The Kennebunk *Healthy* Times

Healthy Maine Streets Quarterly E-Newsletter

Newsletter Date

Volume 1, Issue 2

About Healthy Maine Streets and recent grant winner...The Brick Store Museum!

Kennebunk is one of 20 communities in Maine participating in a pilot study program named Healthy Maine Streets (HMS). HMS is about creating vibrant downtowns through community leadership focused on developing place-based worksite wellness. Healthy people build downtown vitality, fuel economic growth and strengthen our quality of place for future generations. Participants completed a survey on the Healthy US Scorecard website to assess health promotions, identify gaps, and prioritize high-impact strategies in their workplace. Those that completed the survey by a specific date had a chance to win $500 towards their wellness efforts. The Brick Store Museum won the first round of $500! The funds will be used to purchase a HEPA vacuum, train two full-time employees for CPR and install bike racks because many volunteers and interns bike to work. Arsenic is so specific to natural history collections and arsenic contributes to heart disease so the HEPA vacuum will not only maintain historic artifacts but preserve employees' health too!

Congratulations to the Brick Store Museum!

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Special points of interest:

- Healthy Maine Streets...What is it exactly?
- Walking Programs
- Community Gardens

Walk to Win Program is a Success!

The Walk to Win Program began on June 15th. Each week through September 28th, participating employees that have the most steps will win a $25 gift certificate to shop locally at a participating Downtown business. All participants are awarded a certificate that shows how many steps they have taken each week. The program has fostered friendly competition amongst employees, team building, not to mention weight loss for some! So far, participants have taken a combined total of 1.3 million steps!

Photos above: **The KKW Water District Team and Leanne Hayden from Brick Store Museum! They are all vey serious competitor so watch out!**

What is *your* "thing"? What motivates you?

WALKING by Ahmed Ciangiulli

HMS started various walking programs this year. I personally signed up for the Walk Smart America (WSA). There are various virtual walking paths to choose from such as: Human Anatomy, 50 States, American History and Space. Since I am already an avid walker as well as an avid astronomer, I chose the space walk. This is a fun program to participate in as it gives the participants several choices to pick from. It is rewarding to reach milestones as I walk through space! My overall goal was 1,000,000 steps. As of print, I met my goal of completing Space Walk #1 with 1,056,410 steps! Space Walk #2, here I come!

TABATA by Caroline Segalla

Everyone seems busy with work, school, housework, maybe even hobbies if they have the time. So we probably all agree that time is precious, therefore, fitting in a workout can be challenging for some. It is for me! Lately, I have been working out according to the Tabata Protocol. A Tabata workout consists of alternating short periods of intense exercise with short periods of rest for a period of 3 to 4 minutes. This high intensity interval training is tough enough for me and can be done within my tight schedule. I have been mainly using cut out cards from fitness magazines as guides. I perform one exercise for 20 seconds, then rest 10, repeating this sequence 4 times. The cards list 8 exercises, so this requires 32 minutes out of my day which is completely doable for me. This workout may / may not be suitable for everyone but it is one that works for me right now. So, keep on doing whatever your "thing" is because it is what feels right for **you**. There are so many choices out there so enjoy whatever path you are on.

Tell us what motivates you, you might just get someone else interested in trying something new too!

We encourage you to share your story: healthymainestreets@kennebunkmaine.us

TRIATHLONS by Whitney Grover

How did I get started? My father started competing in triathlons a year ago. When I would go to watch him I was always amazed at the athletes who were able to complete not only one but three disciplines. Unfortunately, my fitness level was nowhere where it should have been so I admired them from afar and supported my dad by the sidelines. In Oct. 2013, I finally made the decision to take control of my health and began to eat healthier. It wasn't until the weight started to come off and I was given the opportunity to join Quest Fitness that I realized my desire to partake in triathlons could become a reality. After months of training and hard work I have completed a triathlon sprint and have two more scheduled for the summer. Now I no longer watch my dad by the sidelines. I am one of those individuals who I admired. I am a triathlete.

