



# FFIT News Flambeau Fitness Incentive Team

Walk the Reclaimed Flambeau Mine Nature Trails!

## Exercise your stress away!

***Stressed Out? Maybe exercise is the answer!!***

### Why exercise?

- Exercise is a way to alleviate the harmful effects of stress and help control it by inducing beneficial stress on the body.
- Exercise increases blood flow to the entire body, thus relaxing tense muscles, strengthening the immune system, heart and lungs, and releasing endorphins in the brain.

**Besides reducing stress, what are other potential benefits of exercise?**

- More energy, greater concentration and better sleep.

- Improves physical appearance, self-esteem and self-confidence, helping to reduce the stresses of social acceptance.
- Exercisers are less likely to get sick after stressful situations than non-exercisers.
- Helps protect against the physical effects of daily stress, by providing a "time out."
- Any amount of activity



has both mental and

physical benefits.

In our fast-paced, constantly on-the-move society, you cannot avoid stress. Our daily moods, energy and strength seem dictated by it. And it's not just our mental outlook: Heart disease and hypertension, among other illnesses, are exacerbated by stress. There are ways to manage the stresses of everyday life, however, and walking is- not surprisingly- one of your favorite choices. Walking gives you time to think, as well as time to get away from the stressors.

## Upcoming Events

The 2nd Annual Ladysmith Walking Event is being held at 9 a.m. on Saturday, September 9th, 2006 at the Reclaimed Flambeau Mine. The Walk is sponsored by the Rusk County Healthy Lifestyles Coalition. There will be a door prize drawing as well as booths set up around the trails for different community organizations.



As many of you know the Leaf it to Rusk Fall Festival is being held on September 23-24, 2006. Special outdoor activities throughout the county provide a great way to experience the fall season. The Reclaimed Flambeau Mine site will be holding a Scavenger hunt and horse back rides from 8 a.m. until Noon. More information on this event will be provided at a later date.

## Citrus Freeze Bars

### Ingredients:

- Vegetable oil spray
- 25 reduced-fat vanilla wafers
- 14-ounce can fat-free sweetened condensed milk
- Egg Substitute equivalent to 1 egg (do not use pasteurized egg)
- 1 to 2 teaspoons grated lime or lemon zest
- 2/3 cup fresh lime or lemon juice
- 8 ounces frozen fat-free or light whipped topping, thawed
- 5 reduced-fat vanilla wafers

Lightly spray a 9-inch square baking pan with vegetable oil spray. Arrange the 25 cookies in a single layer in the pan. (There will be spaces between the cookies.)

Pour the milk and egg substitute into a medium bowl. Add the lime zest and lime juice. Stir for 3 to 4 minutes, or until the mixture begins to thicken. Fold in the whipped topping. Pour over the cookies in the baking pan.

Crumble the remaining 5 cookies over the filling. Cover with plastic wrap and put in the freezer for about 4 hours, or until frozen.

To serve, let thaw for 4 to 5 minutes, or just until the bars are cuttable. Cut into 15 bars.

A nice balance of sweet and tart makes this a dessert you'll want to keep on hand in your freezer. Best of all, it takes only minutes to prepare.

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## Don't be a mess, manage your stress!

### Some healthful hints to reduce stress:

- Learn to relax. Throughout the day take “mini- breaks.”
- Practice acceptance. Many people get distressed over things they won't let themselves accept. Often these are things that can't be changed, like someone else's feelings or beliefs.
- Talk rationally to yourself. Think through whether the situation that is causing your stress is your problem or someone else's. If it is yours, approach it calmly and firmly; if it is another's, let it go.
- Get organized. Develop a realistic schedule of daily activities that includes adequate time for work, sleep, relationships and recreation. Use a daily “things to do” list.
- Exercise. We need to develop a regular exercise program to help reduce the effects of stress. Try aerobics, walking, jogging, dancing, swimming and the like.
- Reduce time urgency. Plan your schedule ahead of time. Recognize that you can only do so much in a given period of time and don't try to do more than that.
- Disarm yourself. Adjust your approach to an event according to its demands.
- Quiet time. Unwind by taking a quiet stroll, soaking in a hot bath, watching a sunset or listening to calming music.
- Watch your habits. Eat sensibly, watch your intake of caffeine and sugar and cut down on cigarette smoking. Better yet, quit smoking!
- Talk to friends. Daily doses of conversation, regular social engagements, etc. can reduce stress quite nicely.
- Sleep. Get at least eight hours of sleep per night as often as you can.

## Walking and Exercise Add Healthy Years to Life

A moderate level of physical activity, such as walking 30 minutes a day, lengthened life by 1.3 years and added 1.1 more years without cardiovascular disease, compared with those with low activity levels. Those who chose a high physical activity level gained 3.7 years of life and added 3.3 more years without cardiovascular disease.

If you wait until you develop a health problem, you will be spending more than 30 minutes a day on drugs, surgery and recovery, treatments,

getting the medical bills paid and going to appointments. Instead, spend those 30 minutes a day beforehand in an exercise you enjoy. If walking doesn't work for you, try biking or swimming. If walking is too mild, try running.

If you hate exercise, imagine how much more you will hate surgery and all of the bottles of expensive pills you must take. Giving yourself an extra healthy year, or two, or three is well worth it.



### Motivational Quote:

“There are two kinds of people, those who do the work and those who take the credit. Try to be in the first group; there is less competition there.”

—Indira Gandhi

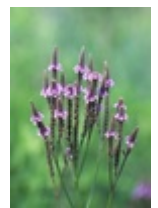
## Reclaimed Flambeau Mine

If you have not been able to come out and walk the Flambeau Mine Nature Trails yet this year here are a few of the things you have missed.

The 2006 Bird Watch was held on July 5th this year. Approximately 50 area residents were in attendance. The Watch featured presentations on various birds found at the reclaimed site, inspections of the on-site bluebird houses, demonstrations of a red-tailed hawk and great horned owl, and bird watching hikes across the reclaimed site.

The Reclaimed Mine site was one of the many stops at garden tours being held within the community during the 2nd Annual Conference in the Garden, held on July 29th, 2006. Visitors had a chance to view a display on the Flambeau Mine in the trailhead parking area before heading out on a guided tour of the Reclaimed Flambeau Mine.

Some of the native plants identified were the Yellow Coneflower, Wild Bergamot, Stiff Goldenrod, Blue Vervain, Swamp Milkweed and Boneset. With over 250 native plant species, the site is a great place for wildflower enthusiasts or anyone who enjoys walking in a beautiful environment observing nature.



*Blue Vervain*