

livewell

Spring 2014

SPRING
INTO HEALTH

5 KEYS
TO AGE WELL

A HEALTHY LOOK AT
**BODY
IMAGE**

IN THIS ISSUE:

**FREE
FITNESS**

Yoga, located just south of the Manhattan Beach Pier, begins Monday, April 21 as part of Beach Cities Health District's Free Fitness Series. See page 3.



Beach Cities
Health District

A Public Agency

514 N. Prospect Ave., 3rd Floor, Redondo Beach, CA 90277 • 310-374-3426 • bchd.org



Spring into Healthy Living

In March, Beach Cities Health District honored five adults who are committed to fitness and active living despite suffering from daunting health challenges, including lymphoma, cerebral palsy, peripheral neuropathy and osteoporosis. These inspirational members of our community serve as a great reminder to us all that it's never too late – or early for that matter – to pursue a healthy lifestyle.

And the Health District is here to support you. We offer low-cost health club memberships to community members through the Center for Health & Fitness; and our MoveWell program helps homebound and disabled older adults with simple, physician-approved exercises in their living rooms – at no cost.

To get families exercising together, we annually host the Beach Cities Free Fitness Series, which includes Zumba™, yoga and boot camp-style group exercises that people of all ages and abilities can participate in – from kids to parents and grandparents.

Our Blue Zones Project® helps organize people into “Moais,” or healthy support groups that meet weekly to walk, talk and support each other's health goals.

I encourage you to take full advantage of the wide array of programs and services offered through Beach Cities Health District, because measurably improving your health is our number one priority.

In Service,

Susan M. Burden

Susan Burden
Chief Executive Officer
Beach Cities Health District

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Life

Programs for every stage of



YOUTH

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



ADULTS

- Blue Zones Project®
- Covered California™
- Public Health Initiatives
- Low-Cost Health Club Memberships
- Health Referrals for the Underinsured/Uninsured
- Volunteer Opportunities



OLDER ADULTS

- Planning for Successful Aging
- Assistance to Maintain Independence
- Peer Counseling
- MoveWell In-Home Exercise
- Errand Assistance
- Social/Conversational Support
- Health Referrals for the Underinsured/Uninsured



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

Healthy in Your Own Skin



By Eric Garner,
BCHD Communications Specialist

(L-R) Parras Middle School students Lauren Zarnick, Julia Dibris and Sarah Dibris now look at body image through a different lens.

At a time when they should feel content and confident in their own skin, too many middle school students feel anxious, insecure and unhappy about their physical appearance. Bombarded with unrealistic – and erroneous – examples of what’s “beautiful” and “healthy” by mainstream media, young people are turning to poor diet, fitness and cosmetic habits and causing sometimes irreversible health issues.

But Beach Cities Health District’s LiveWell Kids program is stepping in. The evidence-based curriculum, developed by the Health District, includes in-class lessons for 5th – 8th graders on positive body image, self-esteem, goal-setting, healthy eating behaviors, proper body weight evaluation and the value of individuality and diversity.

According to BCHD’s Chief Medical Officer, Dr. Lisa Santora, who oversees implementation of the program, Beach Cities middle schoolers are learning the necessary skills to advocate for their personal health as well as the health and well-being of their peers.

“Kids today are under a tremendous amount of pressure to look a certain way,” said Dr. Santora. “These social pressures can impede physical and psychological development, and cause

alarming health issues, including eating disorders and depression.

“LiveWell Kids is empowering students to be comfortable in their own skin by showing them that health and beauty comes in all shapes and sizes. At the end of the lessons, kids walk away with the savvy to reject unhealthy behaviors and marketing ploys.”

One such student is Sofia Haskel, a 12-year-old 7th grader at Parras Middle School in Redondo Beach. She said the lessons taught her to love her body rather than scrutinize it.

“The best thing we can do for our self-confidence is look in the mirror each morning and say ‘I’m beautiful, healthy and strong,’” said Sofia. “And parents, it’s important you say it to

your children, too.”

These student breakthroughs and testimonials are what Dr. Santora says are the true measuring stick for the program’s success.

“It’s rewarding to see LiveWell Kids reshaping social norms and inoculating young people against body dysmorphia,” said Dr. Santora, “because healthy habits started at an early age will last a lifetime.

“It’s about setting our kids up for success.”

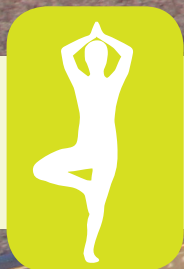
“The best thing we can do for our self-confidence is look in the mirror each morning and say ‘I’m beautiful, healthy and strong.’”

— Sofia Haskel

FREE FITNESS



YOGA



South of the Pier **Manhattan Beach**

Mondays at 6:30 p.m.

APR	APR	MAY	MAY	MAY
21	28	05	12	19

ZUMBA



Alta Vista Park—Julia Field

Mondays at 6:30 p.m.

JUNE	JUNE	JUNE
02	09	16

S SERIES

Mondays

6:30 – 7:30 p.m.

For more information and to register,
go to **bchd.org/freefitness**



Beach Cities Health District instructor Monica Griffin leads hundreds of men, women and children through Zumba dances at Alta Vista Park in Redondo Beach as part of the Health District's annual Free Fitness Series public health initiative. Last year, more than 4,000 participated, and this year Yoga on the Beach and Boot Camp have been added to the roster. See the 2014 locations and dates below or visit bchd.org/freefitness.

BOOT CAMP

Redondo Beach Jefferson Elementary **Redondo Beach**

JUNE 23 JUNE 30

JULY 07 JULY 14 JULY 21 JULY 28



Valley Park **Hermosa Beach**

Mondays at 6:30 p.m.

