

February 2015



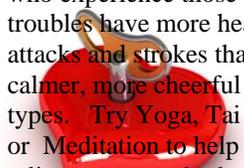
HAMPTON PARKS & RECREATION

Be Fit, Be Well

10 Tips for a Healthy Heart

The following tips have been brought to you by the top-notch editors of *Prevention Magazine*.

- 1. Eat plenty of fiber and good fat.** Yes, there is such a thing as good fat! New research suggests that inflammation of the arteries may be as big a risk factor for heart disease as being clogged with cholesterol. A high fiber diet with beneficial fats proved better at controlling damaging inflammation than a standard low fat diet. Good sources of fiber include fruits, legumes, nuts, whole grains and vegetables. They have soluble fiber and are rich in omega-3 and 6's. But check the nutrition label for trans-fat count.
- 2. Lay off cholesterol and salt.** *Anyone* diagnosed with elevated LDL (bad) cholesterol should consume less than 200 milligrams of cholesterol a day. That equals 1 egg yolk, 8 ounces of skinless-boneless chicken breast, or 10 ounces of lean sirloin. Your goal should be less than 2,300mg of sodium a day.
- 3. Lose the gut.** Even if you are not significantly over weight, carrying extra fat around your middle is bad, really bad! The critical point is a waist measurement of 40 inches or more for men and 35 inches or more for women, regardless of height. The only way to get rid of it is to lose weight overall and the best way is through good nutrition and exercise.
- 4. Huff and Pump.** Name a cardiac risk factor and regular aerobic and strength exercises can improve it. The American Heart Association and the American College of Sports Medicine state at least 30 minutes of moderate-intensity aerobic activity: brisk walking, low-impact or step aerobics, or cycling. Then do a strength training program twice a week on non-consecutive days to give your muscles time to recover. For more on strength training, call 896-4687.
- 5. Calm Down.** Stress (who doesn't have it?), anxiety and panic attacks. These trigger the release of hormones that can threaten your heart. Studies show that people who experience those troubles have more heart attacks and strokes than calmer, more cheerful types. Try Yoga, Tai Chi or Meditation to help relieve stress and relax the body.
- 6. Drink a little, but don't smoke.** A little bit of alcohol-1 drink per day for women, 1 or 2 for men can raise HDL (good) cholesterol and reduce inflammation and blood clots. Smoking is just bad all the way around.
- 7. Know your CRP number.** That's your elevated levels of C reactive protein. These serve as a marker for artery inflammation, even if you have no other symptoms. Ask your doctor to include this at your next physical.
- 8. Avoid CT Angiography.** This high-tech test uses an ultrafast CT scanner to create a 3-D image of coronary arteries. Unfortunately, it rarely provides any useful information for people without symptoms such as angina and it exposes you to as much as 325 times the radiation of a regular chest X-ray. So if you don't have symptoms, there is no need for this in the first place.
- 9. Weight loss, exercise, stopping smoking, and taking cardiovascular medications can work as well as angioplasty.** If an angiogram reveals severe narrowing of more than 2 major arteries, you will need bypass. If blockages are less severe, angioplasty is not a good idea. The doctors on the *Prevention Team* say that for most people diet, exercise and lifestyle changes are more effective in the long run than angioplasty.
- 10. Know your symptoms.** A survey published February 2010 by the US Centers for Disease Control and Prevention reveals that everyone knows that chest pain and shortness of breath are symptoms of heart attacks, but of the 71,994 adults researched, only 48% knew that pain and discomfort in the jaw, neck, or back can also be symptoms. Only 62% recognized feeling weak, light-headed, or faint and 85% knew about discomfort in the arms or shoulders. If you experience any of these call your doctor or get to the emergency room. Love your heart and be healthy.



RECIPE OF THE MONTH - "Hearty" Lentil Chili

Warm your body and your heart with this delicious vegan chili.

