

livewell

Summer 2013

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A Public Agency

Beach Cities
Health District



Programs for every stage of life

As the nation's largest preventative health agency, we are focused on improving the health and well-being of residents in the Beach Cities – Redondo Beach, Hermosa Beach and Manhattan Beach.

Our vision is simple: A healthy beach community. To achieve this, we offer a variety of programs and services aimed at the entire lifespan, from birth to natural death.

I hope you will take a moment to read about Beach Cities Health District and the exciting things we are doing in the community to measurably improve the lives of residents.

In Service,

Susan M. Burden

Susan Burden
Chief Executive Officer

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Youth Services



Developing healthy habits in children to last a lifetime using:

- Nutrition & garden education
- Social-Emotional Learning
- Physical education
- Substance abuse prevention
- Kids fitness classes

Adult Services

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

- Public Health Initiatives (i.e., Zumba in the Park)
- 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, while reducing hospitalization 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.

Healthy Taste of the South Bay



By Lauren Nakano, Blue Zones Project Director

Dozens of popular restaurants in the Beach Cities are committed to healthy change you can taste.

Under guidance from Blue Zones Project (BZP) – a community well-being improvement initiative designed to make healthy choices easier – 52 eateries have become designated as Blue Zones Restaurants.

To receive distinction, restaurants are required to offer at least three dishes that meet BZP's healthy guidelines and to optimize the dining experience for patrons by highlighting healthier options on the menu, training servers to promote more nutritious selections and/or limiting the use of salts.

What's more, 13 Blue Zones Restaurants offer up to 15 percent discounts to patrons who take the Blue Zones Project Pledge to lead healthier, happier lives. For information on how to earn these perks, visit bluezonesproject.com/perks.

Blue Zones Restaurants by City

Manhattan Beach

Adventureplex Courtside Cafe
[China Grill](#)
El Gringo
[Four Daughters Kitchen](#)
Le Pain Quotidien
Lido di Manhattan
Manhattan Country Club Dining Room
Manhattan Country Club Poolside Bar & Grill
Open Sesame
O-Sho Japanese Restaurant
Old Venice
Sloopy's Beach Café
The Original Rinaldi's Italian Deli
Toscana Deli
[Zinc @ Shade](#)

Hermosa Beach

Abigaile
El Gringo
[Good Stuff](#)
Gum Tree Café
Los Muchachos Mexican Restaurant
New Orleans Cajun Cafe
Pedone's Pizza & Italian Kitchen
Pinkie's BBQ
Poulet Du Jour
Sabra Beirut Mix
The Rockefeller
The Source Café
The Spot
Zane's

Redondo Beach

Baleen
[Bluewater Grill](#)
CJ's Pantry
Captain Kidd's
[Eat at Joe's](#)
El Gringo
[Good Stuff](#)
Happy Veggie
Napoli Pizza and Pasta
Natureba
Neighborhood Grinds
Phuket Thai
Red Chopsticks
Redondo Beach Café
[Sacks on the Beach](#)
Silverado Beach Café
Splash Bistro
[Tapas & Vino](#)
The Green Temple
Turquoise
Valentino's Pizza & Pasta
Wildflower Café
Ws China Bistro

*Participating BZP Perks restaurants

Taste the Change October 12 BlueZaPalooza LiveWell Expo & Speaker Series

- Healthy Food Samples
- Family Fun
- Community Connectedness

bluezonesproject.com/events



Family Nutrition: Blueberries



By Winy Chen,
Registered Dietitian

This time of year, blueberries are abundant in the Farmers' Markets, which is convenient for my family, considering the berry is one of our favorite foods. When eaten in season, the berries are plump, juicy and irresistibly sweet.

Blueberries are chock-full of nutrients, vitamins and minerals, as well as chemical compounds known as phytochemicals – which have protective and preventative health properties.

As a Registered Dietitian, I strongly suggest adding them to your family's daily menu.

How to select blueberries:

Choose firm, plump and vibrantly colored blueberries. Dull or wrinkled skin can be a sign of age and rot.

