

Kent On the Move Newsletter

Keeping Kent County Informed of Active Living and Healthy Eating

Volume 1, Issue 1

Summer 2006

Upcoming Events



“Ride To See” a Bicycle Tour of Kent County

Saturday August 12th
15 miles, 30 miles, 62.5
miles and 100 miles. Benefits the visually impaired, provides scholarship funds for Kent High School Graduates going to college along with a host of other worthwhile projects.

**For more info: Call
O. Raymond Long Jr
410.703.1432**



Pre and Post-Natal Walking Groups

**Sept. 5 and 7th, 11am @
Worton Park**

**Sept. 6, 1pm @ Wilmer
Park**

Every Monday and
Wednesday at Wilmer Park
, Every Tuesday and Thurs.
at Worton Park for 8 weeks.

**Call Melinda Sharp for
more info:
410.778.1350**



**HEALTHY
MARYLAND**

Maryland Nutrition and Physical Activity Program

Health Freedom Walk Joins History, Fun and Fitness

Courtesy of Kent County News, photo by Charlie Campbell

Jeanne Charleston couldn't sleep.

She was troubled by the news that more than 30 percent of adults in the United States were considered obese, and was trying to think of a fun idea to get people moving.

One Internet search later on the Underground Railroad, and the Health Freedom Walk was born.

“I wanted to do something that would be interesting and motivational at the same time,” said Charleston. “We need the same drive and motivation the slaves fighting for freedom had to free ourselves from bad habits.”

Since being launched in 2001, Charleston has watched the Health Freedom Walk grow bigger every year.

“After I did the walk in the city (Baltimore) I wanted to make the walk statewide to help people all over the state,” she said.

On Saturday, more than 150 people helped Charleston get closer to her goal by participating in the first Health Freedom Walk in Kent County.

“I think it's (the walk) a wonderful experience for

the community. It has brought the entire community under one umbrella, which is health in Kent County,” said Vita Pickrum, who was hoping to walk three miles.

Participants could walk a one or three-mile course that wound through most of downtown and featured historical buildings and re-enactors along the route.

Dorothy Lobley made the walk a family affair and brought her two sons, Jason and Christopher, with her.

She said she was going to try to walk three miles, “but it depends on how long they can go.”

Before starting, honor cards with the name of a slave or abolitionist on them were given to participants to inspire them to keep walking.

Participants were also given a key chain that was designed to look like a “freedman tag,” a tag that former slaves had to wear to show they were free.

Charleston said the key chain would remind walkers that they are free from the burdens of an unhealthy lifestyle.

“Exercise is the one thing that we can do to help prevent diseases like diabetes and heart disease,” she said.

Many of the walkers had taken part in a training class sponsored by the Kent County Health Department to prepare for the event.

“I took the first training class they offered at Garnett (Elementary School) and I just love to walk,” said Cheryl Saunders.

Cont. on page 2



Trainings inspire trash pick-ups in towns

Walkability. That is what prompted participants of the Health Freedom Trainings to clean up Galena and Chester-town.

While participating in the free Health Freedom Trainings offered by the Health Department, local citizens surveyed the routes they took during their weekly walks.

They looked at whether there



were issues with speeding cars, lack of side-walks, or if there were places that were dangerous to walk.

They decided that an immediate fix would be to pick up some of the trash.

With the help of some trash-bags, gloves, and a dose of good will, over 65 people hit the streets with one mission—picking-up as much trash as possible. Many were shocked at how much trash accumulated in certain areas.

For more information on how to start a community clean-up, contact your town office, or call Nicole Morris @410-778-1350. To learn about adopting a highway call the State Highway Admin @ 410-778-0818

Speaker encourages building active communities

Washington College, March 23rd

The price of oil is skyrocketing! Your electric bill has doubled in the past month! And the cost of energy is burning a hole in your pocket. Have you ever thought that by just picking up your feet, by walking and biking, you might just solve the world's energy crisis, save a few bucks, and lose a few pounds in the process?



Bob Chauncey, PhD

On Thursday, March 23, 2006, Washington College's Center for the Environment and Society and the Kent County Nutrition and Physical Activity Task Force welcomed Robert Chauncey, Director of Policy Analysis at the National Center for Bicycling and Walking, to speak on "Building Active Communities" in the Hynson Lounge at Washington College.

