

APRIL 2015



CITY OF HAMPTON
PARKS & RECREATION

Be Fit-Be Well

every tie reminds us why



Four-Week Intermediate Walking Plan

This four-week program is for the intermediate walker who wants to improve overall health and increase energy. Walks start at 20-30 minutes and gradually increase in both speed and duration. Health experts have found that approximately 30 minutes a day of regular moderate exercise is effective for improving health and reducing the risk of many diseases.

Monday, Wednesday and Thursday are the core workout days, with Tuesdays and weekends optional at the beginning. Fridays are "Alternate Activity" days. Always start your walk with 3-5 minutes at an easy warm-up pace.

	Monday	Tuesday (optional)	Wednesday	Thursday	Friday	Weekend Workout (optional)
	Easy walk: 10-15 min Brisk walk: 10-15 min Stretch: 2 min	Easy walk: 25-30 min Stretch: 2 min	Easy walk: 10-15 min Brisk walk: 10-15 min Stretch: 2 min	Easy walk: 25-30 min Stretch: 2 min	Alternate activity of your choice: Go dancing, rake leaves, etc. for 20+ min	Easy walk: 25-30 min
Week 2	Total Time: 24-34 min Easy walk: 15-20 min Power Intervals Power walk: 30 sec Easy walk: 1 min Repeat 4-6 times Easy walk: 3-5 min	Easy walk: 5 min Brisk walk: 20-25 min Stretch: 2 min	Easy walk: 30-35 min Stretch: 2 min	Easy walk: 5 min Brisk walk: 20-25 min Stretch: 2 min	Alternate activity of your choice for 20-30 min	Easy walk: 5-10 min Brisk walk: 20-25 min
Week 3	Total Time: 26-36 min Easy walk: 15-20 min Power Intervals Power walk: 30 sec Easy walk: 1 min Repeat 5-7 times Easy walk: 3-5 min	Brisk walk: 30-35 min Stretch: 2 min	Total time: 25-30 min Easy walk: 10-15 min Brisk walk: 10 min or include a hill, incline or stairs in your route Easy walk: 5 min Stretch 2: min	Brisk walk: for 30-35 min Stretch: 2 min	Alternate activity of your choice for 30+ min	Easy walk: 5 min Brisk walk: 20-30 min
Week 4	Total Time: 27-37 min Easy walk: 10 min Brisk walk: 5-10 min Power Intervals Power walk: 30 sec Easy walk: 1 min Repeat 6-8 times Easy walk: 3-5 min	Easy walk: 10 min Brisk walk: 20-30 min and add in some high knee marches near the end	Total time: 28-45 min Easy walk: 5-10 min Brisk walk: 20-30 min or include a hill, incline or stairs in your route Easy walk: 3-5 min	Easy walk: 10 min Brisk walk: 20-30 min and add some high knee marches near the end	Alternate activity of your choice for 40+ min	Brisk walk: 30-35 min

Congratulations! Now that you have completed the American Heart Association's four-week walking program, continue to make walking a regular part of your life. For ongoing health and energy, try to walk at least 30 minutes a day, five days a week. As you've learned in this program, vary your speed, course and time to challenge yourself and to keep your program interesting. You're on your way to a healthier lifestyle!

MOVE OF THE MONTH: PYRAMID POSE

Description

1. From standing position, step the left foot back (3 - 3 1/2 feet).
2. Keep hips facing forward, and turn the left foot to a 45 degree angle.
3. The back leg internally rotates, while the front leg externally rotates.
4. Engage right thigh by lifting knee and align kneecap with toes.

Lift sternum and fold forward from hips, making sure that hips are symmetrical.

Beginner

1. Place hands on the floor or on blocks.
 2. Space feet hip distance apart for more balance.
 3. Press down with all four corners of both feet evenly.
- Soften the neck and shoulders.

Intermediate/Advanced

1. Bring right outer hip back.
2. Fold palms together in prayer position behind heart.

Broaden shoulder blades and press palms evenly together. Helpful

Prop Uses

- Both hands can be placed on blocks for the less flexible



RECIPE OF THE MONTH - Chinese Chicken Salad with Quinoa

The poaching method yields moist meat every time, without adding fat. Need to save time? Use shredded rotisserie chicken instead.

