



2010 Winter Warm-Up Update & News Week #5—Feb. 20, 2010

*It was the mid-way point of the Winter Warm-Up and Blues Community Challenge! We had an update regarding both programs and our walkers. **We have averaged 161 participants every Saturday at the Lansing Mall, and nearly 100 are submitting activity logs documenting 30 minutes or more of physical activity 5 or more days a week – this is awesome!***

21 Satellite Groups are meeting at primarily indoor facilities – schools, recreational centers, churches - providing options when it is challenging to be outside safely with the wind chill, snow and ice. Our walkers age in range from nearly 1 to 97! Nearly 500 have registered so far.

Cristo Rey Community Center Satellite

Group: Lots of walking and healthy eating is happening here! The walkers meet every Tuesday and Thursday in the Senior Center and there is a nutrition program 3 times a week at the Center. Healthy foods are presented for sampling. The recipes are prepared with ingredients that are familiar and usually on hand in most kitchens. The recipes are low in cost, contain healthy ingredients, and take 30 minutes or less to prepare and appeal to children and adults. Pictured at right: John Roy Castillo, Executive Director of Cristo Rey taste tests vegetable soup made by Amanda Burns.

Delhi Township Satellite Group: meets at the Holt Junior High School on Tuesday evenings from 5:30 p.m. to 6:30 p.m., catching folks on their way home from a busy day! This facility and the 9th Grade Campus (across from the Holt High School) are open to for walking between 5:00 p.m. – 8:30p.m. Monday thru Thursday between January and April. Members of the Satellite Group are also participating in the Blues Community Challenge! Tricia VanderPloeg, Deputy Supervisor of Holt and Township Supervisor Stuart Goodrich are Champions for the Blues Community Challenge Holt Team – **there is still time to join the team!**



All Saints Satellite Group Walkers meet every Wednesday at 4:45 p.m. – 5:30 p.m. and after the 10:00 am Sunday Service at 800 Abbott Rd. in East Lansing. There are numerous sets of stairways which can contribute to a great work-out! All community members are welcome!



Grand Ledge Satellite Group: Mayor Kal Smith and Ameer King, Assistant City Administrator welcome Satellite Group members and all community members to Grand Ledge High School on Tuesday evenings between 6:00 p.m –8:00 p.m. (The school is open every school day between 3:00 p.m. – 9:00 p.m. for walking). The long and connecting hallways create an interesting walkway, and the concurrent school activities offer convenient opportunities to connect with friends and to get your fitness walk in! All Satellite Group members are also participating in the Blues Community Challenge!



Tammy, Becca 5, and Benjamin 7 had a great workout! Usually you will find this gang taking turns pushing the stroller for the youngest member of the family!

Walkers report that they are experiencing benefits of regular physical activity and healthy eating:

- Increased energy.
- Sleeping better.
- Improved muscle tone.
- Making better food choices.
- Positive feelings from being proactive with their health – “feels good to be working on better heart health”, “the activity logging is keeping me honest – I am really accomplishing my plan and goals instead of just thinking about them from my couch”, “it helps me think about the risks for diabetes and heart attack - I have a family history of diabetes and don’t want to have to deal with any of the complications that can arise from that.”
- “I feel happier overall”

2010 Winter Warm-Up with the Blues Community Challenge Champions from Charlotte, Grand Ledge, Lansing Township, Delhi Township and Williamston gave updates on activities and places in their communities which support the Blues Community Challenge and Winter Warm-Up. John Daher emphasized that the 10-week community challenge is only the beginning of a lifetime journey to a healthy lifestyle. *This is not the end—it is the beginning!*

Blues Community Challenge Update:

Shelley DuFort, from Blue Cross Blue Shield of Michigan, the sponsor for the Community Challenge, reported that as of 11:00 P.M. **on Feb. 19 there were 908 registered participants.** Participants from all 10 communities **have logged over 33,580 miles!!!**

Week #5—TEAM standings:

3rd Place: City of East Lansing

2nd Place: Delhi Township

1st Place: City of CHARLOTTE

The Blues are offering grants totaling \$8,000 towards areas of public health and wellness for their area for the

communities, who recruit the most people, who log the most average miles of physical activity during the Challenge's duration. **And there is still plenty of time to get involved!** Just log onto www.bcbs.com/innovations/walkingworks/ to track your physical activity and support your hometown's team efforts! The Blues Community Challenge runs through March 27.



Left to right: Dee Smith, Charlotte; Kal Smith, Grand Ledge; John Daher, Lansing Township; Cheryl Chase, Williamston; Tricia Vander Ploeg, Delhi Township

Virtual Walk: Walk and Bike Lansing! - presented by Payal Ravani. *Walk and Bike Lansing!* (www.walkbikelansing.com/) is led by the Lansing Walking & Bicycling Task Force, which includes residents and organizations focused on economic development, businesses, neighborhoods, environment, health, transportation, children's safety, senior citizens, bicycling, walking, and land use.

Their goals focus on: 1.) Increasing the percentage of trips by foot and bike in the Lansing region, and 2.) Decreasing the number of pedestrian and bicyclist accidents and fatalities.

