



# Wellness Matters September 2011

The wellness newsletter of the Scantic Valley Regional Health Trust

## Healthy Happenings

### **New! 40% Discount for Longmeadow Parks and Recreation(LPRD) Wellness-related Programs!!!**

Employees in the SVRHT municipalities (LPVEC, HWRSD, Hampden, Wilbraham, Longmeadow and East Longmeadow) are now eligible for a 40% discount for the following fall programs thru LPRD:

Tai Chi  
Zumba for Adults  
Classic Yoga  
Men's Basketball  
Co-Ed Volleyball  
Men's Volleyball  
Senior Adult Volleyball

For class descriptions, times and dates visit:  
[www.lprd.net](http://www.lprd.net).

**Upon registration please inform LPRD that you are an employee in one of SVRHT's six municipalities and would like to take advantage of the 40% discount.**

For more information contact Amy Higgins,  
Wellness Coordinator at 847.0249  
or [amyhiggins2003@yahoo.com](mailto:amyhiggins2003@yahoo.com)

### **Fitness Bootcamp**

Do you want to jumpstart your fitness? Try Fitness Bootcamp with Brian Keenan, a Fitforce certified instructor and leader of fitness training at both the Western Massachusetts Police Academy and the Springfield Police Academy. Bootcamps can be strenuous but modifications will be provided for all ability and fitness levels. Classes will happen rain or shine, but will be rescheduled in case of thunder and lightening.

Tuesdays & Thursdays for 6 weeks, beginning 9/6  
4:30-5:15pm

Longmeadow High School Track

Cost for 12 classes: \$84

Register for Bootcamp by contacting Amy at  
[amyhiggins2003@yahoo.com](mailto:amyhiggins2003@yahoo.com) or 847-0249.  
All employees and family members must complete a waiver prior to beginning this program.

### **Coming in October:**

- Strength Training Clinics
- Strength Training Incentive Program
- HWRSD Employee Health Fair
- Breast Cancer Awareness

To "LIKE" us on Facebook:

<http://www.facebook.com/pages/Scantic-Valley-Regional-Health-Trust-Wellness/104840526249335>

**Share healthy posts, find recipes, and learn about upcoming wellness-related programs and events.**

### **SCANTICHEALTH.ORG**

All municipal employees in Hampden, Wilbraham, HWRSD, Longmeadow, East Longmeadow and LPVEC may participate in any of the programs listed in any location. Family members and friends are also invited to participate.



Scantic Valley Regional Health Trust

**This newsletter has 2 pages.**

## A little bit of exercise makes a big difference

By Janice Lloyd, USA TODAY

Lazy Americans, you are not off the hook, but health experts are cutting you some slack.

"It's very clear that a little bit of exercise makes a big difference," says Carol Ewing Garber, author of the [American College of Sports Medicine's](#) new guidelines on quantity and quality of exercise for adults. "The recommendation to get 150 minutes a week of moderate-intensity exercise is still one of the goals, but the message needs to be heard that doing less is also helpful."

The guidelines and ACSM's new book, *Complete Guide to Fitness & Health*, are written for everyone regardless of fitness levels: couch potatoes trying to get started, as well as adults meeting the exercise requirements but who may be unaware of the dangers of post-workout sedentary behavior. Among the highlights:

- For the 60% of adults in the [USA](#) who are not regularly active, as little as 60 minutes of exercise a week provides some health benefits. But the science is irrefutable: Adults who get 150 minutes a week of moderate physical activity lower their risk of developing certain diseases, including heart disease, the No. 1 killer in the USA.

- For the adults who put in their 150 minutes or more but are sedentary the rest of the time, incorporating more physical activity into the rest of the day and also being mindful of the signs of heart disease are recommended.

"It's no longer enough to consider whether an individual gets adequate amounts of weekly exercise," says Garber, an associate professor of movement sciences at Teachers College of Columbia University in New York. "We also need to determine how much time a person spends on sedentary pursuits, like watching television or working on a computer."

## Stay Active this Fall

With fall fast approaching let's consider ways to stay active that allow you to spend time with your family and friends and enjoy the outdoors as well. Here are some examples:

1. Ride a bike or inline skate around town or on one of the many local rail trails. Try the new Redstone Rail Trail in East Longmeadow, the Manahan Rail Trail that runs from Northampton to Belchertown or the Farmington River Trail starting in North Granby, CT.
2. Take a hike! You will find trails all over the region. Simply google "hiking trails in (your town)", or try Robinson State Park in Agawam, Mt. Tom in Holyoke, or Laughing Brook Wildlife Sanctuary in Hampden.
3. Have you heard of geocaching? Geocaching is a real-world outdoor treasure hunting game. Players try to locate hidden containers, called geocaches, using GPS-enabled devices and then share their experiences online. You'll surely need your walking shoes. Visit: <http://www.geocaching.com> to find local sites.
4. Walk the dog together.
5. Walk, run or cycle a race for a good cause.
6. Organize family kickball or tennis nights.

## Make Your Calories Count



Do you wonder how many calories you should be eating each day? If you want to maintain your weight your caloric intake should equal the amount of energy you expend over the course of the day. If you are interested in losing weight you must eat fewer calories than you expend. To figure out how many calories are appropriate for you, check out this FREE calorie counting application by the Livestrong foundation:

<http://www.livestrong.com/thedailyplate/>

This site also provides success stories and educational information to help you stay focused on your health.