



2010 Winter Warm-Up Update & News Week #7—Mar. 6, 2010



We are moving, and hearing comments from walkers about increased energy and endurance since the kick-off! 147 walkers attended the Lansing Mall program on Saturday, 93 activity logs were submitted. With snow shoveling on the decline, there were increasing amounts of walking, exercise classes and swimming noted in the activity logs. *We heard from 17 Satellite Groups this week, with nearly 200 registered walkers from Eaton, Ingham and Clinton Counties.* Many of the Groups meet twice a week and the folks at the Ingham County Health Department are walking daily – impressive commitments to health and fitness!

The *Marsh Pointe Satellite Group* gathers every Thursday at 4pm to walk. They have 2 floors of long hallways – it's a great time to catch up with neighbors and the fireplace room is a cozy place to relax after the walk. This group is planning to continue a walking group after the Winter Warm-Up concludes. There is also a lot of excitement about their spring garden project – plans for the construction of raised garden beds are being finalized now. Residents are looking forward to planting and tending their vegetable and flower gardens!



Rose, a friend of Jon Stanton, accepted Jon's challenge to join the WWU at the Lansing Mall! At the kick-off, Rose learned about Satellite Groups and the Blues Community Challenge and

thought . . . all 3 options sounded good! So Rose asked friends from *TOPS (Taking Off Pounds Sensibly)*, a national program which supports weight loss, to join her. Rose used to weigh 352 pounds. She has been walking regularly and pain free since having both knees replaced in 2009 and is in the process of losing her second set of 100 pounds! Rose's goal is to reach her desired weight and walk over the Mackinac Bridge! She recently set a personal record at the Winter Warm-Up – walked 4 miles at one time!!! Rose's Group decided to participate in the Blues Community Challenge too. Rose logs everyone's miles each week at the local library – it takes her about an hour. Rose describes this a labor of love, to help get everyone up and moving! When your TOPS goals are reached, you join the ranks of the KOPS – Keeping Off Pounds Sensibly! What a beautiful story about the power of personal goals, supportive friends and programs, physical activity and healthy eating!



The theme for the day: “H2 Oh!”

Heather Sanders, Health Educator from the Barry-Eaton District Health Department made a presentation on proper hydration, especially when exercising. Sports drink vs. water, and information on monster caffeine drinks was included.

The importance of staying hydrated: the best way is drinking water. Water makes up an average of 60% of the human body, is an essential part of a healthy diet. Second only to air, water is the most important need that humans require to survive. Water has many benefits from helping to keep you regular, cleansing your skin and body of toxins and keeping your body hydrated. The average person needs 6-10 cups of water a day depending on sex, weight, exercise level and average water use. If you do not drink enough water you can become dehydrated and become ill. Knowing the signs of dehydration; such as dry mouth, sleepiness or tiredness, thirst and a headache can help in preventing dehydration.

Sports Drinks/Energy Drinks— Sports drink is a beverage designed to help athletes rehydrate, as well as restore electrolytes, carbohydrates, and other nutrients. Today's true sports drinks are still the classic Gatorade – packed with electrolytes potassium, magnesium, calcium, and sodium to provide energy during intense workouts.

- If you are exercising for less than an hour, water is sufficient.
- If you're exercising for longer than that at a moderate to high intensity, you may want to consider a sports drink.
- If you are not training for a marathon or exercising in high heat for an extended period of time, sports drinks may just be contributing to excess calories to your diet. This can lead to weight gain.
- Energy drinks are soft drinks advertised as providing energy to improve physical activity of the drinker, as compared to a typical drink.
- These drinks have huge amounts of caffeine—which can be a diuretic and can even have a laxative effect. This can worsen the dehydration often experienced with heavy exercise.

It is advised to use these products in moderation.

Remember, the best energy boost comes from healthy living. People who eat well, drink water, and get enough physical activity and rest will have plenty of energy – the natural way. A H2O Fact Sheet was distributed and is available on www.cphlansing.com.

“Combating Type-2 Diabetes and the Diabetes Epidemic in America” was presented by Jon Stanton, the American Diabetes Association Step Out and Walk Ambassador for Michigan and Northwest Ohio. *In 2007, weighing 430 pounds, Jon was diagnosed with Type-2 diabetes. After changing his lifestyle and losing 230 pounds, Jon is now diabetes free!*

- Nearly 24 million people in the U.S. have diabetes – a disease of the pancreas that affects how the body processes sugar.
- Someone is diagnosed with diabetes in the U.S. every 23 seconds!
- Certain ethnic groups are at a higher risk for developing diabetes – Hispanics, African-Americans and Native Americans.
- Symptoms of Type-2 diabetes include excessive thirst, frequent urination, blurry vision, numbness or tingling in the extremities and wounds that heal slowly.

