

liveWell

Fall 2013



INSIDE:

Walking School
Bus Rolls On

6 Workout
Tips

Blue Zones Project™:

**Pledge
& Win!**

Shoo the Flu



A Public Agency

Beach Cities
Health District



In 2010, our community welcomed an innovative, well-being initiative that aimed to help residents live longer and to

make the healthy choice the easy choice. As a preventative health agency, we recognized the benefits associated with Blue Zones Project™ early on, and successfully competed against cities across the country to bring the project into the Beach Cities.

Three years later, Blue Zones Project is a community staple, continuing its transformative work with local restaurants, businesses, schools, city governments and community members of all ages. Since its inception, the project has contributed to an astounding 30% drop in smoking, a 14% decline in obesity and substantial increases in healthy eating and exercise habits among Redondo, Hermosa and Manhattan Beach residents.

Additionally, 64 popular eateries made healthy menu changes, local schools and businesses are creating environments that foster well-being, and our city leaders are passing progressive policies to make our community more walkable, bikeable and pedestrian-friendly.

For the reasons listed above, and many others, I'm pleased to announce Blue Zones Project will remain a part of our community for three more years. The health district will take the lead on administering the project and we plan to expand on the initial successes to create a healthier beach community.

With your support and participation, the Beach Cities are going deep blue.

In Service,

Susan M. Burden

Susan Burden
Chief Executive Officer,
Beach Cities Health District

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Programs for every stage of life

Youth Services



Developing healthy habits in children to last a lifetime using:

- Nutrition & Garden Education
- Social-Emotional Learning
- Physical Activity
- Substance Abuse Prevention
- Fitness Classes



Adult Services

Creating a thriving, healthy adult population in the community with:

- Public Health Initiatives
- Low-cost Gym Memberships
- Health Referrals for Underinsured/Uninsured
- Volunteer Opportunities
- Blue Zones™ Project



Older Adult Services



Helping aging adults maintain a high quality of life and live independently at home, through:

- Care Management
- Peer Counseling
- MoveWell In-Home Exercise
- Errand Assistance
- Social/Conversational Support

Visit **bchd.org** to learn more about Beach Cities Health District's programs and services.

Fall-ing for Healthy Produce



By Dianne Staso, Registered Dietitian
Center for Health & Fitness

Fall always brings to mind thoughts of cooler weather, pumpkin patches, corn mazes and hayrides. I also think of the wonderful array of autumn fruits and veggies, which are filled with vitamins, minerals, fiber and a variety of antioxidants and phytochemicals that can help ward off cancers and heart disease.

This time of year, grocery stores and farmers' markets are stocked with root vegetables like parsnips and sweet potatoes – as well as winter squashes like acorns, butternuts and spaghetti squash. You'll also find kale, Brussels sprouts, cabbages, broccoli and cauliflower. Fall fruits include a variety of apples, pears, figs, grapes, cranberries and pomegranates.

When buying produce, try and purchase foods in-season. These fruits and veggies are generally cheaper than out-of-season options and tend to be more succulent because they've naturally ripened – giving them the taste nature intended.

With all the delicious (and healthy!) fruits and vegetable options available to us this time of year, it's easier than ever to "produce" well-balanced and nutritious meals! So get to your local grocer or farmer's market and start falling for healthy choices.

Book a healthy shopping tour!

Special Holiday Rate: \$30

Healthy eating begins at the supermarket, and Registered Dietitian Dianne Staso will guide you through the food selection process.

The 1-hour store tour includes how to eat healthy on a budget, selecting produce, deciphering labels and much more.

Eating healthy on a budget

Deciphering food labels

Selecting the best produce

Choosing nutrient-rich foods

For available dates and times, contact Dianne Staso at 310-374-3426, x116 or dianne.staso@bchd.org



Simple Red Lentil Soup



By Winy Chen,
BCHD Registered Dietitian

As we enter the cooler months (okay, 60 degrees isn't that cold), I see it as a perfect opportunity to cook some hearty soups. The following is a warm lentil soup full of flavor, texture and nutrients, too!

- 1 tablespoon olive oil
- 1 onion, diced
- 3 garlic cloves, chopped
- 5 stalks of celery, diced
- 1 bag of red lentils (16 oz.)
- 1 ¼ teaspoons turmeric
- ½ teaspoon cumin
- 10 cups of water
- Salt and pepper to taste

1. Heat oil in a 4-to 5-quart saucepan over moderate heat until hot, but not smoking. Then sauté diced onions until golden, about 2 minutes.
2. Add celery, turmeric, cumin and garlic and sauté for another 1-2 minutes.
3. Add red lentils and water, and heat to boil. Simmer uncovered, stirring occasionally, until lentils and rice are tender, about 20 minutes. Season with salt and pepper.

Note: Substituting 1 can of unsweetened coconut milk (14 oz.) for 1 cup of water gives the soup a unique, rich flavor.

Did you know?

The soluble fiber in lentils helps keep cholesterol down and blood sugars under control.





