Fairfax County Park Authority presents

Take 12!

Steps for *family* Health in 2011

www.fairfaxcounty.gov/parks/rec/Take12

Email: Take12@fairfaxcounty.gov

Program Partners:

Fairfax County Park Authority RECenters

CIRCLE CHIROPRACTIC CENTER, P.C.

PRO-ACTIVE FAMILY HEALTHCARE FROM THE INSIDE OUT

Congratulations...

You have taken an important step in improving your family's health!

The 'Take 12' program is *free* and anyone can participate at any time.

This program is designed to:

- ✓ Help you and your family accomplish healthy goals each month, with tips to keep you going for the duration.
- ✓ Give you access to information — *free* workshops are available each month on different healthy topics *and* bulletin boards loaded with information are posted at all the RECenters.
- ✓ Provide an opportunity for you to experience fitness and wellness programs offered across Fairfax County.
- ✓ Empower you and your family to make important lifestyle changes… you can do it!
- ✓ Plus, sign-up at our website to receive the monthly e-newsletter, packed with tips from the experts on the FCPA Fitness & Wellness team, upcoming events, and opportunities to achieve your Take 12 goals!

Have a question?

Email the Fitness & Wellness Expert Team — **Take12@fairfaxcounty.gov**.

Or visit www.fairfaxcounty.gov/parks/rec/Take12 for more information on the Take 12 program.

Health Information Sources

These websites and phone numbers are a great source of reliable health information, and some are featured in the *Web Resources* section of every month in this calendar.

- Alzheimer's Association *www.alz.org*
  800-272-3900
- American Cancer Society *www.cancer.org*
  800-227-2345
- American Council on Exercise *www.acefitness.org*
  888-825-3636
- American Diabetes Association *www.diabetes.org*
  800-342-2383
- American Dietetic Association *www.eatright.org*
  800-877-0877
- American Heart Association *www.americanheart.org*
  800-242-8721
- American Lung Association *www.lungusa.org*
  800-586-4872
- Arthritis Foundation *www.arthritis.org*
  800-283-7800
- MyPyramid Eating Plan *www.mypyramid.gov*
  888-779-7264
- National Health Info Center *www.health.gov/nhic*
  800-336-4797
- National Institute for Play *nifplay.org*
  Inquiry@NationalInstituteforPlay.org
- National Safety Council *www.nsc.org*
  800-621-7615
- National Sleep Foundation *www.sleepfoundation.org*
  888-673-7533
- President's Council on Fitness, Sports & Nutrition
  240-276-9567 *www.fitness.gov*
- Prevent Blindness America *www.preventblindness.org*
  800-331-2020
- Shape Up America! *www.shapeup.org*

www.fairfaxcounty.gov/parks/rec/take12

SIGN-UP FOR THE E-NEWSLETTER, "ASK THE EXPERTS," TIPS, ARTICLES, WORKSHOP SCHEDULE, AND MORE!

Step 1: Prepare Healthful Dinners

JANUARY 2011

Introduce new vegetables, fruits, grains, and proteins each week… the more colorful your food is, the better it is for you! To start, try some of the healthful recipes at the back of this calendar.

SUN	MON	TUE	WED	THU	FRI	SAT
January is… Thyroid Awareness Month National Glaucoma Awareness Month		DECEMBER 2010 Sun Mon Tue Wed Thu Fri Sat 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	FEBRUARY 2011 Sun Mon Tue Wed Thu Fri Sat 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28			1 Healthy Heart♥ Pass Sale begins! New Year's Day
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17 Martin Luther King Jr. Day	18	19	20	21	22
23	24 Spring Parktakes is out… find a cool class to take!	25	26	27	28	29
30	31	January Notes and Goals				

Web Resources

US Department of Agriculture's Food Pyramid—customize your own! **www.mypyramid.gov**

American Dietetic Association: **www.eatright.org**

Step 1: Recipe

Easy Red Pepper Hummus

By kfordham281

Prep: 10 min | Ready In: 10 min
Yield 8 servings

1 (16 ounce) can garbanzo beans, drained and rinsed
1 tablespoon olive oil
1 medium red bell pepper, cut into 1/2 inch pieces
1 tablespoon tahini
1 fresh lime, juiced
1 1/2 tablespoons water
1/2 teaspoon salt
1/4 teaspoon ground black pepper
1/4 teaspoon garlic powder

In food processor or blender, mix the garbanzo beans, olive oil, red bell pepper, tahini, lime juice, water, salt, black pepper, and garlic powder. Blend until smooth.

