



Get Fit & Win 2010

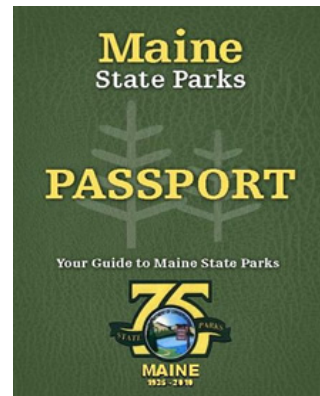
TIPS TO HELP YOU GET (AND STAY!) ACTIVE JULY 8, 2010

*Welcome to another week of Get Fit & Win 2010!
We are so glad you are participating. Have a look at these tips for staying active
and please call or email us with questions or feedback:
795-5990, info@healthyandroskoggin.org.*

RESOURCES AND INFORMATION

Maine State Parks Passport – This new guide celebrates the 75th anniversary of state parks in Maine and includes a page of information for all 48 state parks in the state. To participate:

- Visit any Maine state park or historic site from May 29 through September. Get your free passport at the park or pick up your copy at Healthy Androskoggin 130 East Ave, YWCA Building, Lewiston (please use back entrance)!
- Look for the brown passport station.
- Unlock the padlock using the secret code! (Hint: It's not a secret. The combination is the park's established date. Find it in your passport pages.)
- The more stamps you collect, the more cool stuff you get along the way.



<p>COLLECT 8 STAMPS</p> <p>.....</p> <p>GET A FREE STICKER!</p>	<p>COLLECT 16 STAMPS</p> <p>.....</p> <p>GET A FREE PATCH!</p>	<p>COLLECT 24 STAMPS</p> <p>.....</p> <p>GET A FREE WATER BOTTLE!</p>
<p>COLLECT 32 STAMPS</p> <p>.....</p> <p>GET A FREE DAY USE PASS, YOUR NEXT VISIT IS ON US!</p>	<p>COLLECT 40 STAMPS</p> <p>.....</p> <p>GET TWO FREE NIGHTS OF CAMPING!</p>	<p>COLLECT 48 STAMPS</p> <p>.....</p> <p>GET A FREE VEHICLE SEASON PASS!</p>

Healthy Bodies Healthy Minds (Part 1)

Keeping our bodies healthy with exercise and nutrition can help keep our minds happy and healthy too!

Exercise helps you:

- Cope with stress
- Keep your high self-esteem
- Feel more energetic and keep up your positive attitude!



Remember, enjoying the actual act of exercising makes it more fun; this means do the activities you love whether that be hiking, biking, or swimming. Include your friends by planning a group walk or stroll with co-workers on your lunch break. You'll find doing the things you enjoy makes you feel happier, and will help you stay motivated!

What You've Told Us About Get Fit & Win

Healthy Androscoggin works hard to continually improve Get Fit & Win. One of the ways we do this is by sending out surveys to past participants. Here we address some of your questions and concerns by suggesting ways to continue staying active in spite of the many obstacles you may face every day.

Exercising with young children

- Get outside and be active with your kids! Go for a walk or a bike ride. Play catch or basketball or jump rope. Playing outside isn't just a "kid thing." The sooner your kids see you outdoors being active with them, the more likely they are to value this as a healthy lifestyle.
- You only need 30-45 minutes each day to fit in a good exercise program. Ask your spouse, friend, neighbor, local high school or college student to watch your kids for this short amount of time.
- We are always more likely to keep up our exercise routine when doing it with a friend. Schedule your exercise with other parents who also have small children.

Get Fit & Win Final Celebration

We have heard feedback from some participants that getting to the Final Celebration can be difficult, and understandably, they don't want to miss out on the event and the prizes. While we do our best to schedule the Celebration when most people are available, no time is perfect and some people still cannot make it. This year the Final Celebration will be held on **August 18th at 5:30pm**. If the weather is good we will meet at the Bates Amphitheater off of Russell St and next to the Olin Arts Center. Our bad weather location is the Lewiston Middle School Auditorium. More details will come in your upcoming tipsheets.

