



2016-2017

Aerobic Winter Challenge

Welcome!

We are pleased to welcome you to the 35th Annual Aerobic Winter Challenge! This program has been offered throughout Coconino County for many years. Over the past two years, we have broadened our horizon and welcomed teams from all over the state. We are happy to welcome just under 700 people from Flagstaff, Page, Tucson, Phoenix, and Fredonia. If you have questions or comments, please contact **Tiffany Kerr, Aerobic Winter Challenge Coordinator**. Contact information can be found on page 6.

Team Activity

Before we get deep into the challenge, we would like to clarify a couple of things about team activities. **One**, your team only needs ONE 30-minute team activity per month to qualify for grand prizes. **Two**, your team only needs HALF the team participation to count. Example: Team of 6; only 3 need to participate. **And three**, your team activity must involve exercise or physical activity. Examples include walking, jogging, hiking, skiing, yoga, Zumba, cycling, etc. This does not include bowling or video games. To help increase team activity participation, Aerobic Winter Challenge will host an event each month. See page 2!

What's new in our newsletters?

Refer to page 6 to see what's going on in our community. These articles come straight from the source. If your organization has anything to share, please send a small article our way and it may be featured in the next newsletter.

Do you have a personal story or photo to share? Send them on in by the last Friday of the month to be featured in the next newsletter!

5 Exercise Myths Busted!

Myth #1: Crunches are the key to flat abs! Although crunches help tone your abdominal muscles, they burn few calories and fat. Try planks and bridges to get better results! If you wish to continue with crunches, please be sure to use proper form. Continued on page 2...

6 Health Myths Busted! Continued...

Myth #2: No Pain, No Gain. Both weight training and aerobic exercise usually involve some type of minor discomfort, but pain is different. If you feel pain, especially in the joint area, you are doing something wrong and you need to stop! Medical attention may be necessary.

Myth #3: Eating extra protein builds muscle.

Eating extra protein has nothing to do with muscle building. Muscles get bigger when you overload them with weight training. Protein helps heal and repair your muscles from being overworked.

Myth #4: Weight training will give you bulky muscles. Well, there is some truth to this myth. Women have lower levels of testosterone causing an increase in strength and tone without the “bulky” increase in size. Some men have a genetic predisposition to get bigger muscles, whereas others don’t.

Myth #5: You only burn fat working cardio at a slower pace. A crucial factor in weight loss is the total amount of calories burned and this varies person to person. For instance, a 130-pound woman jogging for 30 minutes will burn 350 calories; that same woman will only burn 140 calories if she walks. It is important to find out what level of intensity you need to burn calories.

<http://www.familyeducation.com/life/exercise-tips/top-5-exercise-myths>

NAPEBT Announcement!

In order to receive wellness points, you must track your physical activity through the wellness portal. You will receive 1 wellness point for every 360 minutes of physical activity. 15 points max. You will NOT receive 1 wellness point per AWC event this year.

City of Flagstaff, Coconino County, Flagstaff Unified School District, Accommodation School, Coconino Community College, and NAIPTA.



FITNESS TIPS

Aerobic Winter Challenge Events

Fun Walk Kickoff Event: Saturday, November 5th at Buffalo Park, 9-10am!
See page 5 for event pictures!

Jingle Bell Walk: Friday, December 2nd at Wheeler Park, 5:30-7pm! *1st walk will begin promptly at 5:45pm and 2nd walk at 6:30pm.

Events for January and February will be featured in December’s newsletter.

Try this at home workout!



What you need: jump rope and a chair.

1 MINUTE JUMP ROPE
10 BURPEE'S
1 MINUTE BUTT KICKS
30 SECOND REST
1 MINUTE SQUAT JUMPS
10 PUSH UPS
1 MINUTE TRICEP DIPS
20 SECOND REST
1 MINUTE PLANK SHOULDER TAPS
10 LUNGES
1 MINUTE RUSSIAN TWIST
10 SECOND REST
REPEAT 3X

Please take breaks if needed! Stay hydrated. If you begin to feel nauseous, light-headed, or dizzy, STOP! Seek medical attention if necessary.

