



Step Up Forsyth! 2012

Week 5 - October 18 - 24

Local News— Rabies Vaccination Clinic—Saturday, Oct. 20, 11 am—3 pm, Dixie Classic Fairgrounds Cattle Barn (enter at Gate 9), \$5 per pet (cash only), for cats, dogs and ferrets. Micro chipping available —\$25 per pet. [Click here](#) for additional information. Event will take place rain or shine.

Walking the Dogs! Step Up Forsyth and the Humane Society (event rescheduled from 9-29-12) are partnering for a “dog walk” around Reynolda Gardens on **Sunday, October 21 at 3 pm**. Meet in the parking lot next to the former Ken’s Bike Shop location (by Nekkid David). Don’t have a dog to walk? No problem - reserve a loaner dog through the Humane Society by calling Susan at 721-1303, ext. 103. Inclement weather phone line— 703-3110 (day of the event).

The Dam at Salem Lake, Greenway Walk and Talk, Sunday Nov. 3 at 3:00 pm (event rescheduled from 10-7-12) Learn about the Salem Lake dam construction from Capital Projects Engineer Courtney Driver, PE. Meet at the Salem Lake Fishing Station. Bring your bike to ride the Salem Creek greenway or Salem Lake loop trail after the Walk and Talk—or wear your tennis shoes for a nice walk or run! Inclement weather phone line—703-3110 (day of the event)

Wake Forest Baptist Health (WFBH) Farmers Market

With the demand for local foods increasing and the recognition that employers want to support employees in making healthy lifestyle choices, having a Farmers Market at your worksite is a great way to promote healthy diets.



In its third year of operation, the Farmers Market at Wake Forest Baptist Health (WFBH) is open every Thursday, May - October, 12 noon to 5:30 pm. Although the market is organized for employees, it is also open to the general public. It is located on the third floor of the employee parking deck that is accessed off of Elizabeth Street (close to the intersection of Hawthorne and Elizabeth). This market carries fresh local produce, baked goods and grain products, and eggs.



In addition to the WFBH Hawthorne campus Farmers Market, WFBH has markets at Downtown Health Plaza, Kimel Park, Highland Oaks, and quick 30 markets at Miller Plaza, PTCRC, and Piedmont Plaza. The “Quick 30 Markets” have farmers available for 30 minutes at a set time each week.

Employees at WFBH may also participate in the Triad Farm to Table Food Cooperative (Farm to Table will be featured in our Week 8 newsletter). WFBH does is doing a great job helping support employees in making healthy food choices.

Farmer Spotlight— Ian Jenkins



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If you stop by the Farmers Market at Wake Forest Baptist Health during the summer months, you may see young Ian Jenkins selling home grown tomatoes. Ian, now in the 6th grade and eleven years old, started farming when he was three! This year, Ian and his family grew 485 tomato plants in addition to other crops on the farm.



Ian with tomatoes from the family farm

In addition to selling produce at the hospital's Farmers Market, Ian and his family sell tomatoes and other produce at their roadside stand (Highway 109 in Wallburg) and to J Pepper's restaurant in Kernersville.

Ian says he likes this work because of all of the nice people he gets to meet that come from different backgrounds. He is especially fond of his regular customers.

Ian not only works the farm and helps sell the produce, he is also responsible for keeping the books. Ian sees how hard farmers work and how hard it is to turn a profit. Not sure how this is influencing his career choice—but, Ian wants to be a physical therapist when he grows up.

Veggie of the Week—Tomato

Fruit? Vegetable? Who cares – it's tasty and good for you. And, except for the fiber, many of these health benefits do transfer to tomato pastes, salsas, sauces and juices. Although the seeds are not often eaten, they have a lot of nutritional value, too – so try to use them!



Tomatoes can be, and are, used in almost any dish – salads, soups, stews, broths, dips, pasta sauces, salsas, and omelets. There are many varieties of colors, sizes, and tastes of tomatoes, too, so experiment a little!

Facts: High in lycopene— an antioxidant
Very high in Vitamins A, C and K and Manganese

Locally grown
tomatoes taste great!

Weekly Recipe from Cancer Services Tomato Sandwich With a Twist



I like this "twisted" version as the hummus provides protein and by making it an open-faced sandwich, the tomato tends to squish less on your lap!

Ingredients:

- 1 slice whole grain bread
- Hummus Spread (any flavor you like)
- Sliced tomato
- Pepper and salt to taste

Instructions:

Pepper and salt to taste

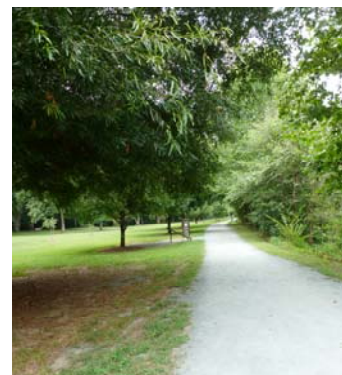
Instructions:

Spread hummus on your bread. Place as many slices of tomato as you can manage on hummus. Sprinkle with pepper and salt. Eat!

Go to www.CancerDietitian.com for more nutrition info and additional recipes

Shaffner Park Par Course

This POPULAR par course is located off of Silas Creek Parkway and is a great place to walk, run and get fit! A par course is an outside track or "course" with fitness stations on the course. There are 20 fitness stations at Shaffner Park that allow you to enhance your cardio workout with specific exercises. The course at Shaffner Park 1.136 miles in length and consists of two loops connected by a bridge over Silas Creek.



The great thing about par courses and parks is that they offer great places to exercise without paying a membership or monthly gym fee. If you do belong to a gym, it is always a good idea to mix it up with your workout - what better place to cross train and get in a fitness walk or run than a par course? To learn more about Fitness Trails in Winston-Salem, check out **WePLAY** at <http://myinsideraccount.com/publication/?i=119948>

Y Exercise Tip of the Week

Break up your TV time by getting active during commercial breaks. Try marching in place, doing jumping jacks, or even dancing. The goal is to elevate your heart rate and to get moving. There is roughly 15-20 minutes of commercial time in an hour of programming. If you watch an average of 1 hour of TV a day, that is 105-140 minutes of commercials you could exercise with during a week. The recommended amount of exercise is 150 minutes a week.




Don't forget... Help build a sustainable food economy by joining the 10% campaign!

Step Up Forsyth invites you to join the Center for Environmental Farming Systems (CEFS) in support of North Carolina's farmers, businesses and communities.

All you have to do is pledge to spend 10% of your existing food dollars locally.

CEFS will email you with a few simple questions each week to track your progress and you will learn more about the progress with the initiative statewide.



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Step Up Forsyth is a program of the Forsyth County Department of Public Health and the Behealthy Coalition. If you have questions or comments, email us at stepupforsyth@forsyth.cc