



Kennebunk Healthy Times

A Quarterly E-Newsletter

August 2015

www.kennebunkmaine.us/healthykennebunk

Volume 2, Number 2

Summer Sizzle heats up Kennebunk!

SUMMER SIZZLE

WALKING
CHALLENGE
2015

4TH ROUND SUMMER
SIZZLE DATES
Starts: June 22nd
Ends: August 30th

Have you heard about Healthy Kennebunk's newest and longest walking contest [Summer Sizzle](#)? Summer Sizzle marks one year of fun competitive walking programs between residents and businesses. With over 55 participants, this is Kennebunk's largest walking contest to date! Since the walking programs have started- Walk To Win, Move To Win, Step Into Spring, and Summer Sizzle, our participants have taken a combined 29 million steps!

Mid Week Recharge!



Kennebunk Land Trust

Kennebunk Land Trust has hosted a series of lunchtime summer walks at their in-town preserves since July 1st. One of KLT's dedicated volunteers, an experienced hiker and biker, leads the 45-60 minute walks. Participants may join in for all or a portion of the walk, and enjoy the time at their own pace.

Re-charge and re-fresh on an easy local walk. No lines, clean air, and free. The schedule is as follows in case you missed previous walks: July 29th at The Secret Garden, August 12th at Wonder Brook Preserve, and August 19th at Mousam River Wildlife Sanctuary. Visit www.kennebunklandtrust.org for maps and directions or call 207-985-8734.

RECIPE CORNER

Asian Beef and Scallion Bites

Courtesy of Bethanie ZS Cardner:

Prep time: 12 min Cook time: 7 min

Serves : 8

This easy appetizer is reminiscent of Negamaki, Japanese beef and scallion rolls. Serve them as is or with a soy-based dipping sauce

Ingredients

12 oz uncooked lean trimmed sirloin beef, cut into twenty-four inch cubes

2 spray(s) cooking spray

8 medium uncooked scallion(s), white and light green parts only, cut into 24 inch pieces

3 Tbsp low sodium soy sauce

1 tsp minced garlic

1 tsp ginger root, fresh , grated

1 tsp honey

What's inside!

- Summer Sizzle
- Mid Week Recharge
- Quick & easy recipe
- Walks with the Doc
- Wellness: Not just about diet and exercise
- Waterhouse Center, A Healthy Forum for all!
- Bike Maine is coming in September!
- Stretching benefits for the workplace
- Monthly Health Observances

Instructions for Asian Beef and Scallion Bites

In a cup, stir together soy sauce, garlic, ginger and honey; pour all but 1 tablespoon soy mixture into a resealable plastic bag (or glass bowl). Add beef to bag (or bowl); seal bag and turn to coat beef (or stir beef in bowl and cover).

Refrigerate beef for at least 6 hours but up to 24 hours.

Coat a medium nonstick skillet with cooking spray; heat over medium heat. Add scallions and increase heat to high; cook scallions, tossing gently, until light golden in spots, but still bright green, about 3 minutes. Remove scallions to a plate; drizzle with reserved tablespoon of marinade and set aside. Off heat, coat same skillet with cooking spray; heat over medium heat. Add beef; discard marinade.

Increase heat to medium-high and cook beef, flipping occasionally, until cooked through and lightly browned on all sides, about 4 minutes.

To serve, skewer 1 piece beef and 1 piece scallion on each of 24 wooden toothpicks or small skewers.

Wellness out the in the World: Walks with the Doc

Who said time with the doctor has to be in an office? Who said it has to be crammed in a short period of time? Dr. Aline Potvin, ND, of Your Own Wellness in Arundel, would like to invite residents and friends to join her in her Friday morning Walks with the Doc, where she will be discussing topics in preventative medicine and stress reduction. What's better than talking about stress management than doing so with friends out in nature? From now until Labor Day, she will be circulating between locations in Kennebunk, Portland, and Portsmouth every Friday at 7am. To look at dates, topics, and register for her weekly educational walks, feel free to visit her Speaking and Events page at www.arpnaturod.com, or call her office at 207-205-2367. She can't wait to meet you and explore wellness with you and your friends!

Wellness: Not Just About Diet and Exercise:

Despite what we are told, being well takes practice. Sometimes it flows easily, and sometimes it is a stop and go process. There is so much information out there these days, it is easy to get confused. More than ever, we are beginning to understand the importance of prevention and how our quality of life is influenced by much more than diet and exercise. A more well-rounded approach, including the five following "health pillars," is essential to living a fuller, more enjoyable life.

- 1) **Nutrition:** Food can be an amazing medicine, or a slow poison. There is a lot we don't understand about nutrition, but what is certainly true is that no one diet is perfect for everyone. These plans have to be tailored to the individual, and of course, not eliminate the enjoyment of food!
- 2) **Fitness:** There are just as many exercise regimens as there are diets, and it's confusing to find the right one to suit your needs and schedule. Keeping it social and enjoyable is a huge part of whether fitness is successful.
- 3) **Hormone balancing:** Often overlooked in healthcare, we have a complex hormone system that can easily be put out of balance by diet, stress, environmental chemicals, etc. They all work together and sometimes can be the key to health issues when everything else seems normal in a health evaluation.
- 4) **Environmental factors:** Now more than ever, the chemicals we are exposed to can have huge impact on the health of our hormones, immune systems, and

mental health. Reducing exposure and letting the body do its job of elimination is key.

- 5) **Mental/Emotional health:** Last but certainly not least, the mind and body are inseparable, and ignoring our emotions can lead to the decline of the physical self. Sometimes our mental/emotional selves are where most of the work needs to be done to improve quality of life.

