



## 2010 Winter Warm-Up Update Week # 8—March 13, 2010

Quick, healthy and delicious dinners and Zumba – preparations for a great evening! This week's program was all about moving more and healthy eating! The Latin music added a festive mood in Center Court for the 129 walkers who attended the 8<sup>th</sup> WWU week.

### Satellite Groups:

~ **Healthy lifestyles are in action all around town too!** I had the privilege of joining 30 folks from the **St. Johns Satellite Group at South Point Mall** for a walk on Monday. This group is open to all members of the 3 TOPS (Taking Off Pounds Sensibly) Chapters in St. Johns. Before snapping the pictures, they shared the benefits they have experienced from healthy eating and physical activity – more energy, increased confidence, strength and endurance, easier to breathe, joints don't hurt, better range of motion and balance and happier!!! Four in the group have lost over 100 pounds! Walkers in this group are inspired by those who have reached and maintain their weight goals. They are all there for each other.



*TOPS is where losers are winners!*

~ **Ingham County Health Department** has a maze of hallways and stairs that make an interesting pathway! A group of 7 have been walking daily on their lunch hour, and have occasional WWU visitors looking for a group walk during the week. This group plans to continue to meet, is looking forward to moving outside!



**“Help! It’s Dinner Time!”** was presented by MSU Extension Ingham County, Joyce McGarry, Extension Educator and Ruth Doughty. The objective for the presentation was to help provide information on healthy meals. The soup, Chicken Tortilla Soup, provided an example of a simple, healthy meal. The *“Healthy and Quick Tips for Healthy Eating Packet”* had information on the use of herbs and healthier, low fat substitutes of everyday ingredients in recipes and lots of recipes – from heart healthy entertaining to popular makeovers. There were visuals of the amounts of fat, salt and sugar in popular foods we eat. They stressed the importance of label reading for consumers. It is a useful tool, but can be very confusing.

The *“Healthy and Quick Tips for Healthy Eating Handout”* is online [www.cphlansing.com](http://www.cphlansing.com).

**ZUMBA was presented by Barbara Rossi.**

Barbara has participated in the WWU for 2 years and was recently certified as a Zumba Instructor! We had a chance to try out some of the easy and fun moves – it was great fun!

Barbara submitted this description of Zumba for those unable to attend the demonstration. Zumba® is the Latin inspired fitness phenomenon that is taking the world by storm! Zumba® is the total body workout that feels like a party. It is outrageous, effective, easy and FUN! Zumba® is a spicy, upbeat mixture of Salsa, Merengue, Cumbia, Reggaeton, and many other dance beats. Zumba® is for everybody and makes everybody look caliente (HOT)!



**“How to Eat Healthy” materials from Blue Care Network were available for pick-up. Health Educator Miki Della-Moretta answered questions regarding Body Mass Index. **She will return for the Celebration on March 27 and do follow-up BMI’s to measure your progress over the 10 weeks!****

**The Virtual Walk and Game was presented by Ann Kostin-McGill from Lansing Parks and Recreation Department. We learned a lot about all of the activities and classes available, as well as the numerous parks and trails – its easy to be active in the Lansing area! **Answers are bolded.****

1. *What parks have Walking Trails?*  
**Fenner Nature Center**  
**Oak Park**  
**Benjamin Davis Park**  
**Gier Park**  
**Frances Park**
2. *What programs that are offered throughout the year with Lansing Parks and Recreation?*  
**Aerobics**  
**Circuit Training**  
**Swimming**  
**Archery**  
**Karate**
3. *Name the 4 Lansing Parks and Recreation Community Centers:*  
**Gier, Letts, Foster, Southside Community Center**
4. *What major walk is Lansing Parks and Recreation holding on Saturday, June 6, 2010 and is the 2nd Walk in the Walking in our Communities series? Highlights of this event are:*  
*T-shirts, Refreshments, Family Activities, & Chance to win a trip to the Walk Michigan Labor Day Bridge Walk Weekend*  
**Annual Mayor’s Family River Walk**

**Blues Community Challenge Update: As of Thursday, March 11 there are 1,103 registered participants in the “*Winter Warm-Up with the Blues Community Challenge.*”**

To date, participants from 9 mid-Michigan communities have logged 65,367.41 miles of physical activity! This is the equivalent to having completed 2,485 ½ marathons in only 8 weeks time!

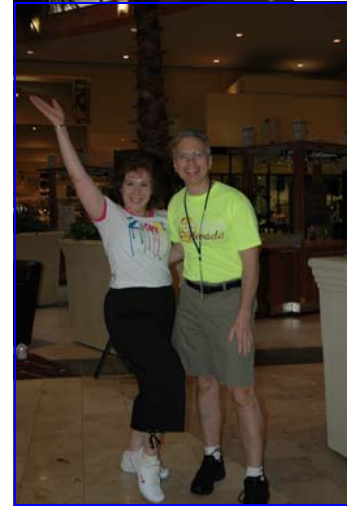
With two weeks left in the competition all communities seem to be ramping up efforts to go after the grant prizes that Blue Cross Blue Shield is offering as incentives for people to get out and get active!

**The current leader board is as follows:**

- 1st City of Charlotte
- 2nd Delhi Township
- 3rd City of East Lansing

**Thank you to:**

- Joyce McGarry and Ruth Doughty for the informative presentation, delicious soup & terrific handouts!
- Barbara and John Rossi for the exciting introduction to ZUMBA and snappy music! (pictured at right)
- Miki Della-Moretta for sharing the Healthy Eating Materials
- Ann Kostin-McGill for the thorough information on the Lansing Parks & Recreation
- Bob Novak for his loyal help with registration



**Week: # 9—March 20th: “Garden for Health”**

**9:00 a.m. Center Court**

- **Ann Rausher from the Garden Project of the Greater Lansing Food Bank** will join us on Saturday! *Spring is in the air!* Learn how to grow and preserve your own fresh vegetables at home or in a community garden. **There will be a seed starting activity for all of us to try!** Ann will have free seeds for the walkers to take home too.
- **Jason Harder from the American Heart Association** will present information about healthy eating, heart disease, stroke and American Heart Association advocacy programs.
- **Sarah Panken from the Michigan Fitness Foundation** will be here for the Virtual Walk Game. We will learn about **Complete Streets and Safe Routes to School!**
- **Free Blood Pressure Checks** by the Lansing Community College Student Nurses

**Reminder: Winter Warm-Up CELEBRATION is March 27th!**  
**Mark your calendars & please plan to join us!**

- **Jodi Davis, BCBSM Walking Advocate, will be here to help us celebrate all of our fitness achievements!**
- **“Winter Warm-Up with the Blues Community Challenge” Winner will be announced!**
- **“Dedicated Walker” and “Super Star” Contest Prize Drawings!**
- **Follow-up BMI’s to measure your progress over the 10 weeks!**

**FYI: Are you one of them? Could someone you love be one of them? Find out now.**

Join the thousands of Americans who will be taking the **Diabetes Risk Test** in support of March 24th—**American Diabetes Association Alert Day**. Find out if you are at risk for developing type 2 diabetes by answering a few simple questions - and join the national movement to **Stop Diabetes**.

Chances are that diabetes has touched you or someone you love. Already there are 57 million Americans at risk for type 2 diabetes. None of us want to see this number grow.

*Please - take the first step toward stopping diabetes and take the Diabetes Risk Test now - then share it with your loved ones to let them know you care about their health.*

**What will you do to Stop Diabetes? Know your risk.**  
**Visit <http://stopdiabetes.com> now and join the movement to Stop Diabetes!**

Submitted by Alicia Armstrong & Carol Twiss