HEALTHY RECIPES

Try these wonderful and yummy recipes for dinner or Thanksgiving celebration with your friends and family. You will not disappoint.



Baked Mac and Cheese

Ingredients:

- 3 tablespoons plain dry breadcrumbs
- 1 teaspoon extra-virgin olive oil
- 1/4 teaspoon paprika
- 1 16-ounce or 10-ounce package frozen spinach, thawed
- 1 3/4 cups low-fat milk, divided
- 3 tablespoons all-purpose flour
- 2 cups shredded Cheddar cheese
- 1 cup low-fat cottage cheese
- 1/8 teaspoon ground nutmeg
- 1/4 teaspoon salt
- Freshly ground pepper, to taste
- 8 ounces (2 cups) whole-wheat elbow macaroni, or penne

Directions:

1. Put a large pot of water on to boil. Preheat oven to 450 °F. Coat an 8-inch-square baking dish with cooking spray.
2. Mix breadcrumbs, oil and paprika in a small bowl. Place spinach in a fine-mesh strainer and press out excess moisture.
3. Heat 1 1/2 cups milk in a large heavy saucepan over medium-high heat until steaming. Whisk remaining 1/4 cup milk and flour in a small bowl until smooth; add to the hot milk and cook, whisking constantly, until the sauce simmers and thickens, 2 to 3 minutes. Remove from heat and stir in Cheddar until melted. Stir in cottage cheese, nutmeg, salt and pepper.
4. Cook pasta for 4 minutes, or until not quite tender. (It will continue to cook during baking.) Drain and add to the cheese sauce; mix well. Spread half the pasta mixture in the prepared baking dish. Spoon the spinach on top. Top with the remaining pasta; sprinkle with the breadcrumb mixture.
5. Bake the casserole until bubbly and golden, 25 to 30 minutes.

Serves 4. **Nutrition Info Per Serving:** 584 calories; 24 g fat(13 g sat); 9 g fiber; 60 g carbohydrates; 38 g protein; 65 mg cholesterol; 9 g sugars; 0 g added sugars



Honey-Soy Broiled Salmon

Ingredients:

- 1 scallion, minced
- 2 tablespoons soy sauce
- 1 tablespoon rice vinegar
- 1 tablespoon honey
- 1 teaspoon minced ginger
- 1 pound salmon fillet, skinned & cut into 4 portions
- 1 teaspoon sesame seeds

Directions:

1. Whisk scallion, soy sauce, vinegar, honey and ginger in a medium bowl until the honey is dissolved. Place salmon in a sealable plastic bag, add 3 tablespoons of the sauce and refrigerate; let marinate for 15 minutes. Reserve the remaining sauce.
2. Preheat broiler. Line a small baking pan with foil and coat with cooking spray.
3. Transfer the salmon to the pan, skinned-side down. (Discard the marinade.) Broil the salmon 4 to 6 inches from the heat source until cooked through, 6 to 10 minutes.
4. Drizzle with the reserved sauce and garnish with sesame seeds.

Serves 4. Serving size: 3 oz. portion salmon, 3/4 tsp. sauce & 1/4 tsp. sesame seeds

Nutrition Info Per Serving: 160 calories; 5 g fat(1 g sat); 0 g fiber; 6 g carbohydrates; 23 g protein; 53 mg cholesterol; 4 g sugars; 4 g added sugars

EatingWell
WHERE GOOD TASTE MEETS GOOD HEALTH

Find more recipes at
www.eatingwell.com

Search for your favorite
foods and find ways to

cook healthier. Remember to use reduced-sodium options and bake rather than fry. Eat Well, Be Well!