In Amsterdam and Copenhagen, about one-third of all trips are made by bike. In Davis, California, the figure is 17 percent. For the rest of North America, the number of trips made by bike or on foot is approximately one-percent. The implications of our car-dominated culture are staggering, from rising obesity rates to air pollution to deforestation caused by global warming.

Chauncey led a discussion of these implications, cited examples of communities that are encouraging active transportation, and offered specific

suggestions for Chestertown and Kent County.

How can you tell if your town is an active community? Easy, look around. If you see people walking, or biking, if the downtown areas have thriving businesses, you can be sure your town is on the right track.

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Visit www.bikewalk.org for more information on active living

Health Freedom Program cont. from page 1

Phyllis Somerville also took a training class and said she "probably takes 10,000 steps a day."

Pedometers were issued as part of the training program to encourage people to walk more.

Charles Startt didn't have a pedometer or attend a training class, but he was ready to go.

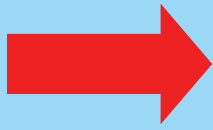
"I walk a mile every morning," he said.

Nicole Morris, R.N., the health department's Physical Activity Coordi-

nator, said Monday that the walk was "absolutely" a success and the health department "would definitely" like to bring it back next year.

"Maybe change it up a little bit, make it a candlelight walk," she said.

Making your neighborhood walker friendly by Ginny Gough



8 tips to be a good neighbor to walkers

1. Put trash and recycling bins out flush with the curb, not blocking the sidewalk
2. Bring trash cans and recycling bins in soon after collection
3. Trim Vines and hedges back a few inches away from sidewalk, leaving room for them to grow
4. Trim off lower limbs of so that they do not extend over the sidewalk
5. Park cars up far enough in the driveway so that they do not extend over the sidewalk, otherwise park in the street
6. Keep bicycles, strollers, toys, and building materials from obstructing the sidewalk
7. Make your front yard attractive by planting flowers and removing litter
8. Plant shade trees in your front yard to reduce heat for walkers, and yourself. You might even save on air conditioning expenses too!

Hospital Promotes Employee Wellness by Robin Klinefelter

A group of Chester River Hospital Center employees is taking steps to increase their physical activity – 16,900,551 steps to be exact!

The hospital sponsored two competitions this spring for employees who were looking for motivation to lose weight and increase their exercise. One was a walking competition.

Employees were given a kit that included a walking log, a water bottle, a bracelet with a motivational message, educational materials and a pedometer they used to track the steps they took each day over a nine-week period. The 23 participants logged almost 17,000,000 steps!

May Green, an environmental services employee, was the grand winner. She logged 2,838,285 steps and won a \$100 gift certificate from Paul's Shoe Store.

The other competition was a weight-loss competition. For a ten-week period each Thursday morning between 7:30 and 8:00 a.m. 18 employees were weighed in – confidentially – by Paula Pouliot, RN, employee health coordinator. During that time Julie Hickey, one of the hospital's clinical dietitians, was



Paula Pouliot, RN, presents May Green with \$100 gift certificate for logging the most steps of all employees

also on hand to answer any questions and offer suggestions.

Employees paid a nominal fee upfront and the money that was collected was awarded to the four employees at the end of the competition who had lost the greatest percentage of weight.

These employees also received a kit that included a food diary instead of the walking log and pedometer. (Employees also had the option to participate in the weekly weigh-in without contributing to or competing for the prize money.)

The 18 employees who participated in the weight loss competition lost a total of 135 pounds. The first place winner was Barbara Fancher, a radiology technologist who lost 8.22% of her starting weight and won \$335.

Additionally a support group led by Bob Robinson, a systems administrator from the information technology department, met twice a month at lunchtime and was open to any employee who wanted to share helpful hints, learn from others' experiences and offer their co-workers encouragement and support.

"We wanted to generate interest, enthusiasm and motivation among employees to take steps toward a healthier lifestyle," says Paula.

"As a healthcare institution we should set the example for our patients. And the feedback that we received from those who participated indicates that we made some positive steps in that direction."

For more information about the wellness programs at the hospital call 410-778-3300

Have Fun, Get Fit: Kayak in Kent County!

