Taking a Walk Every Day Can Transform your Approach To Work...

If you’re like most Americans, you suffer from the physical, emotional, and mental epidemic that the scientific community calls "sitting disease." But unlike many other illnesses that require a team of doctors, the cure is in our own hands - or feet, rather - and all we have to do is take a walk.

Restore energy, focus, and creativity into your day by taking either a 20-minute lunchtime walk or two 15-minute mid-morning and mid-afternoon walks each day. Sound like too much? Start small. Take that 15 minute walk at lunchtime or mid-afternoon when you feel the need to have coffee or chocolate to perk you up. It works! Instant rejuvenation.

Last week, two co-workers, on their (fairly regular) daily walk, encountered rain and mild gusts of wind along the way. They had a good laugh as one umbrella flew inside out - so almost Mary Poppins! When they got back to the office, they were refreshed (and a little windblown) and ready to dive back into work; they’d crossed the afternoon slump without benefit of caffeine or sugar. Good for Them!

Garden Benefits

Planting is a little like walking: something is better than nothing...walking a little, better than not walking; planting a little better than not planting at all. So many benefits! It’s not all about the food, the herbs, the yield. It’s about the planning, the process, the involvement, the time outdoors, the satisfaction, and ultimately, the thrill you get when you snip, clip, harvest and actually eat those plants you nurtured.

Gardening is good for your mind and body... Gardening is a great form of exercise. Besides weight loss benefits, gardening has been proven to reduce stress, lower blood pressure, lower cholesterol, and decrease depression. (Eva Shaw, PhD, author of Shovel It: Nature’s Health Plan) Studies show that merely looking at a garden or plants can generate changes in blood pressure, heart activity, muscle tension, and brain electrical activity. Through colors and textures gardeners can invoke emotions of calm, tranquility, and happiness. Gardening is more than a feel good pastime; it has evolved into a form of therapy for our body and soul.
The NAP SACC program (Nutrition and Physical Activity Self-Assessment in Child Care Centers) begun at the start of our NYSDOH funded grant in 2011, very successfully completed a 4 year commitment with Creating Healthy places to Live, Work & Play at the end of March. And what a success it was! CHP’s partner, Community Heart Health Coalition (CHHC) of the Health Alliance, was tasked to locate child care centers in the immediate Ulster County area, and work with them to implement policies that ensured healthier food being offered and a commitment to increasing physical activity. Laurie Mozian of CHHC, Health Alliance, Laurie Rankin, and Marge Gagnon, The Rose Womens Care Service, all worked together and achieved impressive goals. The NAP SACC program reached 24 child care centers and trained 335 child care staff members, who effected healthy improvements for over 584 children! Improvements were made in various areas: eliminating sugary beverages, offering healthier snacks, and increasing time spent outdoors and engaged in physical activities. Screen time was also reduced. Staff members were enthusiastic about the healthy changes, with many adding their own ideas and practices to engage the children and make their healthy foods appealing. Parents were kept up to date with lists of healthy snacks to donate, where that applied. We thank Laurie Mozian, Marge Gagnon, and Lauri Rankin for their ever enthusiastic efforts. And we are happy to report that the NAP SACC initiative will live on through a recent grant, Champions for Healthy Kids, awarded to Health Alliance from the General Mills Foundation. This funding will enable the work begun by CHP to continue, reaching more youth in more child care centers, and accomplishing the CHP goal of sustainable objectives.

Parks & Trails Update

New kiosks in the parks! Pictured is one of two kiosks in Hasbrouck Park, ready for signage. Forsyth Nature Center has a new kiosk as well. By the time most folks venture out to the parks - there will even be leaves on the trees!

History: Hasbrouck Park, Kingston's first official downtown park which opened in 1920, is one of Kingston's larger parks at 45 acres. Much of Hasbrouck Park is forested and was mined by the Newark Lime and Cement Company in the late 1800's and early 1900's. One of the most unique assets to Hasbrouck Park is the Stone Building, which was built in 1919 by the Newark Lime and Cement Company and was named the Emilio Primo Stone Building in 1999 and today is used for parties, workshops, meetings and summer recreation programs. (Kingston's Magnificent City Parks, Ron Woods)

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

Sunday Hikes on the Kingston Greenline: May 17th and every 3rd Sunday 9:30-11:30am; meet at Kingston Wine Co, 65 Broadway, Kingston.

Ulster County Transportation Conference: Building a more Bikeable and Walkable Community, June 12th 9am - 5pm, Rondout Municipal Center, 1915 Lucas Ave., Cottekill. Register and info: www.activetransportationulster.org/

Visit these Healthy Markets for fresh fruits & vegetables, whole grain products, and a wide variety of healthy snacks.

Food Tastings:
Sunshine Market: Jansen Ave Kingston, 11:00am-1:30pm June 4, July 9
Quick Stop: 203 Flatbush Rd. Kingston, 11:00am-1:30pm June 5, July 10
Peters Market: 7700, Rt. 209 Napanoch, 12noon - 2:30pm June 26, July 31

Please contact the office of Cornell Cooperative Extension of Ulster County if you have any special needs.

Tip for a Healthier You: Drink a glass of water FIRST THING when you wake up in the morning; you are at your most dehydrated then. Moisture is lost with each breath during the night.

Here's how you can form this new habit: set a glass next to your bed, your toothbrush, or wherever you go first thing in the morning. After a couple of weeks you won't know how you survived without water first thing in the morning - you'll wake up thirsty every day! Pretty soon you'll have a hard time holding back from 12 or 16 ounces! http://bodywisdomnutrition.com/new-habit-drink-8oz-of-water-when-you-wake-up-in-the-morning/

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CHP PARTNERS: City of Kingston Parks and Recreation * Kingston Land Trust * Master Gardeners CCEUC * Ulster County Department of Health * YMCA Farm Project

CHP STAFF
Melinda Herzog, Director
Maria Cecilia Deferrari
Fern Suess
Kristen Wilson