

MOVE MORE



October 2010



Burnt Hill Hiking Trail

To continue with hiking trails in Central Maine, Burnt Hill offers the more advanced hiker an intense hike with beautiful views at the Summit.



Burnt Hill, locally known as Burnt Mountain, is a well-trodden path that offers superb 360 degree views of Western Maine's breathtaking landscape. The trailhead starts at the end of Bigelow Road close to the Sugarloaf Mountain Ski Resort Base Lodge. The trail climbs through a forest of mixed conifers and hardwoods and for the initial section, the trail follows a brook that crosses the trail at two points which has cool and clear mountain water.

After the first section, the trail follows a steeper grade, leading the hiker over roots and rocks. As the trail approaches the summit the trees start to thin out and become dwarfed as the elevation nears the alpine zone. When the trail breaks out of the trees there is a view of the summit as well as an unobstructed view of the majestic Bigelow Range.

The last section of the hike is through a treeless Alpine landscape that is filled with rocky boulders and stunning views all around. Keep watch for cairns and blue blazes that can be easy to miss, but will lead the way to the summit.

For more information on trails in your area, visit [www. Healthymainewalks.org](http://www.Healthymainewalks.org) or contact me at my e-mail or by phone. 474-7473 ext. 204 or kleblanc@rfgh.net

Community Health Programs

◆ **Eight Weeks to Wellness:** Webinar Class- In eight weekly sessions learn to: Develop a healthy lifestyle, become more physically active, choose healthy fats, choose healthy carbohydrates, achieve & maintain a healthy weight, enhance mind-body connections, cope more effectively with stress & get preventative health checks. New Fall Schedule- **October 20-December 15th**. Wednesday evenings from 7:00-8:00pm (\$10 Registration Fee Includes Book) For More information and to register, please contact: Lynn at Somerset Heart Health at 474-7473 ext. 207.

◆ **Matter of Balance:** Do you have concerns about falling? The Matter of Balance program emphasizes practical strategies to manage falls. You will learn to view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home and exercise to increase strength and balance. You should attend if you are concerned about falls, are interested in improving balance, flexibility and strength, have fallen in the past or have restricted activities because of falling concerns. Classes are held twice a week for 4 weeks, 2 hours each class. New Fall Class begins **October 19-November 16th**. \$20 Registration fee includes book and snacks. To register, please contact Lynn at Somerset Heart Health at 474-7473 ext. 207.

50 Ways to Add 2,000 Steps

The following suggestions for adding steps to your daily life came from the America on the Move Foundation. Enjoy, and be creative!!

At Home

Household chores, neighborhood walks, and errands are great opportunities for adding steps. Try these ideas:

1. Circle around the block once when you go outside to get your mail.
2. Walk around the outside aisles of the grocery store before shopping.
3. Drive or walk to a nearby high school and go around the track: 4 laps equals approximately 2,000 steps.
4. Make several trips up and down the stairs to do laundry or other household chores.
5. Pass by the drive-thru window and walk into the bank or restaurant.
6. Stroll the halls while waiting for your doctor's appointment.
7. Listen to music or books on tape while walking.
8. Invite friends or family members to join you for a walk.
9. Mow the lawn.
10. Accompany your children on their walk to school.
11. Take your dog for a walk.
12. Start a walking club in your community.
13. Walk to a nearby store, post office, or dry cleaners to accomplish errands.
14. Catch up on the day's events with your spouse and children on an after-dinner walk.
15. Walk to your place of worship for services.

At Work

Adding steps to your workday can help you reduce stress and stay alert. Try these ideas:

16. Go for a walk before starting your morning commute, you'll energize yourself for the day.
17. Exit the bus 1 or 2 stops early and walk the remainder of the way.
18. Walk to work if you live close enough.
19. Refill your coffee cup at the machine farthest from your workstation.
20. Visit the restroom on the far side of the building.
21. Hold a meeting while you go for a walk.
22. Designate 10 minutes of your lunch break for a quick walk.
23. Avoid elevators and escalators: take the stairs instead.
24. Park in the far reaches of the parking lot.
25. Escape the stress of a difficult day by excusing yourself for a few minutes of walking.
26. Walk to a nearby store to buy a treat for your co-workers.
27. Start an office walking club.
28. Ask co-workers to join you on a before or after work walk.
29. Walk to co-workers' desks to speak to them instead of sending an email.
30. Create a step competition with fellow employees—see who can get the most steps in a day.

At Play

Whether your leisure time is specifically for physical activity or not, there are plenty of ways to add more steps. Try these ideas:

31. Window shop while you pace through a shopping mall.
32. Take the long route when browsing at a shopping center—don't visit the stores sequentially.
33. Join a water walking class, the natural resistance of the water strengthens muscles.
34. Tour a museum, zoo, or nature preserve.
35. Circle around a swap meet or craft show before selecting your purchases.
36. Strap a length of masking tape around your child's waist (sticky side out) so they can gather pretty leaves during the spring, summer, and fall.
37. Vary your pace when walking, start out slowly then increase your speed, include short bursts of speed walking.
38. Sign up for a community 5K or 10K walking/running event.
39. Hike on a wilderness trail.
40. Take up photography—walk through a scenic location on a hunt for photo opportunities.
41. Drive to a new walking trail and explore the different scenery.
42. Contact your local visitor's bureau or historical society and sign up for a walking tour.
43. Volunteer to walk dogs for an animal shelter.

