



# Get Fit & Win 2010

## TIPS TO HELP YOU GET (AND STAY!) ACTIVE JULY 15, 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@healthyandroscoggin.org](mailto:info@healthyandroscoggin.org).*

### RESOURCES AND INFORMATION



**The Lewiston Farmers Market** kicked off Tuesday, June 29<sup>th</sup> and continues every Tuesday at Kennedy Park from 2-6pm.

If you can make the Tuesday market, visit **St. Mary's Farmers Market** on Wednesdays from 11:30-3pm!

You can find loads of locally grown produce, meat, flowers and crafts at both of these markets. As an added bonus, if you use EBT you can double your money up to \$10! Check out the brochure we've included for a list of special events, vendors and more information.

### **Healthy Bodies Healthy Minds (Part 2)**

*Enjoy Your Exercise!*

Too often we head to the gym to do the same boring workouts, making exercise seem like a chore more than anything. Enjoying the actual act of exercising, and not just the end result, is one way to energize your mind and get motivated! This means doing the activities you love! Instead of forcing yourself onto the treadmill, why not switch things up and:

- Go for a scenic hike
- Take a bike ride on a local trail
- Get your friends and/or co-workers involved and plan a pick-up basketball game
- Incorporate exercise into household chores or yard-work
- Plan a group walk after work

Doing the activities you love with the people you love will make exercise more enjoyable, and involving others will create mutual support and make exercise something you may even start to look forward to! Having fun while exercising can make you feel happy in other aspect of life, too. This is just one of the wonderful ways in which Get Fit & Win can help you achieve your fitness goals!



## **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.

### *Staying active in poor weather*

- Exercise at home – pushups, situps, jumping jacks and similar exercises require little time, no money and you can easily do them at home, even while watching TV! Start by doing as many as you can and try to increase the number each week.
- Clean your house – sweeping, mopping, scrubbing, dusting, vacuuming. While not glorious, our goal is to be active and anything that gets you up and moving burns calories and works muscle!
- Join a gym – you'll always have an indoor exercise option this way and some local gyms offer low monthly rates.

### *LLBean Prize Drawing*

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. 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 three Get Fit & Win participants over the program 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 Oxford. Congratulations to him! Keep an eye out for future winners! (If you are a winner, Healthy Androscoggin will contact you directly).

### *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@healthyandroscoggin.org](mailto:info@healthyandroscoggin.org) or call 795-5990.

### **This week's inspirational quote:**

**“It is exercise alone that supports the spirits, and keeps the mind in vigor.”**

~Marcus Tullius Cicero



## COMMUNITY EVENTS

(Please check in with your doctor before starting any new exercise routine)



**Lewiston Auburn Walking Club** – Hosted by the Auburn Office of Greater Brunswick Physical Therapy – Open to anyone who is looking for inspiration to get out and walk. Weekly meetings are held on **Tuesdays at 5:15pm**, starting at Greater Brunswick Physical Therapy, 2 Willow Run, Auburn (behind the new Residence Inn). The meetings will start with an educational session for about 15 minutes and then we will drive to a nearby location for a walk of 15-20 minutes. For more information call Katy Taylor at 784-6462.

**The Greater L-A Triple Crown 5K Series** – All three races begin at 9am with the Kids' Fun Run at 8:15am. Registration: \$20 per race. To register, visit: [www.triplecrown5k.com](http://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 Androscoggin 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.

**Eliminating Back Pain during Pregnancy and Postpartum**—Is back pain preventing you from exercising? If so, you might be interested in this free educational session. Thursday July 29<sup>th</sup> 5:30-6:30pm at Greater Brunswick Physical Therapy, 2 Willow Run, Auburn (behind the new Residence Inn). Refreshments provided. For more information, call 784-6462.

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](http://www.dempseychallenge.org).

## ONGOING EVENTS

**Walking and Cycling with Ranger Brooks, Lisbon** – Lisbon Park Ranger Verla Brooks leads hour-long walks every Thursday morning at 7:15. Meet at the Beaver Park entrance on Cotton Road in Lisbon for the 3-4 mile walk. Also, Verla invites anyone to join her on daily bike rides. Monday, Tuesday and Wednesday she cycles 10 miles and bumps it up to 15+ miles Friday, Saturday and Sunday. If interested, you can reach her at 353-9075.



**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](http://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. Visit [www.mainebikerally.org](http://www.mainebikerally.org) or [www.bikemaine.org](http://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](mailto:info@mainecyclingclub.com) or visit their website [www.mainecyclingclub.com](http://www.mainecyclingclub.com) to learn more.

**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 Website [www.stantonbirdclub.org](http://www.stantonbirdclub.org), email [stantonpr@yahoo.com](mailto:stantonpr@yahoo.com) or call 207-782-5238.

**Nordic Walking** – Join Rita every *Tuesday* for a trail walk and learn the wonderful network of walking/hiking trails in Androscoggin County 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.

