



FFIT News

Flambeau Fitness Incentive Team

Walk the Reclaimed Flambeau Mine Nature Trails!

Fitting Walking Into Your Schedule

Even if you are a very busy individual, it is easier to fit a low preparation activity like walking into your schedule than it is to make time for something like a spin class at a health club. You can walk whenever you have time—try getting up a little earlier in the morning or going for a stroll before bed. Once you've started your walking program, you'll likely find that you sleep better and feel more rested, even if you're getting up earlier or going to be later to accommodate your new routine.

Another great time to squeeze in a walk is during your lunch hour at work. Having one or even a few co-workers join you can be quite motivating, and watching what you eat

during your mid-day break easier if you don't spend the entire time focused on food. Making walking part of your daily routine at work allows you to enjoy the benefits of regular physical activity without requiring any major adjustments to your schedule.

We all know that physical activity, like walking, is a key to living longer, healthier lives. You can get in more steps by walking to do your errands and other tasks.

Walking helps us lose weight, gain energy, reduce disease risk and improve our health in other ways. Even small walks can add up to big benefits.

Where you walk is also a big part of how motivated you'll

stay. The great thing about Mother Nature is that she'll change the scenery for you so that you see something different every day. If you're lucky enough to live near the Reclaimed Flambeau Mine Site, try to make it a point to walk there as often as possible. Not only will you be enjoying the benefits of burning calories with cardiovascular exercise, but you'll also enjoy the peace and serenity offered by nature.



2nd Annual Ladysmith Walking Event

The 2nd Annual Ladysmith Walking Event was held on September 9, 2006. The Walk was sponsored by the Healthy Lifestyles for Rusk County Coalition. There were over 90 people in attendance this year.

Visitors were able to walk the Reclaimed Nature Trails and stop at information booths that were setup around the mine site. The booths on display were the Flambeau Mine, Flambeau Fitness Incentive Team, Ladysmith Area Trails Association, the Wildflowers 4-H Group and Healthy Lifestyles for Rusk County.

There were two door prize drawings. One for a digital Camera and the other was a loaded fanny pack.

Camera Winner

Judy Barker- Bruce, WI

Fanny Pack Winner

John Geisler- Bruce, WI

Apple Crisp

Serves 8

Ingredients:

Vegetable Oil Spray

1 1/2 pounds (5 medium) apples, cored and sliced, unpeeled

2 tablespoons fresh lemon juice

1/4 teaspoon ground cinnamon

2/3 cup all-purpose flour

1/2 cup firmly packed brown sugar

1/2 cup uncooked oatmeal

1/3 cup acceptable margarine

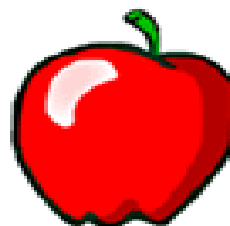
Preheat oven to 375: F.

Lightly spray a 2-quart casserole dish with vegetable oil spray. Arrange apples in prepared dish. Sprinkle with lemon juice and cinnamon.

In a medium bowl, combine flour, brown sugar and oatmeal. Cut in margarine with a fork or pastry blender until mixture is crumbly. Spread over fruit. Bake 40 minutes or until apples are tender.

Variation 1: Peach Crisp- Use 6 medium, peeled and sliced, fresh peaches in place of apples.

Variation 2: Blueberry Crisp- Use 3 cups fresh or frozen unsweetened blueberries in place of apples.



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Great Pregnancy Fitness

Want to keep your pregnancy fitness program simple, yet effective? Just slip on your walking shoes. Walking during pregnancy is a great way to stay active and improve how you feel.

Benefits of Walking

Walking is a great cardiovascular exercise during pregnancy because you can reap the benefits of a safe cardio workout without jarring knees, hips and ankles. It's an excellent way to tone muscles, get fresh air, keep your body regular and help you sleep soundly at night.

First Trimester Tips

- You're likely to feel very strong and won't need to stray far from regular walking habits (and your gait will probably remain the same).
- Make sure you have comfortably fitted walking shoes for proper support.
- If walking during summer, wear appropriate heat and UV protective gear.

- Carry a water bottle with you to avoid dehydration, which can cause premature contractions and possibly raise body temperature to a dangerous degree.

Second Trimester Tips

- Your gait is changing to account for extra weight. Pay attention to posture so you don't hurt your back.
- Keep your head straight, your chin level, your hips tucked under the shoulders to avoid swaying and your eyes focused in front of you.
- Swing your arms to aid balance and intensify the workout.
- Walk with a buddy to help keep you motivated or to spend the time with a friend.

Third Trimester Tips

- Stay on even pavement.
- Consider walking on a track since the surface may be smoother and

easier on your body.

- Keep a pace that is comfortable, even if it feels slow.
- Don't stray too far from home or your car in case you have an emergency.

Cautions

- Never walk to the point of exhaustion or breathlessness. If you push yourself too hard, your body is forced to use oxygen that should go to your baby.
- Monitor your pulse. It should not be above 140 beats per minute at any time during your walk.



Walking and Children

With so many indoor entertainments today— video games, computers, cartoons, etc— it's not surprising that the level of participation in physical activity is going down. Kids are less active; parents are less active.

So what can you do to help get your kids up and moving a little? Walking is a great exercise for physical and mental health. You just need the right motivation.

Make the walk exciting. Have a destination in mind that will be interesting to your child, even if it's walking to the movie store to rent a new game.

Keep in mind that younger children many not have the stamina for a long walk— you may need a stroller for your longer strolls!

Stop and look at things along the way! Kids might not be interested in the local landscape, but they may want to look at that huge bug over there.

Make the walk a treat, rather than a chore. Build the walk around another event— walk to a local street fair, walk to a friend's house or walk to a favorite picnic spot.

Make sure everyone has comfortable clothes and shoes!

Choose interesting routes. Maybe a nature trail, so the terrain is a little uneven and interesting. Maybe there will be a fallen tree to hop over. Maybe you'll find a small stream to play in. Your animal lover might like to go on a walk in the woods if there's a chance of seeing deer or chipmunks!

Join forces with another family and plan a walk together!

If you live close enough to school, you can always walk home together instead of driving over to pick them up and driving back. Stop for an after-school treat on the way home.

If the walk is a fun family experience, everyone will be more likely to want to go again!

