Kennebunk Healthy Times

A Quarterly E-Newsletter

February 2015

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Strength Training 101 by Daryl Conant, M.Ed., Fitness Nuthouse

Much has been written about the benefit of cardiovascular training. Until recently, however, little attention has been given to strength training, an important component of a balanced fitness program. You do not need to be a body builder to benefit from strength training. A well designed strength-training program can provide the following benefits:

* Increased strength of bones, muscles and connective tissue (the tendons and ligaments), decreasing the risk of injury.

* Increased muscle mass. Most adults lose about one-half pound of muscle per year after the age of 20. This is largely due to decreased activity. Muscle tissue is partly responsible for the number of calories burned at rest (the basal metabolic rate BMR). As muscle mass increases, BMR increases, making it easier to maintain a healthy body weight.

* Enhanced quality of life. As general strength increases, the effort required to perform daily routines (carrying groceries, working in the garden will be less taxing.

The Core Curriculum: Here is a list of exercises to work the major muscle groups.

EXERCISE: MUSCLE USED

Leg Press: Quadriceps, gluteals

Leg Curl: Hamstrings

Chest Press: Pectorals

Lat Pull Down: Latissimus Dorsi

Lateral Raise: Deltoid

Tricep Press: Triceps

Biceps Curl: Biceps

Curl-up: Abdominals

Back Extension: Erector Spinae

Neglecting certain groups can lead to strength imbalances and postural difficulties. You may wish to consult with a certified fitness professional to learn safe techniques before beginning a strength-training program.

One set of 8-12 repetitions, working the muscle to the point of fatigue, is usually sufficient. Breathe normally throughout the exercise. Lower the resistance with a slow, controlled cadence throughout the full range of motion. Lifting the weight to a count of two and lowering it to a count of three or four is effective. When you are able to perform 12 repetitions of an exercise correctly (without cheating), increase the amount of resistance by 5 percent to 10 percent to continue safe progress.

Staying Motivated - An encouraging aspect of strength training is the fact that you'll likely experience rapid improvements in strength and muscle tone right from the start of your program. Don't be discouraged, however, if visible improvements begin to taper off after a few weeks. It's only natural that, as your fitness level improves, improvements in strength and appearance will follow at a slightly slower pace. To help keep your motivation up, find a partner to train with you. Aim to exercise each muscle group at least two times per week...

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Move to Win and Walk to Win participants walked 10.5 million steps combined last year!

Business owners and employees from: Mail-it Unlimited, State Farm Insurance, Kennebunk, Kennebunkport, Wells Water District, Video Creations, Brick Store Museum and Town Hall could have walked to the moon and back to earth 42 times! The next series of competitive walking programs will begin **March 23**. Following the success of Walk to Win and Move to Win, Healthy Kennebunk presents Step Into Spring. Here is your chance to participate if you haven't already or perhaps this is your chance to improve on last year's steps. *www.*kennebunkmaine.us/healthymainestreet or call

207-985—2102 x 1341

Race to Educate

SAVE THE DATE! April 12 at 10 am

The Race to Educate is a 5k/10k road race winding through scenic Kennebunk Maine. All proceeds from the event will be presented to Friends of Cocoons. Friends of Cocoons 501c3 non profit was established to fund an environmental summer camp and academic year scholarships for families that demonstrated financial need as well as supporting year round environmental education. FMI: www.therace2educate.com

Keep York County Warm

Habitat for Humanity is expanding **KEEP YORK COUNTY WARM** for winter 2015! This Fall, Habitat for Humanity York County and the United Way of York County worked together to weatherize 20 homes and install 70 storm window inserts. Now, they are expanding this program to serve more homeowners, and need your help informing families about this important service!

This weatherization is **FREE** to homeowners referred through you and other service providers in York County!

Each homeowner will receive up to 6 custom built window inserts for their home that are reusable. They also will perform other essential weatherization throughout their home.

If you know someone who could benefit from this program, please contact:

Ali Simpson, Weatherization Coordinator, Habitat for Humanity York County at

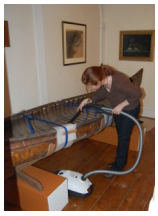
(207) 985-4850 **or** *Kennebunk's General Assistance Coordinator* at (207) 985-2102 x1342.

What are local organizations doing to promote wellness on-site?

Kennebunk High School is offering healthy activities to its Staff in a creative and completely feasible way! They will be holding a staff wellness day during late start Wednesday on-site in March. What a great idea! The day will include three choices of health activities, for example: yoga, pi-yo or talking with a nutritionist. This is a great example of how the workplace can also serve as a place to promote wellness for its employees. Great job Kennebunk High School Staff! If you would like to start a similar program at your organization, call Kennebunk's H.S. Health Teacher, Jill Mitchell Lamontagne at 985-1116 or email: jlamontagne@rsu21.net

The Brick Store Museum has purchased a bike rack that will make its debut in spring of 2015 on the sidewalk on Main Street. The HEPA vacuum [see photo] has already been used to clean taxidermy birds, which are currently on display in the naturalist exhibit. This has made it much safer for staff to handle, and for visitors to view these pieces that have not been on display due to the chemicals.

In 2015, the Museum is looking forward to re-opening its Victory Garden for the second year, this time with a lunch spot for downtown employees looking to get outside for their lunch hour! BSM is also excited to announce that the Museum earned a grant from the Maine Public Health Association for one AED, which will be installed at the Museum in 2015. Kennebunk EMS will be providing training on the machine for museum staff.



Healthy Kennebunk congratulates the efforts of Kennebunk H.S. and BSM.