ALL ABOARD THE 'WALKING SCHOOL BUS'



By Gretchen Oshita, BCHD Youth Services Director

The wheels on this bus don't go 'round and 'round. Rather, thousands of tiny legs drive the "Walking School Bus" on early mornings throughout Redondo Beach, Hermosa Beach and Manhattan Beach.

Created by Beach Cities Health District (BCHD) and Blue Zones Project™ as a way to curb high obesity rates among local elementary-aged students, the program allows parents and children to meet trained volunteers at designated "bus stops" across the Beach Cities and safely walk to campus. Each walking bus meets roughly a mile from school and picks up students along its route.

This past October, BCHD and Blue Zones Project re-launched the program for the third straight year during International Walk to School Week, and more than 2,000 children from 14 area elementary schools hopped aboard on Oct. 9th alone – compared with 100 kids in 2011 and 500 in 2012.

But the healthy walk-to-school initiative isn't only gaining steam with kids and parents. National and local media have taken notice, city mayors and officials often walk with the kids, and princi-

pals like Lincoln Elementary's Jeff Winckler see their students reaping more than simply health benefits from the program.

"The Walking School Bus is tremendously important for children," says Winckler. "Number one, it gets kids walking, which burns calories and reduces our carbon footprint, but also, students are ready to learn when they get here, because they've burned off some energy.

"I think any teacher whose students arrive in class more prepared to learn will appreciate a program like the Walking School Bus."

During the 2012-13 school year, kids in the program walked in excess of 11,000 miles, dropped more than 350,000 calories and saved an astounding 15,000 car trips.

But perhaps the most important number is zero. Since the program's inception, no injuries or incidents have occurred.

To see if the Walking School Bus is at your child's school, to get more information or to volunteer with the program – contact BCHD's School Health Coordinator, Staci Boretzky, at staci.boretzky@bchd.org.

Flu Doesn't Kid Around



By Dr. Lisa Santora, BCHD Chief Medical Officer

Fall is here and so is the flu. Flu is a contagious, preventable respiratory illness caused by influenza viruses. It spreads from person-to-person and can cause mild to severe symptoms, and, in some cases, death.

As a mother, half of my conversations with the "spirited one" (my three-year-old son) revolve around preventive hygiene. "Wash your hands." "Take your fingers out of your mouth." "Cough or sneeze into your elbow." "Don't touch your sister." But, a millionth of a meter-sized flu particle is stronger and smarter than my son and me. The flu has been infecting humans for thousands of years, and we're not even close to eradicating it.

That said, we can avoid catching it.

Vaccination is the single best way to prevent becoming a carrier or contracting the flu. The Centers for Disease Control and Prevention now recommends universal vaccinations for everyone six months and older (unless contraindicated), and I encourage you to consider the benefits of vaccination against the seasonal flu.

Remember, an ounce of prevention is worth more than a pound of gold, so be sure to:

- Get yourself and your children vaccinated.
- Wash your hands regularly.
- Teach your children to sneeze and cough into their elbow.
- Teach your children not to touch their eyes, face or nose. (Fun fact: Humans touch their faces more than monkeys.)
- Avoid close contact with sick people.
- Keep your children home from school when they are sick.



Fall Camps Now Enrolling

AdventurePlace is the interactive facility where kids and families play their way to good health.



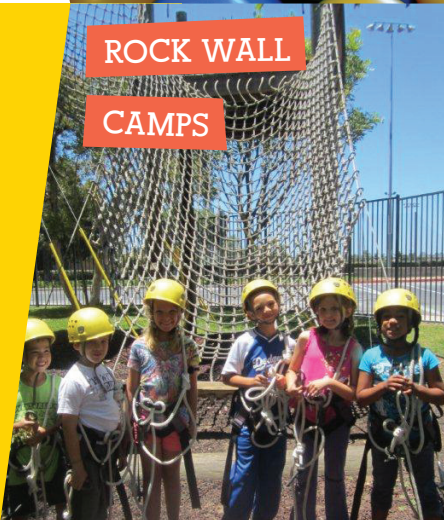
A Beach Cities Health District Program

Register for Fall AdventureCamp by Nov. 15 and get a **FREE month** of Unlimited Play Membership*

Register online at **AdventurePlex.org** and use promo code: CAMP1113 or bring this coupon to the front desk.

*Must sign up for the full week of Fall AdventureCamp from Nov. 25-29.

*Free month of Unlimited Play membership valid only during the month of January 2014 for one child only.



ROCK WALL

CAMPS

You Hold the Keys to an Older Adult's Independence



By Eric Garner, BCHD Communications Associate

Meet Diane: She's a 91-year-old widow living in Redondo Beach who recently found out the state of California will not be renewing her driver's license. Diane never had children and her husband of 53 years passed away in 2012, leaving her without a viable mode of transportation. Someone who's never considered relinquishing her independence, Diane thought she was surely staring down the barrel of an assisted living home, until she heard about an Errand Volunteer program offered through Beach Cities Health District (BCHD).

