, help prevent and deal with anxiety and depression, help prevent and control weight gain, diabetes, heart disease and high blood pressure, have energy, think clearly and react quickly.

Reap the Benefits of Sleep CHECKLIST:

- ✓ Plan to wake up at the same time every day, even on weekends. When you wake up, get exposure to bright light.
- ✓ Get sunlight every day, especially in the afternoon.
- ✓ Do regular exercise daily, but not within a few hours of bedtime.
- ✓ Avoid caffeine for 6 hours before bed. Limit caffeine to 300 milligrams a day.
- ✓ Don't have more than one alcoholic drink with or after dinner.
- ✓ Dim the lights in the house an hour or 2 before you go to bed.
- ✓ Write down your worries and fears to clear your mind of them so you can focus on sleep.
- ✓ Follow a bedtime routine. Take a warm bath or read a book.
- ✓ Keep the room cool, dark and quiet. Or, try using a low rhythmic sound, such as a fan set on low.
- ✓ Sleep on a mattress and pillow that feel right for you.

15 Popular Snacks: But how many calories?

Not everyone needs to snack. For some, 3 square meals work fine. For others, snacking is a way of life. Preplanning your snacks and creating healthy snacks is a great way to maintain energy levels, manage hunger and prevent binging. To help motivate you to make healthier choices, let's take a look at some popular snacks, the surprising amount of calories they have and some health alternatives ideas:

1. Peanut butter and jelly sandwich with 8 ounce glass of milk- **555 calories**. Instead try an apple with a bit of peanut butter for dipping.
2. Bagel with cream cheese and juice- **510 calories**. Instead, try a fiber enriched English muffin with a bit of sugar free jam.
3. One slice of cheese pizza- **300 calories**. Substitute pizza with a rice cake topped with mozzarella, cut up tomato and fresh basil.
4. Yogurt smoothie- **390 calories**. Instead have a small can of vitamin packed vegetable juice.
5. Peanut butter with a banana on toast- **390 calories**. Better to skip the toast and peanut butter and just have the banana.
6. Chili Cheese Fries- **619 calories**. Munch on dried peas instead.
7. Nachos with beans- **560 calories**. Instead try about 10 blue organic corn chips with a small amount of hummus for dipping.
8. 4 oz. trail mix with chocolate chips or M&M's included- **582 calories**. Instead eat a handful of grapes.
9. Granola bar with yogurt- **480 calories**. Enjoy instead fat-free Greek yogurt sprinkled with granola and nix the high calorie granola bar.
10. Hostess fruit pie- **480 calories**. For a healthier substitute, eat several pieces of your favorite variety of dried fruit.
11. Small French fries- **230 calories**. Have carrot sticks instead, Similar shape, but only a fraction of the calories.
12. One good sized brownie- **450 calories**. Instead, visit your health food store for healthier versions of sweet snacks
13. Kit Kat bar- **218 calories**. As an alternative, try their mini-version at only 40 calories.
14. Muffins-averaged to large-sized muffins can range up to 500 calories each. If you can't resist, choose a smaller sized whole grain or bran muffin.
15. 16 oz. soda- **150 calories**. Instead have 100% fruit juice or antioxidant rich Acai juice.

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. 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.



~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
(Please bring a change of shoes.) Check in and out at the Adult Ed office. Follow the Adult Ed calendar and the cancellation policy.)
- ☀ **Mill Stream Elementary School** 6:30-8:00 AM Mon-Fri
Norridgewock (Please pre-register during school hours to receive badge.)
- ☀ **Skowhegan Community Center** 6:00-10:00 AM Mon-Fri
(Free for Skowhegan residents, \$30 for non-residents.)
- ☀ **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
(Please park in the Nichols Street parking lot and use the front/main door entrance.)
- ☀ **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
(Other times available upon request- contact Principal.)

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



RFGH Community Health Programs

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

◇ 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.

◇ Weigh to Go! Mondays April 18-June 13, RFGH Conference Room #4. Choose from 1 of 3 sessions: 10:00-11:00am, 3:30-4:30pm, 5:00-6:00pm. Cost is \$24 for this 8 week program taught by RFGH dietitians and other health professionals. Please call 858-2318 for more information and to reserve space.



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

“Did you ever stop to taste a carrot? Not just eat it, but taste it? You can’t taste the beauty and energy of the earth in a Twinkie.” Astrid Alauda



Mexican Veggie & Avocado Bean Dip

Layer in 8 x 10 Dish

Layer 1 Mix: 1 Can Fat-free Refried Beans
1/8 Cup Jalapeno Peppers, chopped

Layer 2 Mix: 16 oz. Lite Sour Cream
1 Pkg. Taco Seasoning Mix

Layer 3: 3 Roma Tomatoes, chopped
1 Bunch Scallions, sliced
1 Can Black Olives, sliced



Layer 4: 8 oz. Cheddar Cheese, shredded

Cover tightly with saran wrap to blend flavors overnight.

Just before serving –

Layer 5: 1 Avocado, sliced

Great for dipping with tortilla blue chips – enjoy 😊



Kristie LeBlanc
Physical Activities Program Coordinator
Move More Kids Program Coordinator
Somerset Heart Health/RFGH
Phone (207) 474-7473 x. 204
Fax (207) 474-9349
kleblanc@rfg.net
www.somersethearthealth.org

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