Jon addressed the Type-2 diabetes epidemic in the U.S. and what we can do to combat obesity – a leading risk factor for developing Type-2. If current trends continue, one in three children in the U.S. will develop diabetes in their lifetime and the current generation of children will be the first since the Great Depression to have a lower life expectancy than their parents! Sedentary lifestyles and unhealthy eating habits, including consumption of sugary sweets and high-calorie energy drinks are among the culprits pushing this epidemic. *Type 2 diabetes is treatable and an active, healthy lifestyle is one of the best natural ways to stave off the disease or conquer it completely, as Jon has done.*

Visit www.diabetes.org for more information about diabetes.

2010 Winter Warm-Up with the Blues Community Challenge Update:

Blue Cross Blue Shield of Michigan’s “Winter Warm-Up with the Blues Community Challenge” continues, into its 7th week of 10! Nine local communities are still in the race to see which township or city will take home top grant prizes from the Blues for logging the most miles of physical activity over the duration of the competition. To date, there are **953 people** taking part in the Challenge, having already logged a whopping **52,898.5 miles** since the program began in January. This is equivalent to the running of 2,011 marathons, or each person in the Challenge walking to and from the Winter Olympics in Vancouver BC 2.1 times! Wow!

Current community leaders are still the City of East Lansing in 3rd place, Delhi Township in 2nd Place, and the City of Charlotte in 1st!

Are you signed up to participate yet? If not, this is a FREE competition where you can simply track your minutes of physical activity each day or week. Interested individuals can get involved through the rest of this month to help your home town team win grants from the Blues towards an area of public health and wellness. Just log onto www.BCBS.com/innovations/walking works/ to register. The Winter warm-Up with the Blues Community Challenge runs through March 27th.

Virtual Walk: Presented by Michigan Trails and Greenways Alliance

The questions for the Virtual Walk helped us visualize where certain landmarks are in relation to the Lansing River Trail for easy access. Trails provide easy opportunities for people to exercise. They also provide a safe convenient way to run errands or commute to school or work without the use of a car. Studies have shown that trails increase the number of people exercising and the amount of physical activity in a community. They are an important tool for combating rising obesity levels for both children and adults. Michigan Trails and Greenways Alliance works in partnership with health agencies to ensure trails make useful connections to schools, libraries, parks, civic buildings and other destinations so that they will be used not only for recreation but transportation.



1. Where can you find a black rhino in Lansing?

Answer: Potters Park

2. What is the name of the ball park where the Lansing Lugnuts play?

Answer: Oldsmobile Park (soon to be—Colley Law School Stadium)

3. Where on the Lansing River Trail can you purchase locally grown produce?

Answer: Lansing City Market

4. What area of Lansing is known for being a cultural hum of art galleries, gift shops and restaurants?

Answer: Old Town

5. What convention center is located on the Lansing River Trail?

Answer: Lansing Center

6. What Land Grant College is found at the end of the Lansing River Trail?

Answer: MSU

The *Michigan Trail Map & Directory* and *Michigander Bicycle Tour Trip* brochures were available for all interested walkers.

Many thanks to:

~Cheryl Chase and Rian Jordan for coordinating the Winter warm-Up Satellite Groups.

~Heather Sanders for the interesting presentation on proper hydration.

~Jon Stanton for raising awareness about action steps to combat Type-2 Diabetes and the Diabetes Epidemic in America.

~Blue Cross Blue Shield of Michigan for sponsoring the Blues Community Challenge and encouraging people in our community to improve their health and fitness.

~Lansing Community College Student Nurse Association for the Blood Pressure Checks.

Next Week: March 13 - "Help! It's Dinner Time!" –

1. **Joyce McGarry, Nutrition Educator from the MSU Extension Ingham County** —will present healthy dinner meal information for a family on the run! Including:

How to make recipes healthier with food substitutions

Cooking with herbs

Chicken Tortilla Soup Samples

Displays on portion size and how to read a food label

2. **Intro to Zumba!** by Barbara Rossi, Certified Zumba Instructor —Come and learn what this popular cardio-exercise is all about! Demonstration of a fun and exhilarating aerobic work out that incorporates Latin music and dance with an opportunity for all to learn some basic steps and moves!
3. **Virtual Walk: Lansing Parks and Recreation** – Ann Kostin-McGill—Learn about the trails and parks in Lansing and recreational opportunities for all that are offered by the Lansing Parks and Recreation Department.
4. **Blood Pressure Checks** – presented by the L.C.C. Student Nurse Association
5. **9:45 am - Center Court**

2010 Winter Warm-Up with the Blues Community Challenge Update

Answers and Prizes for the Virtual Walk Game

Submitted by Alicia Armstrong & Carol Twiss

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