



A Health Word E-Style

January 2011



RSU #20 A 21st Century Learning Community

Get Ready, Get Set, Get Fit!

January is:

- National Blood Donor Month
- Healthy weight Week (3rd full week)
- Cervical Cancer Screening Month
- Glaucoma Awareness Month
- Women's Healthy weight Day (Jan 21)

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With the forthcoming New Year, many people make **Healthy New Year Resolutions**. The most popular New Year resolutions are to lose weight, get fit, eat right and reduce stress.

All these four goals are actually intrinsically linked to one another. To lose weight, you must start to exercise more (get fit) and start eating healthier, more nutritious foods to provide you with the energy required to be more active, without putting on even more weight.

Stress can be caused by many factors, but generally people that feel that they are in greater control of their personal lives find it easier to control stress in their working lives. So being more confident as a result of being fitter and healthier can lead to a reduction in stress. So, how do you stick to the plan?

Let's break the resolutions down, and look at each in isolation.

How to Lose Weight

To lose weight one merely needs to increase physical activity and eat a healthier, more balanced diet. The best way to do this is to set your self goals. If you know that your diet is not ideal, but are not sure exactly where you are going wrong, then keep a food diary for a couple of weeks at the start of the New Year. This will quickly highlight where you are going wrong.

Make sure that you write down everything that you eat and drink during these two weeks. It is best to keep a note of when you eat too, so that at the end of the two weeks you will have a picture of your eating habits in the morning, afternoon and evening. Many people **eat too much in the evening** after a busy and stressful day. This is most likely going to be the area you need to concentrate on!

How to Get Fit

Getting fit is a life long goal for many people. So how do you stick to a New Year resolution to get fit? The best way is to set goals, write an exercise schedule (and stick to it) and keep a training diary.

Realistic Health and Fitness Goals

Goals can be based on endurance (exercising for longer periods each session), strength (lifting heavier weights, or lifting more repetitions of the same weight), and frequency (exercising more often, such as 3 times a week, twice a day). When setting goals, always set goals that are attainable.

If you have not exercised for 5 years, then setting a goal of running 5 miles a day by the end of January, or running in the London Marathon in the spring, will be very difficult to achieve. And failing your own goals does you no good regarding self esteem and motivation. So keep the goals simple.

Start by exercising for 15 minutes three times a week. It could be as simple as walking or taking the stairs at work. Then, each time you exercise increase your time by an extra 5 minutes. By spring you will be exercising for 1 hour and 20 minutes each session, which could be 3 times a week! If you *stick to the plan* you will soon get fit.
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Wellness Team Meeting

January 24th 3:45
East Belfast Library

ALL MEMBERS and
NEW MEMBERS
Welcomed!!

Join us for 20 minutes of
Free Circuit Training!



LET'S GO WALDO

Kick off January with 1

One Hour or More of Physical Activity Every Day

Did You Know...For Children and Teens

The experts agree that children and teens should participate in at least **sixty minutes** of moderate to vigorous physical activity most days of the week (American Cancer Society, American College of Sports Medicine, Academy of Kinesiology, American Academy of Pediatrics, Dietary Guidelines for Americans 2005, etc.).

Here are some ideas for keeping kids active in the winter:

Snowman: Everyone knows about building snowmen, but maybe you didn't know about some variations on the age-old theme. Dress your snowmen (and women) in Halloween costumes or old clothing. Use drops of food coloring to make colorful streaks through the snowman's sparkly flesh. Have contests to see who can make their snowman look most like the president, a favorite teacher, or Mom or Dad.

Snow Turtles (or Owls or Alligators, Etc.): Create a wintertime zoo out of snow. You can sculpt just about anything out of snow with a little creativity. Start with turtles because a round mound is less frustrating than a complicated animal (such as a porcupine).

Tracks: Lots of kids like to run across a field of freshly fallen snow just to see their tracks. Put a twist on this activity by having your kids create animal tracks. Check a field guide out of the library and let them study what different animal tracks look like. Then they can use different tools (wooden spoons, spades, empty spoons, or whatever you have around the house) to recreate the tracks on your lawn.