AUG 04 AUG 11 AUG 18 AUG 25

#BeachCitiesFreeFitness

KEYS TO AGING WELL



By Kerianne Lawson,
Older Adult Services Director

The Beach Cities have a vibrant, growing older adult community. In the past year, we saw the number of residents 85 and older increase by 69 percent; and by 2015, the population of adults over 60 will have grown by more than 60 percent.

So to help this ever-expanding portion of our community transition smoothly into their Golden Years, I've compiled successful aging tips – courtesy of two older adults who are committed to aging well.

EAT RIGHT.

You are what you eat. So prepare balanced meals with nutritional value that you enjoy. Cook with olive oil instead of butter and eat plenty of fresh fruits and vegetables.

STAY MENTALLY ACTIVE.

Mental health is just as important as physical health – maybe more. So challenge yourself intellectually on a daily basis with crossword puzzles, chess, novels or card games. Try to learn something new every day.

VOLUNTEER

Contributing to meaningful organizations and causes through volunteer work is extremely rewarding and healthy. Use your talents to improve the community and stay busy.

CONNECT SOCIALLY.

Losing a spouse can cause isolation and depression, which take serious tolls on health and longevity. So keep your friends and family close, and spend time outside of your home.

EXERCISE REGULARLY.

Whether you join a gym, walk along the strand or exercise in the comfort of your home, it's important you find ways to move and remain active. It keeps your heart young and adds years to your life.



Paul Senior, 69



Jim Wade, 72

Need help getting started? The Health District is here to support you with programs and services designed specifically for the needs of older adults. Last year alone, our social workers and volunteer base provided more than 5,000 visits to hundreds of residents in need.

Visit bchd.org or call (310) 374-3426 to learn how we can help.

Naturally Moving the Needle



By Lauren Nakano, Blue Zones Project Director

The world's longest-living people don't necessarily pump iron or go to the gym; instead, they garden, walk, dance and work outdoors without mechanical conveniences to keep their bodies strong. They move naturally without thinking about it, because it's part of their daily lives. Their very lengthy, healthy lives.

The connection between natural movement and longevity is so strong that Beach Cities Health District's Blue Zones Project® is working to create an environment in the Beach Cities that allows residents of all ages to experience physical activity in their daily lives, too.

Here are some of the best examples of how we are working to naturally move the public health needle, and how you can get involved.

- **School Gardens.** Beach Cities Health District has helped every elementary school in Redondo Beach create student-maintained gardens. Each class has its own bed of vegetables and fruits to care for, harvest and eat from. Parents and Garden Angels (community volunteers) work side-by-side with the children to keep the organic foods growing year-round. Want to get involved? Visit bchd.org/volunteer.
- **Community Policy.** With support from Beach Cities Health District's Blue Zones Project, all three Beach Cities have passed policies to make our community more bikeable, walkable and pedestrian-friendly. Public improvement examples include a comprehensive outdoor smoking ban in Hermosa Beach, a healthy food and beverage policy for city-sponsored youth sporting events in Manhattan Beach and enhanced lighting along the Redondo Beach Pier to make the area more pedestrian friendly. To see a full list of public improvements, visit bchd.org/bzpcommunitypolicy.
- **Walking Moais.** Japan's Okinawans, the longest living people on earth, move naturally in groups of five to six people routinely. These groups are known as Moais, and they now exist 6,000 miles away here in the Beach Cities, too. These healthy support groups meet weekly and are organized through Blue Zones Project. Visit bchd.org/bzpmoai to join or register a Moai.



May 11 – 17, 2014

During Get Active Beach Cities Week, park your car and get moving with Blue Zones Project by biking, walking, strolling or scooting through the Beach Cities!

Share your trip on Facebook/Twitter: **#getactivebeachcities** to be eligible for a beach cruiser and other prizes



Wednesday, May 14 | One Day, Travel Another Way!

Replace a car trip with an active one! On May 14, we encourage students, employees and Beach Cities residents to travel another way, whether it's biking, walking, scooting or skating. Share your active transportation journey on our Facebook page and register your trip to be eligible for prizes! bchd.org/GetActiveBeachCities



Thursday, May 15 | Bike to Work Day

The official Bike to Work Day across Los Angeles County offers nearly 100 "pit stops."



Saturday, May 17 | Shop and Dine Locally at The Boulevard Walkabout, 10 a.m. – 3 p.m.

The North Redondo Beach Business Association invites you to walk or ride your bike to eat, play or shop at the many restaurants and businesses along this typically car-centered boulevard, culminating with a community-wide barbeque.

For a complete list of the week's activities, visit bchd.org/GetActiveBeachCities



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*****ECRWSEDDM****
POSTAL CUSTOMER

A SUMMER TO REMEMBER!

AdventureCamp

June 16–August 26

Ages 4–12



➔ Register online at adventureplex.org!



Mondays: **Arts & Crafts**
Tuesdays: **Beach Day**
Wednesdays: **Rock Wall/Ropes Course**
Thursdays: **Field Trips**
Fridays: **Theme Days**



FIELD TRIPS

June 19: Bowling
June 26: Knott's Berry Farm
July 3: Pirate's Adventure
July 10: Raging Waters
July 17: Knott's Berry Farm
July 24: Medieval Times
July 31: Raging Waters
Aug. 7: Knott's Berry Farm
Aug. 14: Soak City
Aug. 21: Ice Skating

THEME DAYS

June 20: Luau Day
June 27: Flashback Day
July 2: Crazy Hat/Hair Day
July 11: Western Day
July 18: Wacky Day
July 25: Halloween in July
Aug. 1: Superhero Day
Aug. 8: Wacky Day
Aug. 15: Group Color Day
Aug. 22: Pajama Day