By Sarah Schut

In the early evening at Eastern Neck Animal Refuge a Great Blue Heron stands in the shallow water of a tidal pool. Just beyond three kayakers pass, leaving no trace but the ripples from their paddles. Kayaks bring nature lovers up close to observe birds, hear the sounds and experience the beauty of the Chesapeake Bay waterways.



Kayaking is also a fantastic upper body workout, and it's a fun way to incorporate healthy activities into your lifestyle. "Kent County offers some of the best kayaking destinations in the region," says Jim Gillin, owner of Chester River Kayak Adventures located on Main Street in Rock Hall. Jim organizes local kayak tours, offers instruction and also sells kayaks and paddling supplies.

"Kayaking is not a race," says Jim Gillin, "...rather kayaking is done according to the pace of the individual." A typical tour will take one to three hours, and it's a great way to experience the activity without investing in equipment. Usually a

tour will include several stops on beaches to stretch the legs and rest the arms.

Kayakers range in age from six to 80 years old, and in fact Jim said one kayaker he knows is 93 years old and just last year went paddling in Belize.

For people who think they can't kayak because they can't swim, Jim says that if you can float and wear a life jacket then you can kayak. As well, for those who believe kayaking would be too much physical activity, Jim says there is a suitable pace for you to try it out.

One caveat though is that all paddlers must wear life jackets. Water safety is critical. On the whole, kayaking is a relatively inexpensive way to enjoy the local waterways, and as long as kayaks are not on trailers there are no permits required to use local landings. It's a great exercise, and it takes advantage of Kent County's beautiful waterways.

Kayak instruction and tours:

Chester River Kayak Adventures offers tours at a moderate price, kayak rentals, and they also give group discounts. 410-639-2001

Kayak supplies:

Chesapeake Rowing, 410-639-7172

Chester River Kayak Adventures, 410-639-2001

Kayak clubs:

Kent County Canoe & Kayak Club. For the experienced kayaker. Information about club events can be found on their web site at www.gdulmage.net/paddle

Summer Clues

Test your knowledge. Find these answers in the newsletter. Send them in to win a prize.

What percentage of Kent County adults are considered overweight or obese?

- 33%
- 64.5%
- 75%

What percentage of trips in North America are made by bike or foot?

- 33%
- 17%
- 1%

How many servings of fruits and vegetables are recommended each day?

- 1
- 2
- 5 or more

What is one way to promote walking in your neighborhood?

- Put the trashcans on the sidewalk
- Keep pets unleashed
- Cut back tree branches

Name _____

Address _____

Phone _____

Send completed form to: Kent On the Move, 125 S. Lynchburg St., Chestertown, MD 21620



The first 50 people who send in the correct answers on the left will receive a FREE Kent On the Move glow-in the dark bracelet OR a FREE Kent On the Move water bottle holder!!

If I win, please send me (pick one)...

- Glow in Dark Bracelet
- Water bottle holder

Dixon Valve Celebrates Employee Wellness Day

Dixon Valve & Coupling Company observed National Employee Health & Fitness Month with a company-wide walking and healthy living contest that began in April and lasted for six weeks.

Employees were also invited to participate in a week of activities that included a hoop shoot and horseshoe contest. The culmination was an employee picnic May 17 in celebration of National Employee Health & Fitness Day.

For more information about Dixon Valve's Employee Wellness Program call Bonnie Hill @ 410-778-2000



From the left are individual winners: Alice Neal, most over-all points; Mary Yerkie and Joe Jordan, Hoop Shoot contest winners; and Danny Parks, horseshoe contest winner

Girls on the Run International® Selects Kent Family Center for Unique Recreational Program

A new and innovative recreation and self-esteem program for girls ages 8-12 offered by Kent Family Center will begin September 12, 2006 at Garnett Elementary School.

Funding for this new program was provided through grants from the Kent County Local Management Board for Children Youth and Families and the Women and Girls Fund of the Mid Shore.

Girls on the Run® is a character building program that uses training for a 5K run/walk event as a means to teach essential life skills to 3rd-5th grade girls.

The innovative experiential curriculum uses warm-ups, running workouts and games to teach skills such as self-empowerment, healthy decision making, conflict resolution and being a responsible community member.

The lessons promote self-challenge instead of competition; self-worth instead of societal worth; and cooperation instead of rivalry. This prevention program addresses the myriad of issues facing today's young girls.

