



Be Fit, Be Well

September 2014

Step-tember is Here!

September is America on the Move Month—"Step-tember"! There are so many easy ways to get moving and we've come up with a great conversion chart so you can see how your activity helps you meet the 10,000 steps a day recommended by the American Heart Association and the American Medical Association to maintain good health.

<i>Activity</i>	<i>Steps per Minute: Men</i>	<i>Women</i>
Aerobics-low impact	179	165
Aerobics-6 to 8 inch step	304	280
Aerobics-Water	143	132
Baseball or Softball	179	165
Basketball (game)	286	263
Bicycling (general outdoor)	286	263
Bicycling (indoor)	376	346
Bowling	107	99
Circuit Training	215	198
Elliptical Trainer	286	263
Football (touch, flag)	286	263
Gardening	165	159
Golf (without cart)	161	148
Horseshoes	107	99
Ice skating	251	230
Jogging (general)	251	230
Karate, kick boxing	358	329
Mowing lawn (general)	197	181
Running (7.5 min/mile)	483	444
Soccer (game)	358	329
Swimming (freestyle)	394	362
Walking (moderate)	159	143
Yoga (fitness)	215	198

Hampton Parks & Recreation

Administrative Office
727-6348

22 Lincoln Street

Fort Monroe Center
727-6831

100 Stillwell Road

Newtown Center
728-1710

4315 Kecoughtan Road

North Phoebus Center
727-1160

249 W. Chamberlain Ave.

Northampton Center
825-4805

1435-A Todd's Lane

Old Hampton Center
727-1123

201 Lincoln Street

Performing Arts &
Activities Center
766-1510

300 Butler Farm Road

Senior Services Center
727-1601

3501 Kecoughtan Road

ASK & IT WILL BE ANSWERED!

Q. *I need new shoes and have a wide foot and nerve numbness in my ball and toes. What do you recommend?*

Pam J

A. Wide, narrow, or any foot in between, the American Academy of Podiatric Sports Medicine recommends a stable base shoe; meaning a slightly wider bottom tread than the forefoot. This gives better support, cushion, and flexibility for the toes and ball of the foot. You also want to have good heel cushion and support. This torsional and flexion stability are desirable features to assist in protection from the adverse impact of excessive prona-

tion and to help those individuals with plantar fasciitis. Lateral stability is also desired to lessen the possibility of ankle sprains.

"The current commonly used terms of stability and motion control are poorly chosen and inappropriately used. The way these terms are used in shoe descriptions does not reflect biomechanical function and are confusing and potentially misleading. We choose to define shoes function in degrees of protection from over pronation (which is a form of stability and motion limitation) using the term

"pronation control". " states the AAPSM website.

I personally was told by my podiatrist to wear New Balance as they come in a variety of widths, styles for all types of fitness, and have a wider toe box than most which allows for movement and the natural foot swelling that occurs when you workout. The best thing you can do for your feet and wallet when buying new shoes is to go towards the end of the day and try on both shoes, waling around the store for a few minutes. Your feet will guide you!

Homemade Bean Dip & Spread

Beans really are the magical fruit (USDA puts them in fruit and meat/bean categories). Eat a half-cup serving per day of fiber-rich beans, chickpeas, lentils or peas can significantly reduce "bad" cholesterol, according to a new study in the *Canadian Medical Association Journal*. Most people only get 0.2 servings a day and that is being optimistic. To sneak more of them in, follow this easy recipe from *Fitnessmagazine.com*.

INGREDIENTS

1 cup of mixed beans of your choice - I tried 1/4 cup each of White Northern Beans, Light Red Beans, Dark Red Beans, and Garbanzo Beans

1 cup low-fat cottage cheese

1/4 teaspoon thyme

PREPARATION

Using a food processor or blender start with the cottage cheese and gradually add beans on the puree` setting. Process under smooth. Store in an air tight container for up to 4 days.



Special Happenings in September



Hampton
is never
without
something
**FREE &
FUN** to do!



**OPEN
MIC
NIGHT** IN OUR
7TH YR



Hampton Performing Arts
& Activity Center present:

**2 OPEN MIC
SHOWS**

CALLING: Spoken Word Poets
Singers • Musicians • Dancers
Magicians-To The Stage!

HAMPTON PERFORMING
ARTS & ACTIVITY CENTER
(Formerly the Teen Center)
300 Butler Farm Road,
Hampton, VA 23666

NEW
Location
Vibe
Talent
**SAME
LOVE**

SEP 18
7 PM
MUSIC AND
POETRY NIGHT

Join guest host Zuri
Petteway, LEVI and the
PowerHouse Poets for this
family oriented night of
entertainment.

TAKE WHAT YOU'VE BEEN WORKING ON
AT HOME, AND BRING IT TO THE STAGE!

ENCOURAGING AUDIENCE
PICTURESQUE STAGE • GIFTED ARTISTS

FOR ALL AGES

SEP 20
8-10 PM
HOT SPOT OPEN
MIC SHOW

Join Hampton Hot Spot television
show hosts Johvanni Cruz and
Ja'Rae Bolton for an open mic for
ages 15 to 21! This event is for
young adults to hang out and to
showcase local talent.

POSITIVE NIGHTSPOT
HYPE MUSIC • GREAT TALENT

BOTH SHOWS
**FREE ADMISSION
FREE TO PERFORM**
Come early to sign
up to perform.



For more information
call Marie St.Clair at
757-766-1510 or email
mstclair@hampton.gov

Find us on facebook:
Music and Poetry Night



The 32nd Annual Hampton Bay Days Festival continues its tradition of attracting over 200,000 visitors to the city's downtown waterfront the first weekend of September. The schedule is as follows: Noon - 10 pm on Friday, September 5th; 10 am - 10 pm Saturday, September 6th; and Noon - 6 pm Sunday September 7th. The 2014 festival features family entertainment and fun with a lineup of the region's best and diversely talented local musicians, entertaining events, exhibits and popular vendors peddling unique arts & crafts and a wide variety of tasty foods and drink. Best of all, its FREE!

Core Strengthening on the Stability Ball

- Position yourself over the ball and exhale.
- Press your abdomen and pelvis into the ball.
- Slowly and simultaneously raise one arm and the opposite leg while inhaling.
- Hold for a moment, lower, and exhale. Repeat with the other arm and leg. Do 10 rep on each side.
- As you become more comfortable raise both arms at the same time or both legs at the same time.



New Classes at a Center Near YOU!

TBC-Total Body Conditioning

Monday & Wednesday 6-7pm
Northampton CC \$20/month

Fitness Yoga—Wednesday 7-8pm

Fort Monroe \$15/month

*Look for a \$5 off coupon in the Happenings Brochure



Check out the awesome
“Street Striders”
at Fort Monroe CC!