Snow Fort: This activity is so fun and so involved that you may have to remind your kids to take a break to warm up inside before finishing. Snow fort building is more satisfying than sand castle building because the snow holds its shape better. Use the same principles as with sand castle building. Find big containers (paint buckets are great) to fill with snow. Then empty them upside down. That's your basic building unit. Snow forts can get very elaborate; kids will make tunnels from fort to fort if they don't run out of time or snow. http://www.essortment.com/all/snowactivities_rlqz.htm



From the Kitchen.....

RSU #20 Food Service Program

RSU#20 Healthy Kids Parents Group Formed

Over the past year a group of concerned parents came together due to their concerns about the school lunch program and the national obesity issue. Under the guidance of Linda Hartkopf, School Health Coordinator, the group learned about the national school lunch program and its complexity. The parents researched other school district programs, surveyed parents in the district about the school lunch program, visited and ate in the cafeterias and gained a better understanding of the National School Lunch Program.

One in three children in the US is overweight or obese. In RSU #20, 36% of the students are overweight or obese based on their Body Mass Index (BMI). This is 3% higher than the state average (33%) and 4% higher than the national average (32%). Many of these children will suffer from related health problems throughout childhood. Chronic conditions such as Type 2 diabetes, hypertension and high cholesterol will plague them in adulthood and strain our health care system.

One area RSU #20 can support a healthy student body is by continuing to improve the school nutrition program. The 2010-2011 data shows 49.58% of our students are eligible for free and reduced meals. The high was 67.42% and the low was 41.12%. The data indicates a large percentage of students receive meals through the school nutrition program. Therefore, the focus of the RSU 20 Healthy Kids parents group has been to review the school lunch program to ensure healthy meal options are available.

On December 8th, a group of six parents met with Superintendent Bruce Mailloux and Food Director Perley Martin to present a 5 year plan they developed. The plan included a mission statement, goals for food and budget /administration and goals for the current school year. One of the goals of the meeting was to focus on proposed adjustments for the 2010-2011 school year and ways the group could offer their support. The committee plans to meet with the food director in the near future to continue the conversation.

In the meantime, the group is working on launching a RSU#20 Healthy Kids informational web site. Parents are welcome to join the group. The next meeting is Tuesday, January 11 at 6pm. The meeting will be at Thierry Bonneville's home. Contact Thierry at thb@bonnevilleconsulting.com or Linda Hartkopf at 338-1960 for directions and more information.

JOURNEY TO HEALTH

Waldo County General Hospital is pleased to invite you to participate in “**Journey to Health**,” a free program designed to lead to healthier lifestyles by encouraging community members to exercise consistently, eat better, and reduce stress. Journey to Health is a 12-week program beginning January 10 that includes goal-setting, food/activity tracking, and weekly email tips that include a wide variety of stress, exercise, and nutrition-related information.

Program Components

- I. Participants will **set wellness goals**, including but not limited to consistent exercise, healthier food choices, weight loss and/or stress reduction. Upon registration participants will receive **activity/food log(s), a Staying Healthy T-Shirt and weekly emails with health and wellness tips**.
- II. Participants will be invited to **free exercise and cooking classes**. No experience necessary! We will continue the classes offered during our last session of Journey to Health (Pilates, Zumba Gold, and Yoga) and may try some new classes and programs, such as snow shoeing, partner-less swing dancing, or walking/trekking! Scheduled exercise classes include **Pilates on Mondays, Zumba Gold on Tuesdays, and Yoga on Wednesdays. Class times are 4:30 p.m. to 6 p.m. though we encourage you to come for any part of the class your schedule allows**. Pilates is a great way to strengthen your entire body and reduce back pain. Zumba Gold, a dance party with fun music, is great for beginners and anyone who likes to move! Yoga is ideal for those who want to relax, reduce stress and strengthen their muscles all at once. All exercise classes will be held at the Belfast Dance Studio on High Street, directly across from the Belfast Free Library. More information about cooking classes will be coming soon.
- III. Employers are invited to contact us with any additional wellness needs. We can offer **wellness programs at your worksite** such as lunch-n-learns or after-work sessions on such topics as heart health or stress reduction. Additional topics of your choice may also be available.
- IV. At the conclusion of the program participants will:
 - a. Identify goals they reached
 - b. Identify goals they did not reach and why
 - c. Evaluate the program as a whole

To participate in Journey to Health, visit www.wcgh.org and click the “newsletters” link and fill out the Journey to Health online form by January 5. For more information or questions, please contact Hester Kohl at 930-2514 or hkohl@wcgh.org.