Reasons for making Lansing walk and bike friendly include: easing expenses, improving physical health and local air quality, reducing carbon emissions, protecting children and seniors, and attracting residents and employers to the Greater Lansing Region. On Aug. 17, 2009 a "Complete Street Ordinance" was adopted. This new policy for Lansing stated that the city will have a non-motorized network plan, and will update it every 5 years. This was a major step forward for Lansing to become a walk and bike friendly city. Its current project: a condition inventory of Lansing sidewalks.

**Walk and Bike Lansing!
is seeking volunteers
to help with a condition
inventory of Lansing
sidewalks in 2010.**

Training will begin in
March, assessments in April.

Contact Payal Ravani
to sign up and get details:
payal@midmeac.org
or 248-342-1695.

Virtual Walk Game questions:

1. Walking is a great way to get more active. How many steps per day are recommended by the Surgeon General?
3,000 steps
5,000 steps
10,000 steps is the correct answer
12,000
2. At what age do most children begin to have the judgement skills needed to get around by foot on their own?
Age 6
Age 7
Age 8
Age 9 is the correct answer
3. Spending on gas, physical inactivity and long commutes are hurting our local economy. In Michigan, how many cents per dollar are spent on gas leave our state economy?
65 cents
75 cents in the correct answer
85cents
95 cents
4. When bicycling, how can you make yourself visible?
Wear bright clothing
With flags
With reflectors
All of the above

Molly Smith led stretching exercises. Then all hit the mall walking trail for a 15-minute timed walk to check their progress! Keep up the GREAT EFFORTS everyone!



Progress Check: 15-minute timed walk



The morning program continued with lots of walking, yoga & pilates

information and Blood Pressure checks.



Special Thank-you to:

- Charlotte Mayor Dee Smith, Grand Ledge Mayor Kal Smith, John Daher, Lansing Township Supervisor, Williamston representative Cheryl Chase and Tricia VanderPloeg, Deputy Supervisor of Holt for championing healthy lifestyle activities in their community to support the Blues Community Challenge and Winter Warm-Up Program.

- Molly Smith for the great stretching class.
- Payal Ravani for the informative and fun Virtual Walk Game regarding Walk and Bike Lansing!
- Jessica Nevins from Ingham County Regional Medical Center for coordinating the registration materials.

Next Week: #6—Feb. 27th: “Bed and Breakfast” & Sleeping Hygiene

9:00 a.m. Center Court:

- Jessica Taranto, a registered dietitian, will present why breakfast is such an important meal, and what makes a breakfast nutritious and delicious!
- Dr. Jennifer Ely, a pulmonologist who also specializes in sleep medicine, will present the importance of sleep, and good sleep habits for adults and children.
- American Cancer Society will present healthy lifestyle materials, focusing on healthy eating and physical activity.
- Virtual Walk and Game – East Lansing Parks, Recreation and the Arts
- Blood Pressure Checks

(see page #6: Stretching 101)

Submitted by Alicia Armstrong & Carol Twiss

Together we can help make mid-Michigan a healthy, active place to live!

Stretching 101 - Molly Smith, Certified Personal Trainer and Group Exercise Instructor

Stretching is the deliberate lengthening of muscles in order to increase muscle flexibility and joint range of motion. Stretching activities are an important part of any exercise or rehabilitation program. They help warm the body up prior to activity thus decreasing the risk of injury as well as muscle soreness. The benefits of stretching are many and have been proven through various studies over time. Stretching benefits people of all ages, and is intended for the young as well as the elderly population.

According to the Mayo Clinic, the "Top Five Benefits of Stretching" include:

1. **Increased flexibility and joint range of motion:** Flexible muscles can improve your daily performance. Tasks such as lifting packages, bending to tie your shoes or hurrying to catch a bus become easier and less tiring. Flexibility tends to diminish as you get older, but you can regain and maintain it.
2. **Improved circulation:** Stretching increases blood flow to your muscles. Blood flowing to your muscles brings nourishment and gets rid of waste byproducts in the muscle tissue. Improved circulation can help shorten your recovery time if you've had any muscle injuries.
3. **Better posture:** Frequent stretching can help keep your muscles from getting tight, allowing you to maintain proper posture. Good posture can minimize discomfort and keep aches and pains at a minimum.
4. **Stress relief:** Stretching relaxes tight, tense muscles that often accompany stress.
5. **Proper Stretching Technique:** It is essential to practice proper stretching techniques. Doing so will allow you to avoid any unnecessary injury. Tips to proper stretching technique include the following:

Warm up first: Stretching muscles when they're cold increases your risk of pulled muscles. Warm up by walking while gently pumping your arms, or do a favorite exercise at low intensity for five minutes.

Hold each stretch for at least 30 seconds: It takes time to lengthen tissues safely. Hold your stretches for at least 30 seconds — and up to 60 seconds for a really tight muscle or problem area.

Don't bounce: Bouncing as you stretch can cause small tears (micro-tears) in the muscle, which leave scar tissue as the muscle heals. The scar tissue tightens the muscle even further, making you even less flexible — and more prone to pain.

Focus on a pain-free stretch: If you feel pain as you stretch, you've gone too far. Back off to the point where you don't feel any pain, then hold the stretch.

Stretch both sides: Make sure your joint range of motion is as equal as possible on each side of your body.

Stretch before and after activity: Light stretching after your warm-up followed by a more thorough stretching regimen after your workout is your best bet.