Most people have at least one of these pillars out of balance, but integrating a broken one back into the system can cause dramatic positive change. It can contribute toward the pain-free, energetic life you've always wanted.

Waterhouse Center: A healthy forum for all!



Creating Healthy Opportunities for Youth and their Families

Have you attended events and activities at the Waterhouse Center? If not, it's time you do. There are many fun, healthy and educational programs for families, all-ages, all year long! From ice-skating to now roller skating, from demonstrations by world-renown professional skateboarders to the most recent spectacular event, the Portland Symphony Orchestra Concert! The Waterhouse Center is an incredible venue right in Downtown Kennebunk. To stay informed on all the latest happenings in Kennebunk and at the Waterhouse Center go to: www.kennebunkmaine.us/wcfun or subscribe to the [Waterhouse and Events calendars](#) to be notified via text or email of upcoming events. To subscribe go to: www.kennebunkmaine.us and click on the **NOTIFY ME** button at the bottom of the homepage.



Bike Maine is coming to Kennebunk!

Did you know that [BIKE MAINE](#) is coming to Kennebunk?

[Learn more](#) about this exciting event. We are one of six communities that will host 350 cyclists and 50 volunteers from Bike Maine! With that said, a lot of help and coordination is needed for the event to take place without a glitch. Would you like to help with some of the duties? Some duties include: unloading luggage, serving meals or greeting our guests. We appreciate your assistance in this true community event! Let's show them how great Kennebunk is and that it is worth a return visit!

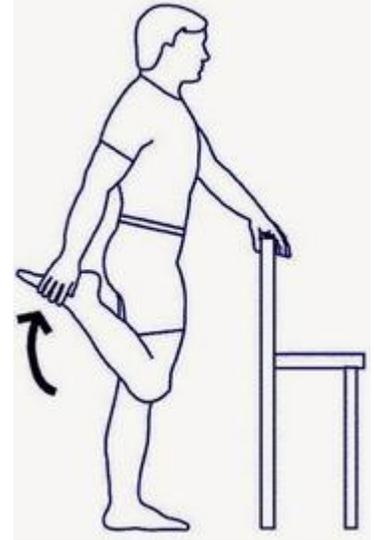
Riders arrive Friday Sept 18th during the afternoon. They will then participate in activities we have set up for them between 1-5 pm. At around 5:30 pm it's off to the Waterhouse Center for dinner followed by an evening of entertainment. Mama's Boomshack, a 7-piece funk band out of Portland will be performing and **all are welcome!** After the party by about 10 pm, cyclists will camp under the stars at Parsons Field Park. They depart early the next morning, Saturday, Sept 19th. There are [opportunities for businesses and residents to get involved](#). Contact [Caroline Segalla](#) at 207-251-5821 or 207-604-1341 to see how you can help welcome our 400 guests!

Stretching Benefits for the Workplace

(Courtesy of Maine Department of Health and Human Services)

According to the [Wellness Council of America](#) sitting for long periods of time is bad for the mind and body.

Frequent three-to five-second stretching keeps the blood flowing to the working muscles and tissues throughout the workday. This helps to prevent fatigue, discomfort and reduce your risk of injuries such as Musculoskeletal disorders (MSD) and Cumulative Trauma disorders (CTD).



MSD are injuries and disorders that affect the human body's movement. This affects the muscles, tendons, ligaments, nerves, discs and blood vessels.

CTD are conditions where a part of the body is injured due to overuse. This occurs when the body part is worked harder, stretched farther, impacted more directly or otherwise functions at a greater level than it is prepared to do. These conditions are often focused on a joint and usually affect the muscle, bone or tendon of the joint. Common MSD and CTD include:

- Carpel Tunnel Syndrome
- Sprain/ strains of the lower back, shoulders and knees
- Tendonitis
- Tennis elbow

Encourage Stretching Daily

Ergonomic injuries can be costly for any employer. One way to make sure employees are stretching is to develop and implement a policy that creates mandatory stretching breaks.

Some of the top reasons to perform stretch breaks include:

- Increased ability to perform everyday tasks at home and work
- Decreased risk of MSD and CTD injuries
- Reduced muscle fatigue and soreness
- Improved muscle balance and posture
- Decreased risk of joint stiffness and/ or pain to the lower back, neck, shoulders, knees, hips, elbows, wrists and hands
- Increased blood supply to your muscles, tendons and joints gives your body and mind more energy
- Reduced stress

For more information and sample stretches:

<http://www.mayoclinic.org/healthy-lifestyle/adult-health/multimedia/stretching/sls-20076525>

Do you want to highlight your worksite in a future newsletter or have questions that you want Maine CDC staff to answer? Please send your worksite success story or questions to Meredith Backus at meredith.backus@maine.gov

August Health Observances[National Breastfeeding Month](#)[National Immunization Awareness Month](#)[Contact Lens Health Week \(24-28\)](#)**September Health Observances**[Fruit and Veggies- More Matters Month](#)[Ovarian Cancer Awareness Month](#)[Prostate Cancer Awareness Month](#)[National Suicide Prevention Week](#)

We hope you enjoyed our newsletter. If you would like to submit recipes, share what you are doing to stay healthy, tell us what motivates you to stay on track or maybe you are interested in starting a walking/running/cycling group, please [contact us](#) so we can help coordinate with like-minded individuals!

If you want to unsubscribe from receiving these newsletters, send an [email](#) and write "unsubscribe" in the subject line.

**SUMMER SUZZLE PARTICIPANTS! THERE'S ABOUT
THREE WEEKS LEFT IN THIS ROUND!
KEEP ADDING TO YOUR STEPS FOR CHANCES TO
WIN SOME REALLY GREAT PRIZES!**