Sit for 20
Stand for 8
Move for 2
Each half hour, that is.

There is much talk about standing desks vs. sitting desks, and above all, the avoidance of inactivity. If you have an office job and need to be mostly sitting during your day (with the exception of coffee runs, bathroom breaks, lunch, etc.) you probably know how it can take toll on your back, your neck, your posterior. (sorry to be so blunt).

What can we do? There is evidence to contest the idea that a standing desk is the answer. Yes, you should get a special mat to stand on, wear good, supportive shoes, and be sure to adjust your mouse pad to be more cushiony or supportive. But, research says that standing for long periods of time is not good either (ergo.human.cornell.edu) too much weight on the spine, venous pooling in legs, etc. But a combination seems to be the trick! In summary (and read the research before making a new desk investment) it appears that varying your position is the better strategy. And making sure to stand up each half hour. Remember: 20...8...2!

Did you know that you can extend your life by 3 years? Just by walking 15 minutes a day?
That’s a startling statistic! When do we start? Right Now! Today!

What about Walking Wednesdays? Is it the habit of walking that we find so daunting? Why not start this week on Walking Wednesday? Call it your health commitment to yourself. First, figure out the time of day that works best for you. Do you have more energy, spring in your step, in the morning? Some of us can't imagine doing anything but getting ready to go work in the morning. Then, how about walking the walk in the afternoon, round about the time when it feels like only a cup of coffee or some chocolate can get us through. (I confess to having a lovely, non-working clock on the wall of my cube - it is set to 3pm, Walk Time.) Or, maybe you prefer an after work or after dinner walk?

City of Kingston Parks and Rec, has succeeded in making several exciting park improvements, with the resultant increased park usage. Here are some of the impressive stats as we look back over the past years of the grant: The Kingston Parks and Rec Website portal was launched in 2012; website usage increased from 300 visits to 5,800 visits in 2014. An online registration capability launched in 2012 and has since recorded 3,513 new users on the site.

Whatever it takes, remember: Just Walk! Walking a little is better than nothing; walking a little farther is better than a little. Soon, you will walk because you will miss not walking - really!

A pril hath put a spirit of youth in everything. W illiam S hakespeare
CHP PARTNERS: City of Kingston Parks and Recreation * Community Heart Health Coalition * Kingston Land Trust * Master Gardeners CCEUC * Ulster County Department of Health * YMCA Farm Project

SNAIL MAIL FRIENDS! Help us to conserve paper. Request your digital copy of Good for You! Email us at: kcs94@cornell.edu

MISSION: Creating Healthy Places to Live, Work & Play works to combat obesity and type 2 diabetes by furthering policy, systems, and environmental changes in Ulster County.

Healthy Ulster Spring at Mohonk Preserve

Thursday, April 23rd through Sunday, April 26th
10am-4pm. As part of the ongoing campaign to make Ulster the Healthiest County in New York, Mohonk Preserve offers a free, one-month membership for residents of Ulster County. Visitors with proof of Ulster County residency may obtain their passes at the Preserve Visitor Center from 10am to 4pm Thursday, April 23rd through Sunday, April 26th and at the Spring Farm Trailhead from 10am to 4pm Saturday, April 25th and Sunday, April 26th. The membership passes will be good through May 21st, 2015. Passes must be picked up in person, with the exception of minors, whose parent or guardian may pick up a pass on their behalf.

Walking in the Parks & On the Trails

Creating Healthy Places, in our fifth year of partnering with the City of Kingston Park and Rec, is pleased to support the many improvements in the parks’ environments (bicycle racks, playground equipment, basketball court amenities, etc.) and the programs offered. Improving the park settings provide added incentive to residents to go outdoors and engage in more exercise, thereby helping to reduce obesity in our target towns in Ulster County. Kingston’s Use your Parks campaign continues to grow, offering something for everyone.

City of Kingston Parks & Recreation offers more programs than we have room to list here...seriously.

- Programs for youth, young adults and seniors
- Indoor activities and outdoor adventures
- Bus trips, canoe paddling, nature series, guided hikes
- Card games, crafts, senior exercise class
- And lots more!

Forsyth Nature Center offers a beautiful and serene environment for walking, talking to the animals or bench sitting. Kingston Parks and Rec
https://apm.activecommunities.com/kingstonparksandrec/details

Read about the Kingston Greenline and stay informed:
The Greenline newsletter http://www.kingstonlandtrust.org/

Visit these Healthy Markets for fresh fruit, vegetables, whole grain products, nuts, beans, and a variety of healthy snacks.

Stop by for Food Tastings on the below dates:
Sunshine Market: Jansen Avenue, Kingston, 11:00am-1:30pm: May 7, June 4, July 9
Quick Stop: 203 Flatbush Road, Kingston, 11:00am-1:30pm: May 8, June 5, July 10
Peters Market: 7700, Rt. 209, Napanoch, 12noon-2:30pm: May 29, June 26, July 31

NAP SACC ROUND UP

CHP began a partnership with CHHC (Community Heart Health Coalition) of the Health Alliance back in 2011. After four years of diligence and enthusiasm, we are pleased to report these impressive results from our successful partnership. The NAP SACC program reached: 24 Child Care Centers, with training completed for 335 child care staff. Most importantly, over 600 children were reached by the effects of environmental and policy changes, either in offering healthier snacks or increasing physical activity. One of our child care liaisons had this to say about the program: “Part of the success of NAP SACC is it’s simplicity. The principles recommend that persons/programs look at themselves and set goals that are achievable. There is a marked difference in the programs’ abilities to do things depending on finances, spaces, and other variables. Each family who brings their child to a program has an opportunity with NAP SACC to take part in achieving the goals. A simple partnership that benefit the children, the program and the parent.” Laurie Rankin

Laurie Rankin Healthy Ulster Spring at Mohonk Preserve Thursday, April 23rd through Sunday, April 26th 10am-4pm. As part of the ongoing campaign to make Ulster the Healthiest County in New York, Mohonk Preserve offers a free, one-month membership for residents of Ulster County. Visitors with proof of Ulster County residency may obtain their passes at the Preserve Visitor Center from 10am to 4pm Thursday, April 23rd through Sunday, April 26th and at the Spring Farm Trailhead from 10am to 4pm Saturday, April 25th and Sunday, April 26th. The membership passes will be good through May 21st, 2015. Passes must be picked up in person, with the exception of minors, whose parent or guardian may pick up a pass on their behalf.

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