Ways to enjoy blueberries:

Blueberries are very versatile and can be easily added to breakfast foods, salads, sauces, dessert and even beverages.

Did you know?

Early American colonists made grey paint by boiling blueberries in milk.



A Beach Cities Health District Program

Ph: 310-546-7708
1701 Marine Ave.
Manhattan Beach, CA 90266
www.adventureplex.org

A Place to Keep Families Healthy

AdventurePlace is the interactive facility where kids and families play their way to good health. From our five-level play structure and ropes course to our interactive classes and camps, we offer something fun and healthy for every member of the family – and we're open seven days a week!

Back to School, Back to Exercise



By Dr. Lisa Santora,
Chief Medical Officer

When it comes to children's health, downtime filled with only TV, video games and social media is detrimental to their well-being, physical development and social skills. As a doctor and, more importantly, a mother, I'm here to encourage all parents to keep kids active and healthy this school year.

I've even compiled **5 fun tips** to help you achieve this.

1. Make Exercise a Family Affair

Find fun, active outings that the whole family can do together. For example, go hiking, walk along the strand, or toss a football in the park or on the beach.

2. It Can Be Fun

AdventurePlex in Manhattan Beach offers after school classes and activities that incorporate physical fitness, including a ropes course, rock wall, field trips, sports games and more. It's always helpful to disguise exercise as fun.

3. Stay off the Grid

Limiting time on social media, cell phones, iPads and in front of the tube is a great strategy to encourage children to search out active alternatives to stay busy after school.

4. Lead by Example

We parents know it's important to practice what we preach. So, instead of plopping down in front of the TV or computer after work, shoot hoops, walk the dog or take a family outing. Remember, kids follow our lead.

5. Think Outside the Box

Not every family is interested in sports or working out. But there are many other creative ways to move naturally and burn calories, including playing tag, going to the beach or playing at the park.

Save
the
date!

Open House September 14

**Pre-register at adventureplex.org/openhouse
or at the front desk.**

PARENTS' NIGHT OUT

ROPES COURSE

CLASSES

CAMPS

BIRTHDAYS

5-LEVEL PLAY STRUCTURE

SPORTS COURT



Four Ways to MoveWell in Your Home



By Kerianne Lawson,
Director of Older Adult Services

As we all age, the importance of keeping our bodies moving naturally becomes paramount to increased longevity and overall health. Gyms, fitness clubs and walking groups are all great options for exercise, however, they aren't viable choices for everyone – especially some older adults and disabled adults in our community.

To remedy this, Beach Cities Health District launched the MoveWell In-Home Exercise program in 2010 to help our aging homebound population become stronger, healthier and more active in the comfort of their living rooms.

Below are four physician-approved MoveWell exercises that we encourage you to try. Each workout can be performed using items found in your home, including chairs and weights (canned goods), and nearly anyone can implement them regardless of age or ability level.

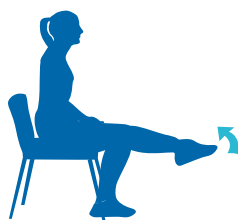
1 Arm Curls

Place an armless chair against a wall. Place a weight (canned good) in one hand. Resting your elbow at your hip, bend at the elbow and bring the weight all the way up towards the shoulders. Keep your wrist in a neutral position at all times. Slowly lower the weight – returning the hand to its starting position. Work up to 15-20 arm curls two times a day on each arm.



2 Ankle Point & Flex

Keep the chair against the wall. Sit safely towards the front of the chair. Lift and extend one leg forward. Keeping your foot on the ground, point your toes to the floor, and then flex your toes towards the ceiling. Keep your leg straight. Work up to 30 seconds on each foot three times per day.



3 Seated Overhead Pass

Sit up tall in your chair. Keep your feet flat on the floor and shoulders-width apart. Holding onto a light weight in your palms, raise your arms forward to chest height. Slowly lift the weight up overhead and lower to starting position. Work up to 10-15 repetitions two times per day.