With that in mind, we've decided to bring a couple of the prizes to you before the Final Celebration. This year we will randomly select one Get Fit & Win participant the week of June 28th, one the week of July 12th and July 26th to win an **LL Bean Gift Certificate**. We've selected LLBean because you can purchase a new set of walking or hiking shoes or other outdoor equipment that fits into your exercise plans. This week's winner is a gentleman from Lewiston. Congratulations to him! Keep an eye out for future winners!

Send us your stories and photos!

- We would love to hear from Get Fit and Win participants about your progress!
- If you'd like to share a story or a photo, please email it to us at info@healthyandroskoggin.org or call 795-5990.



This week's inspirational quote:

“Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it. – Plato

COMMUNITY EVENTS

July 11th 11:00am – 12th Annual Chief Worumbo Androskoggin River Race – Durham

This 6-mile race is an event for amateur paddlers and is family friendly. The \$15 entry fee includes lunch. The race finishes in Lisbon. To register call Androskoggin Land Trust at 207-782-2302 or email info@androskogginlandtrust.org.

The Greater L-A Triple Crown 5K Series:

Races begin at 9am with the Kids' Fun Run at 8:15am. Registration: \$20 per race. To register, visit: www.triplecrown5k.com or pick up a registration form at the YMCA at 62 Turner St in Auburn. These races offer a very judgment-free running and walking experience, and are a great way to try your first 5k!

- ***Emily's Run, July 25*** – From Edward Little HS in Auburn, walk or run five kilometers through Auburn's residential neighborhoods. This race is held in memory Emily Fletcher, an EL graduate and local running enthusiast. Proceeds go to support a couple of college scholarships for Auburn students as well as to the Auburn Public Library.
- ***LA Bridge Run, August 29*** – Moderately flat over many bridges including a railroad pedestrian bridge. The race runs along the Androskoggin River and crosses both Lewiston and Auburn. The proceeds from this year's Bridge Run will go to the Lewiston/Auburn Chapter of the Maine Outdoor Adventure Club and they will present scholarships to local teenagers for a variety of outdoor adventures.

Oct. 2-3 – The Dempsey Challenge – Lewiston

To accommodate more participants, The 2010 Dempsey Challenge has been expanded to a 2-day format and includes a 5K and 10K Run/Walk on Saturday, October 2 and a 10-, 25-, 50- and 100-mile cycle tour on Sunday, October 3. Early registration is strongly encouraged. For more information including registration fees visit www.dempseychallenge.org.

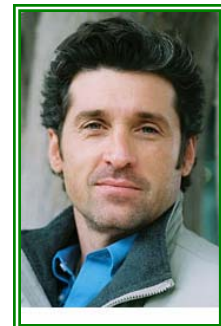


Photo courtesy of: Dempsey Challenge Website
www.dempseycenter.org

ONGOING EVENTS

Maine Outdoor Adventure Club, Lewiston/Auburn Chapter – Members of this group schedule events ranging from multi-day hiking and camping trips at Acadia National Park to day hikes at local spots like Mt. Apatite. Annual membership dues are \$15. The group meets the third Wednesday of each month at Central Maine Medical Center. Contact Mike LeCompte at 207-777-3724 or visit www.moac.org.

Bicycle Coalition of Maine – Cycling is a great way to enjoy nice weather, get outdoors, get exercise and socialize. The Bicycle Coalition works with several local clubs and organizes a few large rides, including the **22 Annual Maine Bike Rally**, July 9-11 based in Brunswick. Visit www.mainebikerally.org or www.bikemaine.org for more information.

Locally, the **Maine Cycling Club** in Auburn hosts several rides weekly for a variety of skill levels. Email info@mainecyclingclub.com or visit their website to learn more: www.mainecyclingclub.com

Stanton Bird Club – The Stanton Bird Club is a conservation organization offering monthly natural history programs and field trips throughout the state. While most programs are free to the public, the organization encourages membership because dues help provide land stewardship at three sanctuaries, owned and managed by the club, in Lewiston and Monmouth. For more information, visit the Web site www.stantonbirdclub.org, email stantonpr@yahoo.com or call 207-782-5238.

Nordic Walking – Join Rita **now every Tuesday** for a trail walk and learn the wonderful network of walking/hiking trails in Lewiston and Auburn while trying out Nordic Walking. Just bring some water, a sturdy pair of walking shoes and Rita will provide you with a set of Nordic Walking poles to try. *Plus*, Healthy Androscoggin will be raffling off a pair of Nordic Walking poles at our Final Celebration. To enter, just attend the Nordic Walking Group – one entry per week. **Registration required each week**. Please call Healthy Androscoggin at 795-5990 to register.