Fresh Start Adult Smoking Cessation Class

Support your New Year resolution to quit tobacco! Freshstart is the American Cancer Society adult quit-smoking program. The program consists of four 1.5 hour sessions held over four consecutive weeks. Your chances of quitting tobacco are improved by getting support. Classes are free!!

When: Wednesdays Jan. 5th, 12th, 19th, & 26th 2011 Time: 5 pm – 6:30 pm

Where: Waldo County General Hospital in the annex building, Healthy Waldo County office

Please call to register for these **Free** classes 930-2650

Sponsored by: Healthy Waldo County and Waldo County General Hospital

Check out other resources in our community to support your Journey to Health



Special RSU #20 Membership Discount

Join the Bay Area Fitness for \$192/year

Bay Area Fitness is offering a great deal to all employees, spouses, partners & children employed in the RSU. Even high & middle school can join.

Only need 40 people to sign up!

New memberships activated in April 1, 2011
For More information contact: Laurie Ireland
lireland@rsu20.org or call 338-2315

FREE Diet Consultation as well as **FREE** Body Fat Composition Testing with near-infrared spectrophotometer and/or calipers.

Free Personal Plan

Sauna, Hot tubs, Seasonal Heated Pool

Open Every Day

Mon - Fri

5am - 8pm

Sat/Sun/Holidays

5am - 5pm

(207)-DEVELOP (338-3567)

192 Searsport Ave.

Belfast, ME 04915

Located across from "Mings Chinese" on Rt. 1

**MAKE CHECKS PAYABLE TO BAY AREA FITNESS.
MAIL OR DELIVER**

Name _____ RSU POSITION _____

FAMILY ADD-ON _____

RELATION _____

EMAIL _____

CURRENT MEMBER? Yes No

Curves

Curves is a complete fitness and nutrition solution center specifically for women. The Curves 30 minute workout exercises every major muscle group and burns up to 500 calories through a proven program of strength training, cardio and stretching.

Hours:

M-F 7am – 7pm Sat. 8 am – 12 noon Closed Sundays

Located next to Olympia Sports in the Reny's complex, Belfast.

Contact Jamie for more information at 207-936-7048

Waldo County YMCA

We build strong kids, strong families, strong communities

157 Lincolnville Ave.

Belfast, Maine 04915

207-338--4598

www.waldocountyyymca.org

2011 Membership Rates

CATEGORY	Three Month	Annual	Bank Draft	Cost per Day
Youth 0-18 years	\$48	\$132	\$11	\$.36
College With ID	\$75	\$192	\$16	\$.53
Adult 19-59 years	\$171	\$348	\$29	\$.95
Senior 60 years & up	\$114	\$216	\$18	\$.58
Single Parent Family	\$183	\$396	\$33	\$ 1.08
Family	\$222	\$576	\$48	\$ 1.53

Hours:

Monday – Thursday 5:00 am – 9:00 pm

Friday 5:00 am – 6:00 pm

Saturday 7:30 am – 5:00 pm

Sunday Noon - 5:00 pm

Member Benefits

- Three Pool Complex. Safe and clean environment.
- Convenient hours... open seven days a week.
- Reduced fees on most programs for annual members.
- Use of the walk/jog 1/12th - mile track.
- Use of gymnasium during non-program times: pickup basketball games, volleyball games, tennis, and more.
- Use of our locker and shower facilities
- Free fitness towel service.
- Reduced fees for babysitting services.
- Full use of fitness area, including: Cybex strength stations and free- weights, Lifefitness treadmills, stair climbers, bikes, elliptical trainers, a Concept II rower and an Icarian Smith Rack.
- An orientation to the Fitness equipment by a qualified trainer

Continued from pg 1....