4 Seated Step-in-Place

Sit up tall in your chair. Keep your shoulders back and chest lifted. Keep your back off the backrest of the chair. Slowly march your legs in place. You can start by lifting the feet one inch off the floor. When you are comfortable with this exercise, try lifting your legs as high as you can until the point of tension – NOT PAIN! Work up to one minute once a day.



Member Success:

Jim Wade



By Eric Garner,
Communications Associate



"Life will knock you down at times, and if you don't build yourself back up, you'll stay down. It's not realistic to think you won't face adversity," says Center for Health and Fitness (CHF) member Jim Wade, 63, who knows first-hand how challenging life can sometimes be.

In the past four years, Jim has undergone four surgeries, ranging from carpal tunnel repair in both wrists to nerve relocation in his elbow, and two rounds of chemotherapy for low-grade lymphoma. The cancer, diagnosed in 2009, is causing peripheral neuropathy – rapid nerve degradation – in his arms and legs. The loss of nerve function makes everyday tasks like walking up stairs or buttoning a shirt a challenging affair.

But Jim isn't the type to lie down and quit. An engineer by trade, he's always looking for innovative solutions and ways

to build himself back up.

"I button my shirts using paperclips to thread the buttons through," says Jim. "But when it came to my balance and physical fitness, there was

no substitute for good old-fashioned exercise."

Jim became a member at CHF in 2009 and immediately signed up for personal training sessions. He was paired with long-time trainer Derick Malit, who began designing workouts to improve Jim's balance, grip and overall strength.

"Derick's great because he pushes me to do things I don't want to do but need to do, like balance," says Jim. "And he keeps it fresh. I doubt we've ever done the same workout twice.

"I do my best not to deviate from my exercise regimen.

Even when I was taking anti-performance-enhancing drugs (chemotherapy), I managed to maintain my strength and mobility, and even made progress in some areas. It certainly wasn't easy, but nothing worth doing ever is."

In the past three years, Jim has improved his stability, grip and strength considerably. He regularly takes the stairs rather than the elevator, does multiple repetitions on the pull-up bar and benches nearly 200 pounds, a feat Jim says he couldn't do even in his prime.

"I'm 63-years-old and can honestly say I'm in better shape now than I was in high school. I've never worked out like this before and it's serving me well. I feel better, and I'm much more confident."

As someone who certainly doesn't look for the path of least resistance, Jim, true to

**I'm 63-years-old
and can honestly
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shape now than I
was in high school.**

form, prefers workouts that incorporate heavy free-weights, which require a strong grip, excellent balance and strength – characteristics that peripheral neuropathy destroys.

But apparently no one told Jim that.

"He's repping 55-pound dumbbells consistently, which

is outstanding for someone with limited function in his arms and hands," says Derick. "Jim's up to 190 pounds on bench-press, too. It's incredible how far he has come in the last few years. And I know he's got more in him."

It may come as a surprise to some that according to industry

studies, the average healthy male can bench-press roughly 128 pounds, or 62 pounds less than Jim.

But then again, there's nothing average about Jim Wade.



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 Pilates.

* Minimum 1-year commitment.

For more information visit beachcitiesgym.com.



A Beach Cities Health District Program

HOURS

Mon.-Thu., 5:30am-10pm
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.



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.

Join the Walking School Bus!

Think of our Walking School Bus program as a healthy car pool... only without the cars! Volunteers are needed to help local elementary students walk to school safely and on time. Routes are pre-determined and the "bus" meets once a week.

Errand Volunteers

Help homebound or frail older adults and disabled Beach Cities residents live independently in their own homes. Volunteers drive clients or run errands, such as grocery shopping or picking up prescriptions during the weekdays.

For more information, visit bchd.org/volunteer or contact Volunteer Services at volunteers@bchd.org or 310-374-3426, x256.

MoveWell In-Home Exercise Volunteers

Help frail residents become stronger and more independent by assisting with simple exercises in their homes once a week.

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.



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