

October 2014

Nature Walks With Others May Keep Depression at Bay



Welcome to Autumn. This is a great time of year to get outside and enjoy nature walks. One of the benefits of nature walks with other people is it may lower your stress levels and reduce your risk of depression, according to a new study from the journal *Ecopsychology*.

The study included nearly 2,000 participants from the Walking for Health program in England, which organizes nearly 3,000 group walks each week.

The researchers found that people who'd recently gone through a stressful event such as a serious illness, job loss, marriage breakup or death of a loved one had a significant mood boost after outdoor group walks.

"We hear people say they feel better after a walk or going outside but there haven't been many studies of this large size to support the conclusion that these behaviors actually improve your mental health and well-being," study senior author Dr. Sara Warber, an associate professor of family medicine at the University of Michigan Medical School, said in a university news release.

"Walking is an inexpensive, low risk and accessible form of exercise and it turns out that combined with nature and group settings, it may be a very powerful, under-utilized stress buster," Warber said.

"Our findings suggest that something as simple as joining an outdoor walking group may not only improve someone's daily positive emotions but may also contribute a non pharmacological approach to serious conditions like depression," she explained.

"Given the increase in mental ill health and physical inactivity in the developed world, we are constantly exploring new, accessible ways to help people improve their long-term quality of life and well-being," Warber said. "Group walks in local natural environments may make a potentially important contribution to public health and be beneficial in helping people cope with stress and experience improved emotions," she concluded. So take the following tips and you'll feel better too!

- **Learn to express your feelings in appropriate ways.** It's important to let people close to you know when something is bothering you. Keeping feelings of sadness or anger inside takes extra energy. It can also cause problems in your relationships and at work or school.
- **Think before you act.** Emotions can be powerful. But before you get carried away by your emotions and say or do something you might regret, give yourself time to think.
- **Strive for balance in your life.** Make time for things you enjoy. Focus on positive things in your life.
- **Take care of your physical health.** Your physical health can affect your emotional health. Take care of your body by exercising regularly, eating healthy meals and getting enough sleep. Don't abuse drugs or alcohol.

CITY OF HAMPTON
PARKS & RECREATION

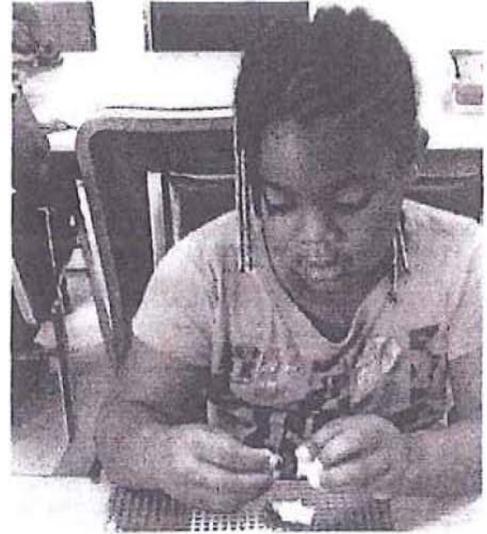
Be Fit-Be Well

NPCC Makes Headlines!

Alcoa Foundation Helps Girls Explore STEM

Learning how to engineer bridges, build towers and construct homes using LEGO bricks was all part of a fun series for a group of girls from Hampton this summer that took place at the North Phoebus Community Center and the Boys and Girls Club in Lincoln Park.

Using BuildToExpress LEGO kits is a fun and simple hands-on approach that is part of a more comprehensive curriculum being used to engage girls in STEM. Funds from the Alcoa Foundation are helping support this Girl Scout STEM program in the Hampton area.



Hampton Girl Scout Azariyah Smith works on Lego construction.

Y.H. Thomas Community Center Presents
THE 3rd ANNUAL TRUNK OR TREAT CELEBRATION
Candy donations encouraged

For more information contact
Y.H. Thomas Community Center 727-1200
Mike Hims 757-800-9042

FRIDAY OCT 31ST 5:30pm - 8:00pm
1300 Thomas Street

If you or your Community, Civic, or Fraternal Organization would like to volunteer at YH Thomas for this FREE, FUN, FAMILY event, contact Synethia White at 727-1200.