Ingredients

1 cup green lentils 2 cups water 1 large sweet onion, chopped
2 red or green bell peppers, chopped 2 cans fire roasted tomatoes
1 can pinto beans, drained and rinsed
1 can dark red kidney beans, drained and rinsed
1 TBSP cumin 1 cup medium salsa

Preparation

-Chop onion and red/green peppers. Drain and rinse the pinto and dark red kidney beans. Remove the ribs and seeds from the jalapeno and mince.

-Combine all ingredients in a slow cooker in the order listed, starting with the lentils.

-Cook on high for 4 hours, or on low for 8-10 hours. Turn to low until ready to serve, or chill and freeze in portions.

-Garnish with your favorite toppings and serve!



Fitness & Aquatic Open House

Friday, February 6th

9:00a.m. to 12:00 p.m.

West Hampton Community Center

National Wear Red Day

Wear Red to raise awareness for Heart Disease!

- ◆ Healthy Heart information
- ◆ Free Blood Pressure Checks
- ◆ Free heart healthy recipes



HPR Fitness and Aquatics!

Learn about:

- ◆ Fitness Center Memberships
 - ◆ Exercise classes
- ◆ Pool Hours/Locations
- ◆ Pool classes and Programs
- ◆ Special Events and Programs
 - ◆ Meet the staff!

MOVE OF THE MONTH

ROW, ROW, ROW YOUR PLANK

Multitasking moves not only save time, they also challenge the body in new ways. Add some rowing action to your plank to target not only your arms and back, but your core and glutes, too. Talk about a full-body exercise!

Try this exercise first without dumbbells, and focus on your torso staying level as you alternate your arms in the reverse row. Then choose appropriate weight for your strength level, between five and 10 pounds.

- ◆ Start in a plank position with your legs wider than hip-width distance; the wider stance makes you more stable. Hold onto your dumbbells, keeping your wrist locked to protect the joint.
- ◆ With your core tight and your glutes engaged, exhale, stabilizing your torso as you lift your right elbow to row; feel your right scapula sliding toward your spine as you bend your elbow up toward the ceiling.
- ◆ Keeping your neck long and energized, return the weight to the ground and repeat the movement on your left side.
- ◆ Do 10 reps per arm, and repeat for three sets.



EMPLOYEE SPOTLIGHT

SENIOR PARK RANGER CHRIS BLAKE



Sr. Park Ranger Aide, Chris Blake received the award of Non-Sworn Park Ranger of the year at the Park Ranger Training Institute this year. He received this award for his dedication to wildlife conservation and his outstanding programs educating citizens on wildlife found in Hampton as well as Virginia.

Chris is an outstanding employee with over 6 and half years with Hampton Parks & Recreation. In his spare time he enjoys fossil hunting, duck identification, and assisting with the study on Cane Break Rattle Snakes with the information going to the Department of Inland and Game Fisheries, putting Hampton on the map. He is always willing to pass his knowledge on to others.

Check out Chris and the wildlife programs at Sandy Bottom Nature Park: 825-4657.

HAMPTON PARKS & RECREATION

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 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

FEBRUARY FUN!

> *Friday, February 6 - "Go Red Day"*

Wear your red in support of heart health

> *Monday, February 16 - Presidents Day*

ALL City offices will be closed

> *Thursday, February 19 - Music & Poetry*

Night 7pm at the Performing & Creative Arts Center; call 766-1510 for details

> *Saturday, February 21 - Teen Hot Spot Open*

Mic 6pm at the Performing & Creative Arts Center; call 766-1510 for details

> *Saturday, February 28 - Hampton Sharks*

Swim Meet 8am at Old Hampton CC



HPR is working hard to complete the fitness center at Fort Monroe Community Center. The fitness center will include treadmills, elliptical machines, recumbent bike, dumbbells and a stretching area.

Our completion goal is late spring 2015 so be on the lookout!

The Hampton Parks and Recreation Department does not discriminate against any person on the basis of race, color, national origin, ancestry, age, marital status, religion, sex, or disability. If you are disabled and have need for a special accommodation in order to participate, please contact us at 727-1601.