Calories: 101 | Total Fat: 3.4g
Recipe provided by AllRecipes.com

FREE Workshops!

Check out the 'Take 12' Web site for the current schedule and locations.

This Healthy Step Sponsored By:

South Run RECenter

7750 Reservation Drive, Springfield, VA

Get Fit, Be Fit and Stay Fit with South Run RECenter Personal Training!

Whatever your New Year's fitness goals are, you'll meet or exceed them through working with our educated and experienced personal trainers! We offer individual, specialty and small group personal training for 30 or 55 minutes and sessions can be purchased individually or in packages of 6. **And.....when you sign up for personal training, you will receive SRRC personal training T-shirt!**

So the choice is yours.... will you be the next to see outstanding success with our personal training program?

Take 12! Steps for Family Health in 2011

www.fairfaxcounty.gov/parks/rec/Take12
E-mail: Take12@fairfaxcounty.gov
Phone: 703-324-8423

Fairfax County Park Authority RECenters

CIRCLE CHIROPRACTIC CENTER, P.C.

Step 2: Focus on Family Fitness

FEBRUARY 2011

Plan two fun family activities that get everyone moving this month!

Photo: Clemyjontri Park in McLean.

SUN	MON	TUE	WED	THU	FRI	SAT
JANUARY 2011 Sun Mon Tue Wed Thu Fri Sat 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	MARCH 2011 Sun Mon Tue Wed Thu Fri Sat 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1	2 Groundhog Day	3 Chinese New Year	4	5
6	7	8 Spring Registration begins... sign up now and save $8! Boy Scout Day	9	10 Register the kids for summer camps, starting today!	11	12
13	14 Healthy Heart Pass Sale ends today! Valentine's Day	15	16	17 Great American Spit Out	18	19
20	21 President's Day	22	23	24	25	26 *FCPA Trips & Tours:* Belmont-Gari Melcher's Home & Studio
27	28					

February is...

- National Heart Month
- Black History Month
- National Dental Month

February Notes and Goals

Web Resources

President's Council on Fitness, Sports & Nutrition
www.fitness.gov

Shape Up America!
www.shapeup.org

Step 2: Article

10 Tips for Family Fitness

1) Park your car as far away from the entrance as possible.
2) Take family walks after meals
3) Enter a bike-a-thon or fun run and train for it together
4) Locate nearby trails and go for a hike!
5) Organize a family hopscotch tournament
6) Rent a paddleboat or canoe at a park near you
7) Build and fly kites
8) Play miniature golf together
9) During bad weather, go walking at the mall
10) Wash the family cars

Source: Shape Up America!

FREE Workshops!

Check out the 'Take 12' Web site for the current schedule and locations.

This Healthy Step Sponsored By:

George Washington RECenter

8426 Old Mt. Vernon Rd, Alexandria, VA 22309 | 703-780-8894

George Washington RECenter has a heated indoor 25-meter pool, with poolside spa, beach and wading area, saunas, showers, and fully equipped locker rooms. The fitness area includes two treadmills, recumbent and upright bicycles. This completely accessible facility also features newly resurfaced, fully lighted tennis courts and a picnic area. ***NEW*–Yoga classes beginning this spring!**

Take 12! Steps for Family Health in 2011
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CIRCLE CHIROPRACTIC CENTER, P.C.

Step 3: Form a Sleep Routine

Set a bedtime for each family member and stick to it.

SUN	MON	TUE	WED	THU	FRI	SAT
FEBRUARY 2011 Sun Mon Tue Wed Thu Fri Sat 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	APRIL 2011 Sun Mon Tue Wed Thu Fri Sat 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	1	2	3	4	5 *FCPA Trips & Tours:* Montpelier, Monticello & Mitchie Tavern
6	7 *FCPA Trips & Tours:* Philadelphia Flower Show	8	9 Ash Wednesday	10	11	12 *FCPA Trips & Tours:* Philadelphia Flower Show
13 Daylight Savings Time begins	14	15	16	17 St. Patrick's Day	18	19 Oak Marr Mini-Golf Now Open 10am-6pm… Come play!
20 Oak Marr Mini-Golf Now Open 10am-6pm… Come play! Spring Begins	21	22	23	24	25	26 Spring Parktakes classes begin today… not too late to register!
27	28	29	30	31		

March is…

- National Nutrition Month
- National Women's History Month

March Notes and Goals

Web Resources

National Sleep Foundation
www.sleepfoundation.org

The Better Sleep Council
www.bettersleep.org

Step 3: Q & A

SLEEP

Q: How much sleep should a person get?
A: The average adult needs at least 7-8 hours per night, and kids need about 9 hours per night.