Variety Is The Spice Of Life

Other activities can count toward your daily steps. Here are some ideas for adding "steps" through minutes spent in other physical activities:

44. Join an indoor volleyball team.
45. Play America's favorite pastime—baseball or softball.
46. Hit the tennis courts.
47. Dance the night away at a club.
48. Don't forget the household activities, such as scrubbing floors and vacuuming.
49. Paddle away calories on a raft, kayak, or canoe trip.
50. Tour a local trail by bike.



NUTRITION

Ahhh, fall is finally here! The leaves are changing and the harvest is in full swing. Whenever this time of year rolls around, I can't help but think of pumpkins! Picking pumpkins, carving pumpkins, and best of all, eating pumpkins! There are many recipes out there for how to prepare pumpkin, but many add a lot of fat, sugar, and calories to a food that nature has made delicious and healthy all on its own. Below are some healthy recipes for using pumpkin, or some options for just trying the natural super food without adding the fat, calories, and sugar. To add more fun, and some physical activity to your recipe, I have listed some farms where you and the family can pick your own; or you can walk or bike to your local farmer's market to pick up a pumpkin there and see what other great, local foods are available this time of year. Enjoy!



Cayford Orchards Skowhegan: 207-474-5200, cayfordorchards@yahoo.com **Directions:** Right after Skowhegan Post Office, follow Rte 150 North 3 miles, take a right onto Hilton Hill Rd, 1/2 mile on your right. Open 10 am to 5 pm daily.

Blackwell Hill Nursery Madison: 207-696-3709, blackwellhillnursery@tds.net **Directions:** From Madison go east on Rte 148 turn left onto Blackwell Hill Rd- nursery is 1 2/10 mi on the right (from Skowhegan north on Rte 201, turn left onto route 148 then right off Rte 148) Open May through August from 10 am to 6 pm daily. Open weekends in September from 10 am to 6 pm.

Many of the local apple orchards and farms also sell pumpkins. There are also many roadside stands where you can buy pumpkins. For cooking, it is recommended that you use the smaller varieties such as the New England pumpkin pie pumpkin, or jack be little. They tend to have a better flavor than the larger varieties which tend to be stringier.

While canned pumpkin puree, available year-round is an easy source for mashed, cooked pumpkin, you can easily make your own in the fall by following these steps:

- Simply take your pumpkin and split it vertically in half (from the stem at the top, to the center point at the bottom.)
- Scoop out all the seeds (save for roasting later) and loose fibers in the middle of each pumpkin half.
- In an oven-safe pan or pyrex dish an inch or two deep and large enough to hold the two halves of the pumpkin, place 1/2" of warm tap water.
- Now, invert the pumpkin halves in the water (i.e., center of pumpkin facing down in pan)
- Place in a preheated oven at 400 degrees F.
- Bake for 35-40 minutes - when ready, a fork or knife should easily slide through the pumpkin.
- Remove from oven.
- Carefully (remember, this pumpkin is hot!) use a spoon to scrape the fleshy inside of the pumpkin away from the very thin rind, and place this onto serving plates or into a bowl for serving.
- You can make your own puree by whipping the flesh in a blender or food processor or just top and eat using some of the following suggestions:
Sprinkle a bit of cinnamon over each portion served, and perhaps a bit of raw sugar (or brown-sugar, maple syrup, or honey if you don't mind the calories or don't watch your sugar intake).

Please contact our office for more information on nutrition and local resources. (207) 474-7473 ext. 205



Pumpkin Soup

By Mayo Clinic staff

Ingredients

3/4 cup water
1 small onion, chopped
1 can (8 ounces) pumpkin puree
1 cup unsalted vegetable broth
1/2 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
1 cup fat-free milk
1/8 teaspoon freshly ground black pepper
1 green onion, green top only, chopped

Directions

In a large saucepan, heat 1/4 cup of the water over medium heat. Add the onion and cook until tender, about 3 minutes. Don't let the onion dry out. Add the remaining water, pumpkin, broth, cinnamon and nutmeg. Bring to a boil, reduce heat and simmer for 5 minutes. Stir in the milk and cook until hot. Don't boil. Ladle into warmed individual bowls and garnish with black pepper and green onion tops. Serve immediately.

Nutritional Analysis (per serving) Yields: 4 servings, **Serving size: 1 cup**
Calories 72, Cholesterol 1 mg, Protein 3 g, Sodium 241 mg
Carbohydrate 12 g, Fiber 2 g, Total fat 1 g, Potassium 199 mg
Saturated fat < 1 g, Calcium 78 mg
Monounsaturated fat < 1 g

This month's favorites quote...

If you change the way you look at things, the things you look at change.

By: Dr. Wayne Dyer



SOMERSET HEART HEALTH
Helping Hands Helping Hearts



A Healthy Maine Partnership
Maine Department of Health and Human Services
Maine Center for Disease Control and Prevention

Kristie LeBlanc
Physical Activities Program Coordinator
Somerset Heart Health/RFHG
PO Box 768
Skowhegan, Maine 04976
Phone (207) 474-7473 x. 204
Fax (207) 474-9349
kleblanc@rfgh.net
www.somersethearthealth.org

*** Sources include: Centers for Disease Control & Prevention, American Heart Association, Healthymainewalks.org, America on the Move Foundation, Healthy Maine Partnerships, www.5aday.org.