Eat Healthier

This is possibly the hardest thing to do well. Most people are well aware of what food is good for them, and what is not. The problem is sticking to the plan. Keeping the food diary mentioned earlier will help, writing eating rules can help to. Stick a note on the fridge to remind you of what you should and should not be eating. Simple rules to get you started could include:

- Eat 5 or more pieces of fruit and vegetables a day for improved health
- Consume no carbs after 4pm to limit calories
- Eat at least 3 portions of oily fish a week for optimum nutrition
- Use olive oil rather than the usual salad dressing for healthier meals
- Eat less cakes, junk food, biscuits, sweets etc. to avoid empty calories

Keeping the food diary helps. Maybe keep you diary posted to the fridge too, or a pin board, or even a personal blog. This will allow others to point out your mistakes! Also go over the diary at the end of each day and high light each item you have consumed that goes against the common sense healthy plan.

Hopefully after a few weeks there will be much fewer highlighted items. But do not deprive yourself completely of your favorite foods, always give yourself a treat, just be careful not to over indulge, and make a note in the diary! Even special treats for working hard need to be included.

Reduce Stress

A healthier lifestyle, increased physical activity and better diet will help reduce stress. If you are still struggling, then consider joining a class aimed at relaxation, such as yoga or tai chi, or any other exercise class where you get to meet other people and unwind. Aerobics, martial arts, football, golf – these all can help to reduce stress. Make sure you have time to yourself, away from work, away from family, at least once a week. Make a special time for yourself when you can relax, read a book, sit quietly in a chair and contemplate life, alone, without any interruption.

Here are 3 rules to help you stick with your New Years Resolution to lose weight, get fit and be stress free:

1. Keep a food diary, take control of you daily eating habits, shop for healthier foods.
2. Exercise more than you do now, aim for 3 times a week, and increase each week. Consider how your eating habits interact with your exercise regimes.
3. Take time out to relax by yourself, and contemplate the good work that you are doing.

So Get Ready. Get Set. Get Fit by starting on the road to a healthier you!

<http://www.motleyhealth.com/lose-weight/new-year-resolutions-for-a-healthier-fitter-and-happier-you>

Family Nutrition Corner

Here are 3 tips to help encourage your children to try new foods.

1. The most important thing parent can do is not give up! It can take numerous introductions until a child accepts a new food. Don't force you child or fight over it. Give it time.
2. Allow kids to "get to know" the new food. Tell them what the food is, how it was prepared, how it was grown and what it does in the body. Explain how important the new food is for being healthy and growing strong, it will build interest.
- 3 Lead by example. If mom and dad are pushing vegetables off to the side of the plate (or not putting them on the plate at all), the kids are going to do the same.

Information from Dana Angelo White, MS, RS, ATC
http://www.superkidsnutrition.com/nutrition_experts.php

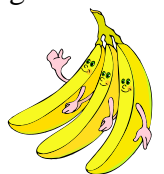


Q: Why are radishes smart?

A: Radishes are smart because they're so well-read (red)!

Q. Why are bananas never lonely?

A. Because they hang around in bunches.



A New Twist on Wellness

Interested in getting involved in supporting wellness in the RSU? Come to a Wellness Committee meeting and get involved.

For the next half of the year, the Wellness Committee will dedicate 20 minutes of the meeting to personal wellness. Each month, a new health topic will be featured. This will be in addition to our regular meetings. Staff members attending the meeting are encouraged to share the information with their co-workers. Parents and community members are also welcome to join the group.

On January 24, Jen Littlefield, a PE teacher at BAHS, will lead a session in circuit training. Come prepared to have fun.

The Wellness Committee meets the 3rd Monday of the month at the East Belfast Elementary Library from 3:45pm – 5:15pm. The committee focuses on addressing eight component areas for coordinated school health. They include: health education, physical education, health services, nutrition services, school climate, health promotion, physical environment and community involvement.