What do I love about it? I love triathlons because you cross train in 3 different sports and each are difficult to master in their own respects. If I don't feel like running one day I hop on my bike for a nice long ride or jump into the ocean for a swim. My training/exercise routine is always changing so I never feel bored, that's what keeps it exciting for me!

Why is it my thing? I find it exciting to compete in 3 different sports. Also, I enjoy the energy and happiness that exercising gives me.

How long do I plan on doing this? I am planning to continue this each year by bringing my training back into the gym and pool as the colder months approach.

Items Needed? When I compete in triathlons I keep it very simple as this sport can get very expensive with all the different items you can purchase! However, there are some things that I definitely need to make sure that I have on race day. These include a wetsuit, swim cap, goggles, a shirt/shorts to transition into after the swim, helmet, bike and my running shoes. At each race there is a transition area where I am able to organize all of these items so they are ready to use after each event.

What's my next triathlon? The Maniac Sprint Triathlon in Biddeford Pool. It is a 450 yard swim in the ocean, 14.85 mile bike route and a 3.1 mile run course.

Kennebunk's Community Gardens Videos Coming Soon by Leslie Lindgren

Healthy Maine Streets, the Kennebunk Community Garden Committee and Video Creations have joined forces to develop an informative and entertaining community garden series. The goal is to get the word out about the local community gardens, not only their successes but also encourage residents to participate in the rewarding activity of gardening. On June 27th, the Video Creations Team and Leslie Lindgren Chair of the Community Garden Committee, taped in the Victory Garden area at the Brick Store Museum to introduce the Vitamin V exhibit. They encouraged people to come see how victory gardens aided the war effort during World War II. Filming also took place at the Park Street School garden, introducing it as one of two community gardens in Kennebunk. It was a gorgeous afternoon for filming.

Thanks to HMS, Leslie Lindgren, Blake Baldwin and Denise Dupuis for making this happen!

The first of various series will be released this Fall on Channel 13.

Keep your eyes peeled! No pun intended!

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Kennebunk - A Healthy Maine Streets Community

We're online at
www.kennebunkmaine.us/
healthymainestreets

Fitness Tips from The Fitness Nuthouse

Fitness Nut House™
Where We Are Crazy 'bout Exercise...

Hey walkers! Do you ever wonder if you should be stretching before or after your walk? According to Daryl, Owner of the Fitness Nuthouse, the best and easiest stretches are the: a) Standing Quadricep Stretch, b) Standing Hamstring Stretch, and the c) Butterfly Adductor Stretch. Each stretch should be performed after the walk because that is when the muscle is more warmed up and pliable.

CrossFit KGB Events

Spectators are welcome to watch CrossFit athletes from all over New England compete! This is a great way to get a feel for the energy of a competition and to meet people from our community and to get a feel for what CrossFit KGB is about. .

UPCOMING EVENTS

Sunday August 17: 9am - 2:00pm / Masters competition / Limit TBD *(Athletes age 40+)*
Sunday September 7: 9am - 2:00pm / Individual competition / Limit TBD

If anyone is interested in further details, please call 207-608-1972 or check out their Facebook page.

Thanks to our sponsors!!!

CUT RECIPES AND TAPE TO FRIDGE OR INSERT INTO YOUR WALLET FOR SHOPPING

Veggies of the Month– Cauliflower, Kale & Brussels

Cauliflower "Fried Rice"

1 medium head (about 24 oz) cauliflower, rinsed

1 tbsp sesame oil

2 egg whites

1 large egg

pinch of salt

cooking spray

1/2 small onion, diced fine

1/2 cup frozen peas and carrots

2 garlic cloves, minced

5 scallions, diced, whites and greens separated

3 tbsp soy sauce, or more to taste (Tamari for Gluten Free)

Remove the core and let the cauliflower dry completely. Coarsely chop into florets, then **place** half of the cauliflower in a food processor and pulse until the cauliflower is small and has the texture of rice or couscous – don't over process or it will get mushy. **Set aside and repeat** with the remaining cauliflower.