We want to hear how your organization is promoting wellness!

healthymainestreets@kennebunkmaine.us

Strength Training 101 *(Continued from page 1)*

with a minimum of two days of rest between workouts. Training more frequently or adding more sets may lead to slightly greater gains, but the small added benefit may not be worth the extra time and effort (not to mention the added risk of injury).

Vary Your Program -Machines and free weights are effective tools for strength training, and a combination of the two is generally recommended. Utilizing both machines and free weights provides exercise variety, which is important for both psychological and physiological reasons. Variety not only reduces boredom, but also provides subtle exercise differences that will enhance progress. The benefits of strength training are no longer in question. Research continues to demonstrate that strength training increases both muscle and bone strength and reduces the risk of osteoporosis. A safe strength-training program combined with cardiovascular and flexibility training will give you the benefits of a total fitness program.

Daryl Conant, M.Ed. - Fitness Nuthouse

RESOURCES

Healthy Maine Works Newsletters

MCD Public Health

Healthy Maine Streets

Town of Kennebunk
1 Summer Street
Kennebunk, ME 04043

Phone: 207-985-2102
Fax: 207-985-4609
E-mail:
healthymainstreet@kennebunkmaine.us

Communities Transforming
To make healthy living easier

MCD Public Health
Insight Innovation Impact

Thanks to our sponsors!!!

HEALTHY MAINE STREETS
Where wellness works

MAINE DOWNTOWN CENTER
A program of the Maine Development Foundation
mdf.org

Healthy Kennebunk

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

It's never too late to quit smoking

Becoming tobacco-free can be very challenging. The more you learn about your options and prepare for quitting, the easier the process will be. With a personalized plan, you can break the addiction and kick the habit for good. Here are some ways to help you resist the urge to use tobacco:

- Try nicotine replacement therapy- Talk with your doctor about nicotine replacement therapy (NRT).
- Avoid triggers- Urges for tobacco can be strongest when/where you used most often.
- Chew on it- Give your mouth something to do to fight a tobacco craving.
- Get physical- Physical activity can help distract you from tobacco cravings.
- Call for reinforcements- Touch base with a family member or friend for moral support.
- Remind yourself of the benefits
- Write down or say out loud the reasons you want to stop smoking

Maine residents have access to FREE resources to help become Tobacco-free:

- Maine Tobacco Helpline (1-800-207-1230)

1-800-207-1230
THE MAINE TOBACCO HELPLINE

The helpline offers confidential assistance that includes access to Nicotine Replacement Therapy, consultations and referrals to resources.

- QuitLink (www.thequitlink.com)

The QuitLink is an online community that supports those who want to quit, have recently quit, or are helping someone trying to quit.

THEQUITLINK The Maine community of online support to quit smoking

CUT RECIPE AND TAPE TO FRIDGE OR INSERT INTO YOUR WALLET FOR YOUR NEXT SHOPPING TRIP

Slow Cooker Vegetarian Chili

Thanks to Beth Cardner of KKW for submitting this delicious recipe! KKW Staff love it when she brings this dish in. Now you can bring it in to the office too!

Ingredients:

2 teaspoons canola oil
1 large onion, diced
2 stalks celery, diced
2 carrots, diced
2 cloves garlic, chopped
1 bell pepper, diced
2 tablespoons dark chili powder
2 teaspoons ground cumin
1/4 teaspoon red pepper flakes
1 (29-ounce) can crushed tomatoes
3 (15.5 oz) cans red kidney or black beans, rinsed and drained
12 ounces butternut squash, peeled and diced (about 3 cups)
1 cup vegetable stock

NOTE: Sauteing the vegetables before adding them to the slow cooker creates a layer of flavor. Do not skip this step.

Heat the oil in a saute pan, then add the onions, carrots and celery. Saute for four minutes, until the vegetables start to soften. Add the garlic and bell pepper, stir and saute another 2 minutes.

Add the spices and cook for one minute, stirring constantly. Remove the pan from heat.

Add the vegetables and the remaining ingredients to the slow cooker and stir to combine. Cover and cook

Nutritional Information:
Calories: 263.4
Fat: 2.5g
Carbohydrates: 51.4g
Protein: 12.9g

Downtown Committee Meetings

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

Town Hall, 3rd floor

Open to Everyone!

Agendas

Save the dates!

February 14th

Valentine's Skate Party

@Waterhouse Center

May Day—May 2nd

We need volunteers! A list of volunteer duties as well as applications for craft/ non-profit tables can be found at:

www.kennebunkmaine.us/ Mayday

"The Healthy Corner Booth" will be present at town-sponsored events including this year's May Day Celebration offering wellness tips for all ages.

And many events planned at the Waterhouse Center!

News from your Downtown Committee

Would you like to join the Downtown Committee?

- Linda Johnson, Chair
- Judith Stark, Vice-Chair
- Lia Langeveld, Secretary
- Sylvia Cavanaugh
- Haven W. Andrews, Jr.
- Tucker Smith
- Arlene L. Salvati
- Ahmed Ciangiulli
- **Two (2) Vacant, Alt. Positions**
- Albert Searles, Selectman Liaison

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: Napa Auto, Gorham Saving Bank, Classic Hair Design, The Lighthouse, Becoming and Ocean Communities Federal Credit Union located in Shopper's Village . *Learn more about this program*.

We need you!

- **We need more Volunteers to help with May Day. Please call 207-985-2102 x1641**

Did you know

that within walking distance in 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!

Seeking health professionals

in ALL types of fields to set up for this year's *First Annual Health and Wellness Fair* to be held April 18th at Waterhouse Center. If you are interested in setting up a table, please call 207-604-1341 and leave a message with what you would like to do.