Fruit Festival at SES

On December 22, Searsport Elementary students enjoyed a Fruit Festival. The festival was organized by the parent organization, PIE (Partner's in Education) and staff as a parting community celebration before the winter break. Rebecca Albright, SES Title 1 teacher, shared the festival idea at an SES staff meeting. Rebecca was the president of the parent/teacher group in her children's school and helped put a similar festival there last year.

The event was held at the end of the day. As each classroom entered the gym they were guided to their designated seating area by parents wearing festive fruit costumes. Large, colorful sheets of paper lined the gym floor to represent tables.

Principal Erin Woodsome thanked parents, teachers, Barbara Crowley, from Healthy Waldo County and Hester Kohl, Waldo County General Hospital 5210 Community Coordinator for preparing a wonder bowl of fruit for their Festival. A number of students were invited up to the front of the room to give good wishes to family, friends and staff.



The fruit was purchased with funds from the Fresh Fruit and Vegetables Program. The salad consisted of fresh pineapple, kiwi, grapes, clementines and cantaloupe. On top of each individual serving dish of fruit salad was a dollop of yogurt and a slice of star fruit to top it off.

Prior to attending the event, teachers received informational sheets about each fruit to share with their students. The information included history about the fruit, fun facts and nutritional breakdown. Did you know Kiwi was named after New Zealand's national bird called the Kiwi? A star fruit tree can produce between 200 – 400 pounds of fruit a year and the fibers in pineapple leaves are used to make rope and a cloth called pino.





RSU # 20
PO Box 363
6A Lions Way
Belfast, ME 04915

Phone:

(207) 338-1990

Email:

lhartkopf@rsu20.net

*"When you're learning to
face the path at your
pace, every choice is
worth your while."
-Indigo Girls*



Donating blood is easy!

Although an estimated 38 percent of the U.S. population is eligible to donate blood at any given time*, less than 10 percent do so annually.

* To donate blood, one must be healthy, and meet age, weight and other donor requirements.

* Donating blood is a safe procedure. A sterile needle is used only once for each donor and is then discarded.

* The actual blood donation typically takes less than 10-12 minutes. The entire process, from the time one arrives to the time the donor leaves, takes about an hour.

* A healthy donor may donate blood every 56 days

* The average adult has about 10 to 12 pints of blood in his/her body. Approximately one pint is given during a donation.

Chicken Oriental

Try this great quick-to-fix recipe. It feeds a family of 6 for under \$10. This meal was for the staff at Fruit & Veggies – More Matters and meets the strict nutritional guidelines for the Center for Disease Control and Preventions as a healthy recipe. Each serving provides an excellent source of vitamin A and vitamin C and a good source of fiber.



Prep Time: 30 minutes
Serves: 6

Ingredients:

- 1 tablespoon vegetable oil
- 1 pound boneless, skinless chicken breast halves, cut into 1-inch chunks
- 2 oz. asparagus, trimmed and cut into 2-inch-matchstick strips
- 2 cups red or green bell pepper, cut into thin strips
- 1 medium onion, sliced
- 2 tablespoons sugar
- ¼ teaspoon black pepper, freshly ground
- 2 tablespoon light soy sauce
- Rice for serving*

Directions:

In a large skillet or wok, heat the oil over high heat until hot.

Add the chicken and stir-fry for about 4 minutes, or until no longer pink and the juices run clear.

Transfer to a plate.

Add the asparagus, bell pepper, onion, sugar, and black pepper to the skillet.

Stir-fry for about 3 minutes, or until the vegetables are crisp-tender.

Return the chicken to the skillet.

Sprinkle with the soy sauce; cover and cook, for about 1 minute, or until mixture begins to steam.

Serve over rice.

Nutritional Information per Serving

Calories: 158	Carbohydrates: 11g
Total Fat: 3.4g	Cholesterol: 44mg
Saturated Fat: 0.6g	Dietary Fiber: 3g
% of Calories from Fat: 20%	
Sodium: 352mg	Protein: 19g



NATIONAL
Blood Donor
MONTH

MAKE
LIFESAVING
A HABIT