Combine egg and egg whites in a small bowl and beat with a fork. Season with salt.

Heat a large saute pan or wok over medium heat and spray with oil. Add the eggs and cook, turning a few times until set; set aside.

Add the sesame oil and saute onions, scallion whites, peas and carrots and garlic about 3 to 4 minutes, or until soft.

Raise the heat to medium-high. **Add** the cauliflower "rice" to the saute pan along with soy sauce. Mix, cover and cook approximately 5 to 6 minutes, stirring frequently, until the cauliflower is slightly crispy on the outside but tender on the inside. **Add** the egg then remove from heat and mix in scallion greens.

I know it sounds...different, but it's really good! Recipe taken from www.skinnytaste.com

Rich's Awesome Kale Salad

1 ½ bunches kale

1 small bag (10 or so) brussels

¼ c olive oil

juice from one lemon

1 tbsp dijon mustard

1 or 2 shallots chopped

1 clove garlic minced

handful of chopped almonds

handful of craisins

½ c shredded cheese if desired.

salt & pepper to taste

Chop kale and brussels and wash, **place** in a large bowl. **Mix** lemon juice, olive oil, mustard together and pour on kale/brussels. **Massage and squeeze** kale/brussels mixture for 5 minutes or until it's reduced to ½ its original size in the bowl.

Add remaining ingredients and mix.

Refrigerate and serve cold. It's awesome!

Downtown Committee Meetings

1st Thursday of every month at 8 a.m.

Town Hall, 3rd floor

Open to Everyone!

Agendas

News from your Downtown Committee

Would you like to join the Downtown Committee?

- Linda Johnson, Chair
- Ahmed Ciangiulli, Vice Chair
- Sylvia Cavanaugh
- Haven W. Andrews, Jr.
- Tucker Smith
- Arlene L. Salvati
- Judith Stark, Alt.
- **Vacant, Alt.**
- **Vacant, Alt.**
- Albert Searles, Selectman Liaison

There are 2 vacancies. If you are interested in serving as a member, click here to download a Volunteer Form or fill one out on-line.

Save the dates!

"Walk-N-Talk" Walking Group- Early weekly walks starting at 5:00 am. Meet at Town Hall.

New this year! "The Healthy Corner Booth" will be present at every Town-sponsored event!

Other fun events:

Shakespeare in the Park

Sidewalk Sales

Farmers' / Artisan Market

Harvest Fest

3rd Friday Art Walk

Concerts in the Plaza

The Waterhouse Center Grand Opening *September 2014*

And many more...

Downtown Appreciation Program

On March 7, 2013, the Downtown Committee started a Downtown Appreciation Program. Each week members of the Downtown Committee present a local business with an appreciative floral arrangement thanking them for being a part of the Kennebunk community and for all that they do. Special thanks to Downeast Flowers & Gifts for making the arrangements. Recent visits made to: Deering Lumber, The New School and Mail-It Unlimited. To read about who else has received a visit click here.

Left to right: Catie of Berry'd Treasures; Ian, Delaney & Mark of Ashby's Deli; & Eva Cartwright & Daryl Conant of the Fitness Nuthouse. Thank you!

Help us welcome new downtown businesses:

Berry'd Treasures* and *Becoming both on Main Street

We need you!

- **Do you have old photos and stories of Downtown you would like to share? Send them to: ljohnson@kennebunkmaine.us or call 207-985-2102 x1641.**
- **Shop Local!** Local Business Directory **or download *Experience the Kennebunks* mobile application.** Search for *The Kennebunks* at **Apple App Store** (iPhone) **or Googleplay Store** (Android)

Did you know

that within walking distance of Downtown you have access to: Two museums, a bookstore, a health food store, two bakeries, pet supply and services, two barbers, hair salons, an arts venue, frame shop and access to banks, lawyers and realtors? You can run all your errands without having to move your car!