EXERCISE PROGRAM ON A BUDGET

Here is a sample exercise program you can do at home. ***Please check with your doctor before starting any new exercise program.*** All you need for this full-body, no-cost routine is a pair of weights. Dumbbells work well, but several alternatives work great, too! Just find a pair of objects that have the same size and weight. Some examples would be:

- Empty bottles can be filled with water or sand to the desired weight
- Books
- Cans/jars of food
- Coffee cans
- Paint cans
- Bricks

Before you work out you should warm up and stretch.

Warm-up (do one of the following or mix and match for at least 5 minutes):

- Fast paced walk
- Jog
- Climb stairs
- Jumping jacks
- Jump rope
- Anything that gets you breathing a little harder and/or starting to break a sweat

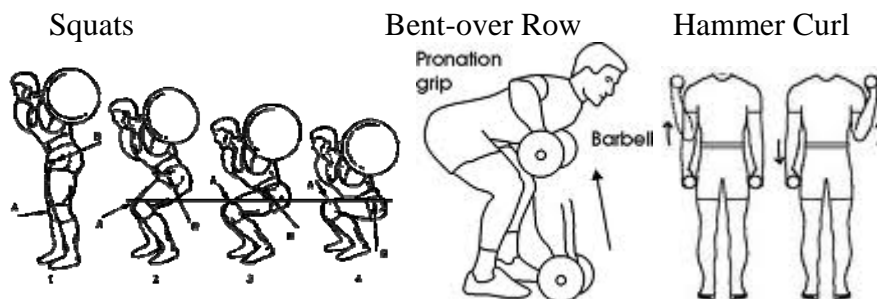
Stretch. (try to stretch every body part/muscle group for 10-20 seconds)

30 minute weight workout:

- Workout will be made up of a few circuits (doing one set of several exercises back to back before resting)
- Between circuits rest 1-2 minutes
- Use a weight that allows you to do 10-15 repetitions of the exercise.
- Do 2-3 times a week with at least one day off in between workouts

Exercise Descriptions:

Circuit 1 (3 sets):



Circuit 2 (3 sets):

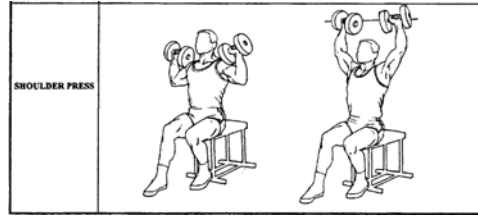
Incline push up



Triceps Kickback

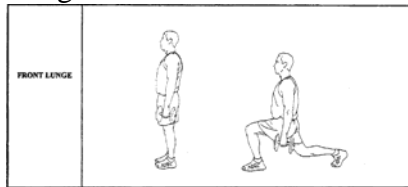


Shoulder press

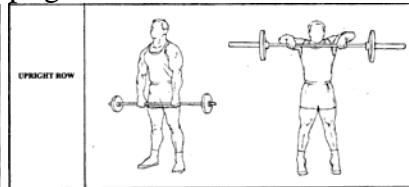


Circuit 3 (2 sets):

Lunges



Upright Rows



Two different Abdominal Exercises:

Crunch



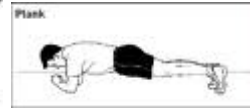
Leg Raise



Side bend



Plank



Stretch. (try to stretch every body part/muscle group for 10-20 seconds)

Credits:

- http://www.peterboroughrowing.ca/programs/weights/front_lunge.gif
- www.obesityhelp.com/.../mode,content/a,cms/
- http://www.isteroids.com/isteroids_newsletter_august/images/squat2.gif
- <http://itroy.wordpress.com/2008/03/05/pec-day-and-ebay/>
- <http://www.build-muscle-and-burn-fat.com/push-up-workout.html>
- www.shelterpub.com/.../dumbbell_training.html
- http://www.isteroids.com/bodybuilding/Abdominal_abs_Exercises.html
- <http://www.pponline.co.uk/encyc/how-to-train-triathlon.htm>