Q: Can I make up for lost sleep during the week by sleeping more on the weekends?
A: No. Sleeping for longer than a normal amount of time indicates "sleep debt" and can only be reversed by getting the right amount of sleep each night.

Q: Is it ok to fall asleep on the sofa with the TV on?
A: Not really. This means you're missing out on quality sleep that you would get in your bed. Good sleep requires a dark, quiet, cool room and a nice supportive mattress.

Source: The Better Sleep Council

FREE Workshops!

Check out the 'Take 12' Web site for the current schedule and locations.

This Healthy Step Sponsored By:

Providence RECenter

7525 Marc Drive, Falls Church, VA | 703-698-1351

3rd Annual Mother's Day Craft Show

at Providence RECenter

Saturday, April 30th, 9am-3pm **Free Admission**

Showcasing juried vendors specializing in textile work, pottery, jewelry, homemade dolls… and much more!

Take 12! Steps for Family Health in 2011

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Step 4: Spend Time Together

APRIL 2011

Plan a weekly family night—take a walk, play a game or attend an event together.

SUN	MON	TUE	WED	THU	FRI	SAT
MARCH 2011 Sun Mon Tue Wed Thu Fri Sat 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	MAY 2011 Sun Mon Tue Wed Thu Fri Sat 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31				1 April Fool's Day	2 Culmore Multi-Cultural Day at Woodrow Wilson Library: 10am-2pm
3 *FCPA Trips & Tours:* Virginia Winery Tour	4	5	6	7	8	9 *FCPA Trips & Tours:* Grand Tour of Staunton, VA
10 *FCPA Trips & Tours:* The Full Monty—Candlelight Dinner Theater, DE	11 Next week is Spring Break: Try a new camp & learn new skills!	12	13	14	15 Income Tax Day	16 *FCPA Trips & Tours:* Amish Country Cooking Tour
17 Oak Marr Days at Oak Marr RECenter 4-11pm Palm Sunday	18 Oak Marr Days at Oak Marr RECenter 10am-11pm	19 Oak Marr Days at Oak Marr RECenter 11am-9pm Passover	20 FCPA's Lose the Training Wheels begins at Lee District RECenter	21	22 *FCPA Trips & Tours:* James River Plantation Tour Earth Day	23
24 Easter	25	26 Passover Ends	27 Administrative Professionals Day	28	29 Arbor Day	30 Mother's Day Craft Show at Providence RECenter

April is...

- National Cancer Control Month
- Alcohol Awareness Month

April Notes and Goals

Web Resources

Family Education Website:
fun.familyeducation.com

Family Fun... together!
www.family-fun-together.com

Step 4: Article

Family Game Night

The best way to get started is to declare a "family game night." Weekends would probably be the better time to do this since weekdays are packed full of activities already. It's important to emphasize that family time should be fun—not a chore. Pick out a game and talk it up during the week. When it's time to play, pick your seat, grab a snack, and enjoy your time together! Game suggestions: Scrabble, Sorry!, Clue, or Chutes & Ladders.

Source: Family Education website

FREE Workshops!

Check out the 'Take 12' Web site for the current schedule and locations.

This Healthy Step Sponsored By:

Oak Marr RECenter

3200 Jermantown Rd, Oakton, VA | 703-281-6501

Join us for Oak Marr Days!

April 17th, 4-11p | April 18th, 10a-11p | April 19th, 11a-9p

RIDES! GAMES! ENTERTAINMENT! FOOD!

Experience a great 3-day community event for the whole family.