Girls on the Run® is dedicated to helping girls stay out of the "girl box" – a place where girls think



they are valued more for their outward appearance than their character inside. The program encourages emotional, social, mental, physical and spiritual development.

Founded in 1996 in North Carolina by Molly Barker, M.S.W., a four-time Hawaii Ironman Triathlete, Girls on the Run International reaches thousands of 8-14 year old girls each year through over 100 Girls on the Run councils across the United States and Canada.

Molly began running at the age of 15-an age when she found herself stuck in the "girl box". Using her background in counseling and

teaching, along with research on adolescent issues, she developed the earliest version of the curriculum with the help of 13 intrepid girls.

Girls on the Run® is making a difference by combining physical training with team building and character development activities to teach very specific and well defined social and personal skills.

Research indicates that development of these skills will prevent the future display of at-risk behavior resulting in fewer adolescent pregnancies, fewer eating disordered girls, less depression, fewer substance/alcohol abuse problems and fewer confrontations with the juvenile justice system.

Over 20,000 girls have participated in this program nationally. It has been found that "graduates" become confident, socially competent, healthy adolescents.

For more information please plan to attend an information session with your 8-12 year old daughter at Kent Family Center on August 15, 2006 at 5:30PM. For more information contact Lindsay Hyland or Susan Davis at 410-778-7911 or gotr@kentfamilycenter.org.

If you have a story to share or would like to learn more about getting involved with *Kent On the Move*, please contact us!

KENT ON THE MOVE

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www.kentonthemove.org

Overweight and obesity have reached epidemic proportions and current estimates indicate that at least 64.5% of Kent County adults are overweight or obese. Additionally, in the last 20 years, overweight and obesity rates have doubled in children and tripled in adolescents. Many health experts predict that the current generation of children will be the first in modern history to have a shorter life span than their parents' generation.

Physical activity and healthy eating play important roles in preventing extra weight. Despite the proven benefits of physical activity, more than 61% of Kent County adults do not get enough physical activity to provide health benefits, and less than one-third of adults eat the recommended five or more servings of fruits and vegetables each day.

Kent On the Move is a local initiative committed to helping individuals and communities in Kent County make positive changes to improve health and quality of life. By focusing on individuals and communities Kent On the Move seeks to support healthy eating and active living in our county. Kent On the Move is a collaborative effort among local citizens, government, business and industry, healthcare, and education. We always welcome new partners as our strength is in numbers.

My Recipes

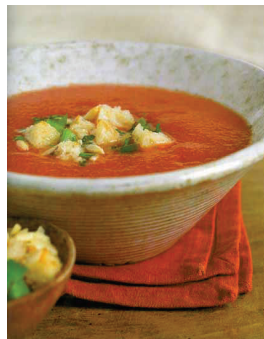
Summer Gazpacho

Ingredients

1 can (15 ounces) garbanzo beans, rinsed and drained
6 cups unsalted vegetable juice
1 cup cherry tomatoes, quartered
1/2 cup chopped, seeded cucumber
1/4 cup chopped red onion
1/4 cup chopped fresh cilantro or parsley
1/4 teaspoon hot pepper sauce
1 to 3 garlic cloves, minced
1/4 cup lime juice
6 lime wedges

Directions

In a large bowl, add all ingredients. Stir well. Cover and place in the refrigerator for at least 1 hour or until well chilled. To serve, ladle the cold soup into chilled individual bowls and garnish with a lime wedge. Serve immediately. Add poached shrimp or chopped mango for extra flavor.



Nutritional Analysis (per serving)

calories	191
Protein	7 g
Total Fat	2 g
Cholesterol	0
Sodium	158 mg
Fiber	9 g
Potassium	1,260 mg
Calcium	88 mg

www.mayoclinic.com

My Fit Tips

Vegetables

Buy vegetables that are easy to prepare. Pick up pre-washed bags of salad greens and add baby carrots or grape tomatoes for a salad in minutes. Buy packages of baby carrots or celery sticks for quick snacks.

Prepare more foods from fresh ingredients to lower sodium intake. Most sodium in the food supply comes from packaged or processed foods.

Use pureed, cooked vegetables to thicken stews, soups and gravies. These add flavor, nutrients, and texture.

Set a good example for children by eating vegetables with meals and as snacks.

Children often prefer foods served separately. So, rather than mixed vegetables try serving two vegetables separately

