



# Wellness Matters May/June 2010

The wellness newsletter of the Scantic Valley Regional Health Trust

## HEALTHY HAPPENINGS

### **Fitness 101**

#### **“Learn-by-Doing” Seminar**

Wednesday, May 26, 3:30-4:30pm

Wolf Swamp Road School

Amy Higgins will:

- Debunk the popular myths associated with getting fit.
- Explain the 10 reasons why every adult needs strength training.
- Lead a demonstration of an effective home exercise session using no equipment!

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### **Nutrition 101 Seminar**

LPVEC Ludlow Transportation Site

Tuesday, June 1, 9:30-10:30am

Do you want to know what a calorie is or how to make healthier food choices? Not sure how much fat, carbohydrate and protein to eat? Jen Fournier, Registered Dietician will cover these topics and many more. All participants will receive a free insulated lunch bag for attending the session.

### **Learn to Run Program**

Mondays 4:30-5:15pm

Beginning May 17

Longmeadow Community House

This group program will follow a walk-run format designed to help you comfortably progress from jogging for 2 minutes at a time to 30 consecutive minutes. The only requirement for participation is the ability to walk for 30 minutes at a brisk pace. In addition to the walk-run portion, Amy Higgins will offer information on proper running technique, strength training and stretching. Offered rain or shine for 8 consecutive weeks. Last year some of the participants completed a 5K road race together after the program. Could that be you?

### **PROGRAM REGISTRATION**

Contact Amy Higgins, Wellness Coordinator, at 847-0249 or amyhiggins2003@yahoo.com.

### **Healthy Choices Program**

This program can be done at your own pace wherever you are.

Stay focused on your health this summer with a little encouragement from the Wellness Program. The goal of this program is to accumulate 30 or more minutes of physical activity at least 3 days per week and to practice a variety of suggested healthy behaviors. Upon registration you will be given a tracking log. Track your progress as you go and return the log to Amy Higgins at the end of the program. All who meet the goal will have a choice of an insulated lunch bag or a stainless steel water bottle. Register by Friday, June 11. The program runs for 8 weeks beginning Monday, June 14.

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*If you see programs listed here that you would like hosted in your location, please contact Amy Higgins.*

**This newsletter has 2 pages.**

## Running Your First 5K

This time of year, many of us get the itch to run a road race. Keep in mind that the #1 reason for athletic injuries is “too much too soon”. Below is a plan for safely progressing to a 5K run. If you would like to follow this plan with a group, please see the Learn to Run Program information on page 1 of this newsletter.

### Perform each task 3 non-consecutive days per week...

- |        |   |
|--------|---|
| week 1 | walk briskly for 5 minutes<br>alternate 1 min jogging and 3 min walking (6 sets)                  |
| week 2 | walk briskly for 5 minutes<br>alt 2 min jog + 2 min walk (6 sets)                                 |
| week 3 | walk briskly for 3 minutes<br>alt 3 min jog + 1 min walk (6 sets)                                 |
| week 4 | walk briskly for 2 minutes<br>alt 4 min jog + 2 min walk (5 sets)                                 |
| week 5 | walk briskly for 2 minutes<br>alt 7 min jog + 3 min walk (3 sets)                                 |
| week 6 | walk briskly for 2 minutes<br>alt 10 min jog + 1 min walk (2 sets)<br>walk for a few more minutes |
| week 7 | walk briskly for 2 minutes<br>alt 15 min jog + 1 min walk (2 sets)<br>walk a few more minutes     |
| week 8 | walk for 2 min<br>run 30 consecutive minutes!!!!!!<br>walk for a couple minutes                   |



## Longmeadow Town Employees:

Did you know that you can have your blood pressure and blood glucose checked at any time? Blood pressure checks are free and glucose is \$1 per visit. Call Pat Barkman, RN, Community Health Nurse, to set up an appointment at the Adult Center, 231 Maple Rd. 413-565-4150.

## Are Calories “Bad”?

My 6 year old son asked me this very question recently. Although I have heard this sentiment in a variety of ways in my adult life I was shocked to hear the misconception coming from my child.

Scientifically speaking a calorie is the amount of heat necessary to raise the temperature of a liter of water 1 degree. It is simply a way to measure energy. Since we are not plants, and cannot create our own energy, we must consume food to create energy. Our energy comes in the form of calories. Although we often think of cutting calories, maybe we could shift that thinking to “how many calories should I ingest to create the energy my body needs”.

Protein and carbohydrate each contain 4 calories of energy per gram. One gram of fat contains 9 calories. The total amount of calories needed per day depends on an individuals current weight, gender and activity level. For more information on how to create a healthy nutrition plan for yourself go to:

<http://www.health.gov/dietaryguidelines>

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