



Step Up Forsyth! 2012

Week 8 - November 8 - 10

Local News—**Step Up Forsyth end Saturday, November 10!**

Please be sure to enter all physical activity time on your e-activity log.

If you completed a paper activity log, please fax completed log to 336-727-8034 or scan and send to stepupforsyth@forsyth.cc

Triad Farm to Table Cooperative



A produce box in mid-July

How would you like a box of fresh, high quality, locally grown produce delivered to your worksite, faith community or school each week? If this sounds good to you, you may want to check out Triad Farm to Table. Triad Farm to Table is a local cooperative that is owned and controlled by all of those who produce, distribute and consume fresh local foods—which includes farmers, workers, and consumers.

Finishing its second year of operation, Triad Farm to Table gives local farmers a secure market for their crops and gives customers high quality, fresh produce—what a great way to support local farmers!

In order to have produce delivered to your organization, you need about 12-15 people committed to the program.

For more information, check out their website at <http://www.triadfarm2table.com/index.html>



Produce boxes being assembled in local warehouse

Fruit of the Week—Apples

We've all heard that "an apple a day can keep the doctor away." Apples have numerous health benefits to keep people healthy! There are numerous ways to prepare apples – baked with cinnamon, or sliced and eaten with almond butter, peanut butter, or with walnuts, whole grain granola, or pecans! Or, just bite into one.



The skin of the apple has the most nutrients, so try some of your favorite recipes without peeling them first. Wash before eating. To prevent apple slices from browning,

The skin of the apple has the most nutrients, so try some of your favorite recipes without peeling them first. Wash before eating. To prevent apple slices from browning, squeeze lemon or orange juice on them.

Fact: Apples have very high levels of antioxidants and soluble and non-soluble fiber.

Weekly Recipe from Cancer Services Apple, Avocado and Walnut Salad

Recipe from Conner Middelmann-Whitney, author of *Zest for Life: The Mediterranean Anti-Cancer Diet*



Ingredients:

2 ripe avocados, peeled and cubed

1 apple, cored and cubed

1 rib celery, cubed

1 T dried cranberries

1 T walnuts, chopped

2 T chopped parsley

1 T lemon juice

1 T walnut oil (you may substitute another type of oil if you can't find walnut oil)

1 T olive oil

1 t honey

Salt and pepper, to taste

Instructions:

In a small serving bowl, combine apples, celery and avocados and sprinkle with parsley, cranberries and walnuts. In a small mixing bowl, whisk oils, lemon juice and honey. Pour dressing over fruits and vegetables, toss lightly and serve immediately.

Go to www.CancerDietitian.com for nutrition information and additional recipes.

Clark-Mickens Park

What a great little neighborhood park! Located in East Winston, off of East 17th Street, this 1-acre park has great playground equipment for children of all ages to enjoy.

Small parks, like Clark-Mickens, give neighbors a place to gather and socialize while their children play.

Because playing and being fit is important for people of all ages, some cities are installing playground equipment geared for adults next to children's play areas. These playgrounds have athletic equipment designed specifically for adults—this gives people an alternative to going to the gym for a workout.



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Y Exercise Tip of the Week

Nutrition is an important part of a healthy lifestyle. Have healthy snacks throughout the day. Keep almonds, low fat yogurt, fruit and other low calorie low fat snacks handy to fight hunger and keep from over eating at meals. In the right portions (about a handful), lightly snacking on healthy foods also boosts your metabolism, keeps your energy high, and increases brain function.



MAINTAIN, DON'T GAIN HOLIDAY CHALLENGE

The kick-off of the fifth annual Eat Smart, Move More...Maintain, don't gain! Holiday Challenge is fast approaching! Sign-up early and receive access to bonus recipes. The Holiday Challenge begins November 19, 2012 and runs through December 31, 2012.



In 2011, more than 3,000 people from 95 North Carolina counties took part of the challenge, and over half were first time participants. At the end of the program, 89 percent reported maintaining their weight.

This holiday season, add to the success - join and promote the Holiday Challenge! For more information, [click here](#)

Many thanks to the Step Up Forsyth sponsors:

The YMCA of Northwest North Carolina
Omega Sports
City of Winston-Salem Department of Transportation

Step Up Forsyth! is sponsored by the Behealthy Coalition of the Forsyth County Department of Public Health.

The vision of Behealthy is to coordinate health promotion efforts across community-based organizations that work together to improve the health and wellness of Forsyth County residents.

For more information call 336-703-3175 or email us at stepupforsyth@forsyth.cc