



Lighten Up Lancaster County Newsletter

August 2011
Issue 1

Upcoming Events:

Coalition Meeting
August 2- 8 am
Burle Conference Room 3

Sturla Challenge
August 5- 11am
South End Playground (S. Christian and N. Streets)

August 12- 11am
Reservoir Playground (E. Orange and Reservoir Streets)

August 19- 10:30am
Challenge Finale Lancaster Recreation Center (525 Fairview Ave)

Buddy Up
October 1 Hands-On House Run

Don't forget to sign up to Buddy Up today and begin training

Mason's Active Adventure Garden

It's a sunny day in Lancaster as children roam around at Hands-on House, Children's Museum of Lancaster. Today, however, these children are wandering outside- and for good reason.

Hands-on House recently opened an outdoor exhibit titled "Mason's Active Adventure Garden." Lynne Morrison, the museum's executive director, said that the exhibit was part of an initiative to create a unique place that encourages active play for children. "It's more than just a playground," says Morrison. She emphasized that active play is the best way to get young children physically active, and it is an important part of building healthy attitudes toward physical activity later in life.

The garden is very open ended, and children are encouraged to

make their own adventures. From a variety of play structures and paths, to plenty of nature areas ready for exploration and to stations where kids must complete active tasks to find flags, there are many ways to make new discoveries. Morrison recognizes that the garden is part of a broader mission to promote healthy lifestyles and hopes that it will do just that.

Through this new exhibit, Hands-on House is engaging Lighten Up Lancaster County's main goals and ideals. "Plus," said Morrison, "it's really fun!"

For more information on Hands-on House, visit www.handsonhouse.org or call them at 717-569-KIDS.



Emily Corl playing in the tunnel at Mason's Active Adventure Garden, located at 721 Landis Valley Rd Lancaster.

Bike Around Town

Biking is a great way to stay active during the summer months. Coalition member Greg Paulson has mapped out a bike route from Longs Park to County Park and another route from County Park to Longs Park. This route, according to Paulson, is a safe route in which

many high traffic streets have been avoided. Paulson also took into account one-way streets, hills, and neighborhood composition when creating a safe route.

Next time you are up for some exercise, remember this bike route. Don't forget

to spend some time enjoying the outdoors this summer and spend a few hours exploring all that Lancaster County has to offer!

For more information and a copy of the bike route, please email:

coalition@lightenuplancaster.org

Tips of the Month:

- Often time's dehydration is mistaken as hunger. Make sure to stay hydrated to avoid making poor food choices.
- Remember not to forget a healthy breakfast. A healthy breakfast can jumpstart your metabolism!
- Take advantage of fresh fruits this summer. Use ripe fruit and skip the sugar when baking!



Steps towards a healthier summer

Jason Ingargiola-Lancaster YMCA

Summertime offers great opportunities to make healthy lifestyle changes, challenge your regular routine and improve your overall wellness. Below are just a few ideas that can help you along the way.

Bring it Outside: Take advantage of warmer weather and move your workout outdoors. A change of scenery can reignite your normal routine. Discover one of Lancaster's many parks for the perfect natural environment for your next workout. A little fresh air will do you well!

Shop Fresh: We in Lancaster are blessed by the bounty of farm-fresh produce at our fingertips. Check out one of our great markets this week to pick up some fruits & veggies; you can then whip up a healthy dinner with your delicious findings. Share your new recipe with friends and co-workers.

Become Goal-Oriented: Setting and reaching exercise goals can go a long way to improving overall health & well-being. Find an event that

interests you and focus your workouts on competing in that event: a local 5k race, the annual Lancaster YMCA triathlon or some other outdoor endurance event will provide a new motivation and help you achieve a higher level of fitness.

Think outside the box this summer. Push your fitness level or get active for the first time. Summer is the perfect time to make positive changes for better health.

Mission:

To increase the number of adults and children who are at a healthy weight in Lancaster County.

Goal:

Increase the number of individuals in Lancaster County who are physically active and make healthy food choices.

How do I join the LUL Coalition?

coalition@lightenuplancaster.org

What will joining the coalition do for me?

Provide resources for individuals to make nutrition and physical activity changes in their workplace and in their community.

What will I bring to the coalition?

New ideas on how to accomplish our mission and the manpower to do so.

Counting Pennies, Counting Calories

The USDA recently released the findings of a study¹ detailing the relationship between food and drink prices and children's BMIs. They found that a 10% price decrease for low fat milk is associated with a 0.35% decrease in BMI, and the same price decrease in green vegetables results in a 0.28% BMI drop. Conversely, a 10% decrease in the price of sweets raised BMI by 0.27%. They also found that the effects were more pronounced in children from lower-income households. Based on this data, the USDA argues that lower prices for unhealthy foods like soda and sweets have led to an increase in children's BMI.

Overall, there is hope that these figures will encourage the food industry to make healthy products more affordable and accessible to the general public.

1. The Effect of Food and Beverage Prices on Children's Weights*
Minh Wendt and Jessica E. Todd. The Economic Research Service for the USDA.

Lighten Up Mobile Markets

Lighten Up Lancaster's Mobile Markets provide fresh produce at affordable prices. Stop by one of our markets to show your support.

King Elementary School: South Duke St.
Tues. 4-7

McCaskey High School: North Reservoir & Lehigh
Tues., Wed., Fri., Sat. 10-3

SACA: Pershing Ave.
Wed. 9-2

Fulton Elementary School: W. Orange St.
Mon. & Thurs. 4-7

Sturla Challenge

Representative Sturla has challenged the kids in Lancaster City to become more active this summer. Each week, children at the City Playgrounds participate in physical activity challenges and take a walk. The Sturla Challenge is going on now until August 19. Check out our upcoming events section for times and locations.

Summer Tomato, Onion, and Cucumber Salad

Recipe from eatingwell.com, submitted by Janelle Glick- RD, Lancaster General Health

- 3 Tbsp rice vinegar
- 1 Tbsp canola oil
- 1 tsp honey
- 1/2 tsp salt
- 1/2 tsp freshly ground black pepper
- 2 medium cucumbers
- 4 medium tomatoes, cut into 1/2 inch wedges
- 1 Vidalia or other sweet onion, halved and very thinly sliced
- 2 Tbsp coarsely chopped fresh herbs, such as flat-leaf parsley, chives, and/or tarragon

1. Whisk vinegar, oil, honey, salt, and pepper in a large shallow bowl.
2. Remove alternating stripes of peel from the cucumbers. Slice the cucumbers into thin rounds. Add the cucumber slices, tomatoes, and onion to the dressing. Gently toss to combine. Let stand at room temperature for at least 30 minutes and up to 1 hour.
3. Just before serving, add herbs and toss again.

Makes 6 servings, about 1.5 cups each

58 calories, 3 g fat (0 g sat, 2 g mono), 0 mg chol, 8 g carb, 1 g added sugars, 1 g protein, 2 g fiber, 202 mg sodium, 264 mg potassium