BREAST CANCER AWARENESS MONTH

Tips to Reduce Your Risk Men & Women

It's true that Breast Cancer effects more women than men, 3 in 10 women and 1 in 20 men, and it is the second leading cause of cancer related deaths in women. But regardless, you can reduce your risk with these simple tips from Sentara Health Care.

- 1. Check out your breasts. Performing a simple self exam monthly can help with early detection.*
- 2. Maintain a healthy weight. Being overweight increases your body's level of estrogen, a hormone that plays a key role in the development of breast cancer.*
- 3. Get a mammogram, especially if you are 40 or older. Like self exams, they help with early detection.*
- 4. Eat your vegetables and fruits! Eating at least 7 servings of fruits and vegetables each day will supply your body with cancer fighting photochemicals. The best sources are broccoli, cabbage, collards, kale, berries, cherries, and pomegranates.*
- 5. Choose the right fats. That means Omega 6's found in sunflower, safflower and corn oil and Omega 3's found in fish and MUFAs— monounsaturated fatty acids found in nuts.*
- 6. Keep moving! It's true if you move it, you lose it! Not only can you lose weight and total body fat, but you can cut cancer risk by 18% just by walking briskly 1.5 to 2.5 hours a week.*
- 7. Know when to see your doctor. Besides your annual physical, visit your doctor any time you notice something unusual: lumps, hard knots or thickening tissue, swelling, warmth, redness or scaly sore rashes around the nipple, or a new pain in one spot that doesn't go away.*

Don't wait, schedule today!

? *Ask and it will be answered!*

- Q. I have bad knees. What exercises can I do without being on my feet?
- A. Bet you thought I'd say get n the pool?! Yes that is the gold standard for going easy on the joints, but biking is the next way to go. "It strengthens the hamstrings, calves and quadriceps, which is key to keeping your knees strong," Dr. Levi Harrison, Board Certified Orthopedic Surgeon. Also, one part of the quad muscle to focus on when strength training is the vastus medialis oblique, or the muscle that runs the length of your inner thigh. The VMO helps control the alignment of the patella or knee cap, a frequent problem area.
- Q. Should you do cardio and weights on different days or not?
- A. Here is my rule of thumb. If you are going all out, keep them separate because whichever comes second will suffer. But if you can (or just choose to) workout only a few days a week and want to max your burn, pair them up and do cardio first. A study in the *Journal of Strength & Conditioning Research* found that running before lifting weights resulted in a slightly higher afterburn (it's how many calories you continue to burn as your metabolism is still cranking) than lifting weights and then running. Or do a mash-up circuit workout alternating strength exercises with cardio in one big "sweatfest."
- Q. What is the maximum number of days a week I can do cardio?
- A. Seven. Just vary the intensity and type every other day.

**HAMPTON
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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 & Creative Arts Center

766-1510

300 Butler Farm Road

Senior Services Center

727-1601

3501 Kecoughtan Road

West Hampton Center

896-4687

1638 Briarfield Road

YH Thomas Center

727-1200

1300 Thomas Street

October Happenings!

- *5 Alarm Chili Cook Off* - Saturday, Oct 4, 12n-4p at Carousel Park, Downtown Hampton. FREE!
- *Yoga on the Waterfront* - Sunday, Oct 5, 8-9a at Buckroe Beach. Call 896-4687 for more details. FREE!
- *Senior Wellness Fair* - Saturday, Oct 11, 10a-2p at the Hampton Senior Center. Call 727-1601 for details. FREE!
- *Wellness After Work - with Megan DeWitt of the Hampton Health District*: Tuesday, Oct 14, 5:15-6:30p. Call 896-4687 to pre register. FREE!
- *Breast Cancer Survivor Celebration* - Wednesday, Oct 15, 1-3p at the Hampton Senior Center. Call 727-1601 for details.
- *Breakfast Bingo* - Wednesday, Oct 22, 10a at West Hampton CC, call 896-4687 to pre register. FREE!