At no cost, BCHD – the nation's largest preventative health agency – pairs isolated older adults like Diane with volunteers from the community who are willing to run errands, help with shopping, carry groceries and, perhaps most importantly, socialize one to two hours per week. Errands range from trips to the market to grab fresh vegetables to a quick stop at the pharmacy.

According to BCHD Director of Older Adult Services Kerianne Lawson, errand volunteers positively impact their clients in far more ways than one.

"It's about forming relationships with people who need you to maintain their independence," says Kerianne. "We find that most older adults can live securely and safely in their own homes with a small amount of assistance. We ask our errand volunteers for minimal time commitment, which makes it an attractive volunteer option for business owners, teachers, community officials



"On the surface, it may not seem like much, but running errands is often the key to someone's independence."

and full-time mothers who can't spare many hours per week but want to give back.

"On the surface, it may not seem like much, but running errands is often the key to someone's independence."

Kerianne added that the Errand Volunteer program is BCHD's most requested older adult service and, right now, demand exceeds supply.

"There is a great need in our community," says Kerianne. "And as our local population continues to trend older, we expect to see greater demand. That's where volunteers come in. They are truly the lynchpin of this program."

Errand volunteers must be 18 years of age or older, possess a valid driver's license and be willing to contribute a minimum of 1 ½ hours per week. Additionally, BCHD requires volunteers to pass a background check and tuberculosis test, which are paid for by the district.

To become involved or to receive assistance from the program, please contact Volunteer Services at (310) 374-3426, ext. 246 or volunteers@bchd.org.

Volunteer Opportunities

More than 600 people strong, our network of volunteers form the backbone of Beach Cities Health District. Diverse, motivated and talented, District volunteers have the opportunity to work throughout a variety of community-focused programs and play an integral role in improving the health and well-being of Beach Cities residents.

Be the Key: Errand Volunteers

Be the key to independence for a homebound resident. You will help isolated older adults with errands for daily living, such as grocery shopping and pharmacy visits.

Front Desk Volunteers

Personable, responsible volunteers are needed to help staff the front desks at Beach Cities Health District. Day-to-day responsibilities include greeting visitors and customers, answering phones, providing information and referrals to the public, clerical work and more.

Conversation Companions

Help curb loneliness and isolation in the community by becoming one of our trained Conversation Companions, who make routine in-home visits to residents in need of socialization and friendship. Male volunteers are especially needed for this program.

Like to garden but don't have the space? Become a Garden Angel!

Grab a friend and join our LiveWell Kids obesity prevention program by volunteering as a Garden Angel. While students learn about nutrition and growing their own produce, Garden Angels help maintain the school-based gardens.

For more information, visit bchd.org/volunteer or contact Volunteer Services at volunteers@bchd.org or 310-374-3426, x246.

Trainers' Tips

Get the most out of your next workout by following these simple tips, compliments of the Center for Health & Fitness at Beach Cities Health District.



Lauren

Work with a fitness professional to improve your exercise regime. Make sure you perform all exercises correctly and to the best of your ability. Perfect practice makes perfect!



Julie L.

Whether you're 37 or 73, it's important to move your body most days of the week. You're sure to see and feel positive changes if you commit to regular exercise.



Derick

Have fun and enjoy the journey. Workout time is "you" time, so spice it up by taking new classes or changing up your workout program.



JoAnna

Look at the big picture. It's easy to push your body hard and get sweaty, but it's harder (and more important!) to prevent injuries and maintain optimal functionality.



Mike

Exercise is important, but what you do with the other 23 hours of the day counts, too. Be as holistic as possible when planning your route to wellbeing.



Julie H.

Always make it challenging. Big results require big effort, so make every minute count by working outside your comfort zone.

Put these tips to good use by redeeming your **complimentary week** of Unlimited Membership on the back of this mailer.



The Beach Cities Health District's Center for Health and Fitness (CHF) is the most comprehensive fitness center in the South Bay. Whether you're devoted to exercise, relatively sedentary or have special needs, our fitness specialists will design a program to help you achieve your goals.

Basic Membership

\$36/month*

No enrollment

Unlimited Membership

\$89/month*

No enrollment

All the benefits of Basic membership plus unlimited yoga and mat Pilates.

For more information visit beachcitiesgym.com.

* Minimum 1-year commitment.



A Beach Cities Health District Program

HOURS

Mon.-Thu., 5:30am-9pm

Fri., 5:30am-8pm

Sat.-Sun., 7am-6pm

CONTACT

514 N. Prospect Ave., 2nd Floor

Redondo Beach, CA 90277

(310) 374-3426, ext. 147

www.beachcitiesgym.com

COMPLIMENTARY WEEK OF UNLIMITED MEMBERSHIP*

Experience a week of fitness center membership, including yoga, mat Pilates and group exercise classes.

* Must complete a facility tour. Pass is good for 7 consecutive days, beginning on your first day of usage. User must not have been a guest or member of CHF within the last 6 months. Local residents only. No other discounts can be used with this offer.



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