

SEPTEMBER 2011

### You're Invited:

All Coalition Meeting:  
October 4 (8-10:30 AM)

### Action Team Meetings:

- Advocacy & Policy-9/13
- Education/Schools/Community-9/14
- Workplace-9/7

### Upcoming:

- Step It Up Corporate & Community Walk-9/17
- Amos Herr 5K & Kids' Fun Run-9/18
- Hands-On House Half-Marathon, 5K Race & Kids Fun Run-10/1
- Well Workplace Award Submission deadline-11/30

### Have an event?

Send us information!

### Ongoing:

- The Farm Cart

### Our Goal:

To increase the number of individuals in Lancaster County who are at a healthy weight, are physically active, and make healthy food choices. We do this through community volunteers who work together to advocate, educate, and participate in activities they enjoy that also support our goal.

### Why should you join?

As with other social groups, you'll meet others who are interested in the same things you are. You choose how much time to give; every person can bring ideas and suggestions that move us towards our goal.

**How do you join?** Email us:  
coalition@lightenuplancaster.org

## Sturla Challenge: City Kids Rise to the Occasion

This past summer, state Rep. Mike Sturla, D-Lancaster, teamed up with Lighten Up Lancaster County (in partnership with Lancaster General Health) and the Lancaster Recreation Center to get kids moving.

On most Friday mornings, Sturla met with a group of local students at a different city park each week to complete fun physical activities. The groups participated in exercises and performed Beyonce's official "Let's Move" dance.

Center staff measured Sturla and the students' fitness levels on the first and last weeks to gauge their improvement. The four activities included curl ups, pull ups, the shuttle run and a stretching activity. Kids who participated for a set amount of weeks were recognized and received a prize.

"It's easy to become too busy to exercise, but we all know we



*Children Buddy Up with Representative Sturla, their teachers, and LUL members during the summer Sturla Challenge.*

just feel better when we're active. I'm happy to be teaming up with these local organizations and these kids to energize one another to get in shape" Sturla commented. One child said he enjoyed the challenge because he felt good and healthy.

The groups exercised at the following locations: Lancaster Rec Center, Buchanan Park, 6<sup>th</sup> Ward, Rodney, Brightside, King, and Reservoir playgrounds.

**"Keeping active is a key component and a lifelong requirement for a healthy lifestyle – and the sooner you start, the better."**  
—Mike Sturla

## Join our new Action Team: Communication & Engagement

To reach more people in the places where they live, work, and play, we have formed a fourth Action Team: Communication & Engagement. This group will heighten awareness of our Coalition and increase our number of volunteers using traditional and 'outside the box' means, according to Denyse Kling, Action Team facilitator.

Initially, the team will focus on growing community involvement and enhancing our communications. If you'd like to help, contact Denyse at [dlking2@lghealth.org](mailto:dlking2@lghealth.org)

Denyse, a Health Educator and new LUL member, is very excited to bring more than 20 years of experience in healthcare, communications, and community involvement to the Coalition. Please welcome Denyse and know that she is very excited to lead the launch of this vital Action Team.

Our other Action Teams are: Advocacy & Policy, Education/Schools/Community, and Workplace. If you are interested in learning more or joining any of these committees, please email the Coalition.



Contact Denyse Kling, Team Chair, at [dkling2@lghealth.org](mailto:dkling2@lghealth.org) for more information about helping this new group.

*Lighten Up Lancaster Coalition is a volunteer group of concerned individuals, organizations, and employers, in partnership with Lancaster General Health, who want to increase the number of children and adults in Lancaster County who are at a healthy weight.*



*Your food dollars matter! When you buy foods grown by local farmers, your purchase supports our economy, helps our farm families, and brings fresh, delicious, and nutritious foods to your family's table.*



The obesity rate in American children has tripled over the past 30 years, and their expected lifespan is now less than their parents! There are **things you can do at home and at school** to help change this. Take the pledge!



**Buddy Up Fall Challenge**  
Sept. 10– Dec. 31

Challenge yourself to get 10,000 steps a day. Every activity counts.

Register at:  
[www.lancasteronthemove.com](http://www.lancasteronthemove.com)

After you log your first activity you'll be entered to win prizes!

## We Need You!

We all know that many hands make light work, and there certainly is a lot of work to do! Time is scarce, but our success depends on everyone's support of a special area of interest. Here are some needs that were mentioned at last month's meeting; **For more info about any of these projects, please contact Beth Schwartz** at 544-3808 or **Sue Lackmann** at 544-3284.

**Buddy Up:** Gather your friends and create a Buddy Up team for the Hands-On House race Oct. 1. You'll get training tips, a race day goodie bag, and a chance to win prizes! Register your team at [www.lancasteronthemove.com](http://www.lancasteronthemove.com)



Eric Cruz as "Crunch."

**Calling all bicyclists:** Mayor Gray has requested LULC's help in identifying key people who are interested in becoming a resource for city cycling.

**Support our Mobile Market farmers, who are committed** to offering affordable fresh fruit and vegetables to Lancasterians

living in a food desert. What's a food desert? Click [here](#). For a schedule, click [here](#).

**Walking School Bus:** Lighten Up is partnering with elementary PTOs to explore the opportunity of initiating walking school buses throughout the county. A walking school bus is a group of children walking to school with one or more adults. It can be as informal as two families taking turns walking their children to school or as structured as a route with meeting points, a timetable and regularly scheduled volunteers.

## The Importance of S-T-R-E-T-C-H-I-N-G

When beginning an exercise program it is important to make stretching an integral part of your routine. Whether your goal is to improve strength, enhance endurance, or lose weight; stretching after your workouts will help you stay healthy and avoid injury.

When exercising, significant demand is placed on our muscles and they may be contracting hundreds to thousands of times

during a workout session depending on the activity. It is therefore important to take the time to stretch the muscles that were exercised after your workout. Stretching helps improve a muscle's flexibility, promote tissue healing and decrease post-exercise soreness.

Each stretch should be held for 30 seconds to achieve the ideal benefits, and should never be done to the point of pain. If you

are having pain after your workouts that is not relieved with proper stretching, it would be beneficial to get checked out before a small problem becomes a potentially big problem.



—Hayden McDevitt, DPT  
*Orthopedic Clinical Specialist, Certified Strength and Conditioning Specialist*

## Spicy Pumpkin Bars (Courtesy of Rosemary Search)

**Ingredients:**

- 1c all purpose unbleached flour
- 1c whole wheat flour
- 1 1/2 c packed brown sugar
- 2t baking powder
- 1t baking soda
- 1t cinnamon
- 1/2 t nutmeg
- 1/2 t salt
- 1/2 c canola oil
- 1/2c apple juice
- 1 (16oz) can pumpkin
- 2 eggs

**Frosting:**

- 2c powder sugar
- 1 8oz pkg reduced fat cream cheese
- 1T skim milk
- 1t vanilla

**Directions:**

Heat oven to 350 F. Grease and flour 9"x13" baking pan In large bowl, beat cake ingredients at low speed until moistened. Beat 2 minutes at medium speed.

Spread in prepared pan. Bake 350 for 35 – 40, minutes. Cool. In medium bowl, combine frosting ingredients. Beat until smooth. Frost cooled cake. Servings: 48, Calories: 90, Protein: 1g, Fat: 3g

For a PDF, click [here](#) or go to: [www.lightenuplancaster.org](http://www.lightenuplancaster.org)

Send us your recipes!  
[coalition@lightenuplancaster.org](mailto:coalition@lightenuplancaster.org)

## Website of the month:



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Brought to you by the U.S. Department of Agriculture, Center for Nutrition Policy and Promotion