Million Hearts

A nationwide initiative to prevent 1 million heart attacks and strokes by 2017. To date, over 1.2 million people have registered and pledged to be a part of the movement. If you would like to learn more or receive e-mail updates, please visit: www.millionhearts.hhs.gov today! Please share with your family and friends.

Did You Know?

In the United States, someone suffers from a heart attack every 43 seconds, many of them fatal. Every 4 minutes, someone suffers a stroke. On behalf of the U.S. Department of Health and Human Services, the Centers for Disease Control and Prevention and Centers for Medicare & Medicaid Services co-lead this initiative. They focus on **improving access to effective care, improving quality of care by incorporating the ABCS of heart health, focusing on clinical attention, education for heart-healthy lifestyles, and improving prescription education.**



Million Hearts® Targets

Changing the Environment

Reduce smoking



By 2017...

The number of American smokers has declined from 26% to 24%

Reduce sodium intake



Americans consume less than 2,900 milligrams of sodium each day

Eliminate trans fat intake



Americans do not consume any artificial trans fat

Optimizing Care in the Clinical Setting

Focus on the ABCS



Use health tools and technology



Innovate in care delivery



Aspirin use when appropriate

Of the people who have had a heart attack or stroke, 70% are taking aspirin

Blood pressure control

Of the people who have hypertension, 70% have adequately controlled blood pressure

Cholesterol management

Of the people who have high levels of bad cholesterol, 70% are managing it effectively

Smoking cessation treatment

Of current smokers, 70% get counseling and/or medications to help them quit

Stay Connected



http://millionhearts.hhs.gov/be_one_mh.html



[facebook.com/MillionHearts](https://www.facebook.com/MillionHearts)



twitter.com/@MillionHeartsUS



millionhearts@cdc.gov

Million Hearts® promotes clinical and population-wide targets for the ABCS. The 70% values shown here are clinical targets for people engaged in the health care system. For the U.S. population as a whole, the target is 65% for the ABCS.

1 of every 3

deaths is caused by heart disease and stroke



Health care costs for heart attack and stroke:

\$312.6 BILLION



Leading cause of **PREVENTABLE DEATH** in people 40–65 years of age



2 MILLION+ heart attacks and strokes each year

Fun Walk Kick Off Event Photos



Thank you for your participation!





From the Community

If your program or organization has something to share or offer to Aerobic Winter Challenge participants, send it on in 150 words or less, website link, and contact information. Thank you!



Native American's for Community Action (NACA) will be offering a **FREE** 16-Week Lifestyle Balance and Diabetes Prevention class (utilizing CDC curriculum) beginning **December 5th, 2016**.

Participants are encouraged to schedule fasting labs and a blood lipid panel prior to the start of the class. Some of the anticipated improvements are: **improved blood sugar levels, long-term dietary change, increased physical activity, problem-solving strategies for overcoming challenges to sustaining weight loss, and achieving at least 5% average weight loss.**

Patients who are "high risk" or "pre-diabetic" according to ADA standards, have or had gestational diabetes, have high blood sugar, and/or if your family has a history of diabetes, your participation is encouraged.

Please contact Gary Leslie, Candace Tallis, or Heidi Gabalski for more information at (928) 773-1245 (ext. 221, 241 or 234) or visit: <http://www.nacainc.org/health-promotion/>

Supporting Agencies:

NORTHERN
ARIZONA
UNIVERSITY



**PUBLIC HEALTH
SERVICES DISTRICT
COCONINO COUNTY**

Join us on
**Saturday
November 12** at



Fort Tuthill for the Girls on the Run Celebratory 5k. This untimed fun run is the culminating event in the **Girls on the Run** season and is open to all! Aerobic Winter Challenge participants can **receive \$5 off** their registration fee if they **register online by Wednesday November 9th!** Visit: <https://www.raceplanner.com/register/index/20165k> and **use code AWC** for \$5 off! Questions? Contact Marney Babbitt with Girls on the Run at (928) 522-9452.

Contact Information:

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