Ingredients

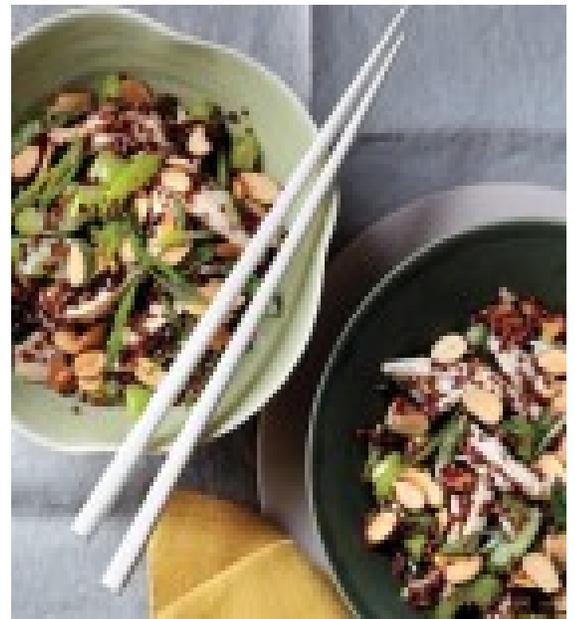
1/2 cup quinoa (red or regular)	1 tsp agave syrup
2 boneless, skinless chicken breasts	1/2 tsp minced garlic
2 tbsp. toasted sesame oil	1/4 cup sliced celery
2 tbsp. rice vinegar	1/4 cup chopped scallions
1 tsp low-sodium soy sauce	1/4 cup sliced almonds

Preparation

Cook quinoa as directed on package. In a medium pot, cover chicken with water by 1 inch and season generously with salt. Bring to a boil over high heat; reduce to simmer and cook 5 minutes. Cover and remove from heat; let stand until chicken is cooked through, about 12 minutes. Remove chicken to a plate, let cool and slice. In a large bowl, whisk together oil, vinegar, soy sauce, agave and garlic. Add quinoa, chicken, celery and scallions; toss to combine. Top with almonds. Serves 2

The Skinny

504 calories	25g fat (3g saturated)	38g carbohydrates
4g fiber	33 g protein	



Running the Course

Staff with Hampton Parks & Recreation will be running the *24 Hour Ultra Race* on April 25 & 26th at Sandy Bottom Nature Park.

The Ultra is in its 12th year at SBNP and Parks Staff will be running along with 200 other runners. There are 52 individuals and 18 Teams signed up. I have turned in over \$11,200.00 to the American Cancer Society so far. We still have a ways to go to beat our record from last year; \$19,300.00. I expect the men's record of 126 miles, women's record of 108.75 miles, and team record of 803.5 miles to be broken. The course is USATF certified and several people are again going for state 24 hour age group records. We have entrants as young as 12 and as old as 81! They are coming from 14 different states, including Arizona! **GO HPR!**

Meet Christy Tilstra

I have worked for HPR since May 2013. I was born and raised in Oneonta, Alabama. Prior to moving to Virginia I lived in Peterborough, Ontario, Canada. I was there for 16 years. I moved to Newport News, VA in 1996. My heart was always to live back in the United States. My interest is any thing related to the aquatic field, reading, baking, sewing, football and most importantly family. My favorite thing about working in aquatics is being able to instruct individuals on how to prevent a life from being lost. Possibly their own.



Sandy Bottom Nature Park's Easter EGGstravaganza

Saturday, April 4th
10am to 3pm

\$5 per child,
accompanying adults
are free

There will be fun for the entire family!

Hunts will be divided into age groups starting at 10am. Contact Sandy Bottom Nature Park at 825-4657 for more details on hunt times.



OUTSTANDING PERFORMANCE!

I would like to give KUDOS to Valerie Patin, Recreation Professional at North Hampton Community Center for her very successful program *Father Daughter Dance* on February 21, 2015.

– Michelle Ellison, SRP
Northampton Community
Center



**CITY OF HAMPTON
PARKS &
RECREATION**

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Senior Center - 727-1601
3501 Kecoughtan Road

West Hampton - 896-4687
1638 Briarfield Road

YH Thomas - 727-1200
1300 Thomas Street

www.hampton.gov/parks

Facebook at *HamptonVA*

Join the fun!



A FANTASTIC **FREE** EVENT FOR ALL AGES!

international children's festival



Saturday, April 18, 2015

Mill Point Park ■ 10am-5pm

[Downtown Hampton]

Experience the SIGHTS, SOUNDS & TASTES of over 35 countries!

What began fifteen years ago as an international festival for children has blossomed into an event for the young and young-at-heart.

Live performances, ethnic foods and expo booths feature something for everyone.

back by popular demand!

Animals From Around the World and what's even better than that, Camel Rides (\$), yep that's right on a real live camel. Don't miss it!



SPONSOR:



FOR MORE INFORMATION:
www.hampton.gov/parks
727-8311