Take 12! Steps for Family Health in 2011

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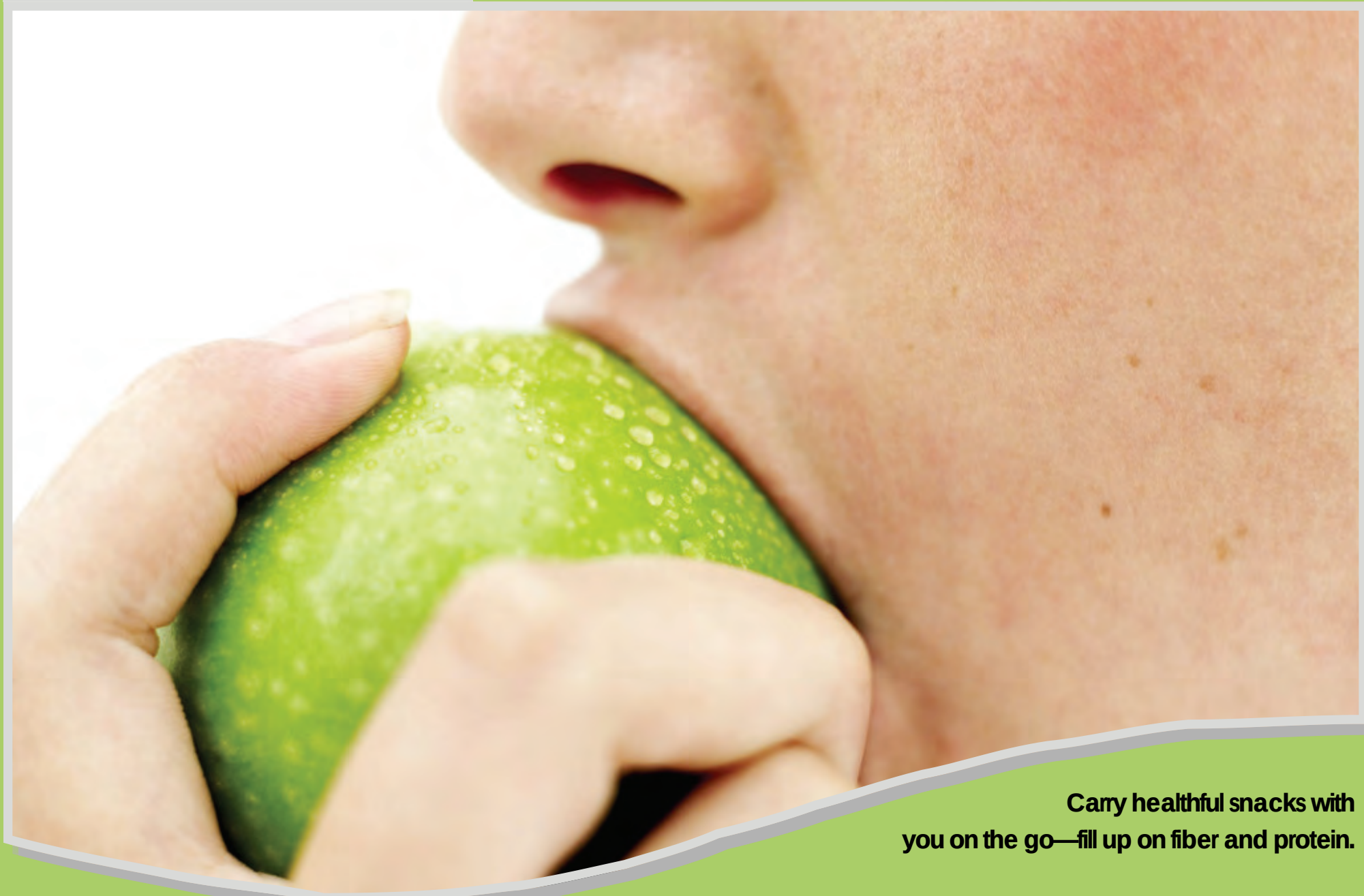
Phone: 703-324-8423

Fairfax County Park Authority RECenters

CIRCLE CHIROPRACTIC CENTER, P.C.

Step 5: Eat Healthful Snacks

MAY 2011



Carry healthful snacks with you on the go—fill up on fiber and protein.

SUN	MON	TUE	WED	THU	FRI	SAT
1 Spring Pass Sale begins today! May Day	2 Rec-PAC Registration begins, save $8—register now!	3 Get into a summer class... registration opens today!	4	5 Cinco de Mayo	6	7 Braddock Community Day, 10am-2pm
8 Mother's Day	9 Super Seniors Tournament at Greendale Golf Course	10	11	12	13	14 *FCPA Trips & Tours:* St. Mary's County Tour
15 *FCPA Trips & Tours:* NASCAR Dover International Speedway	16	17	18	19	20	21 *FCPA Trips & Tours:* Virginia Winery Tour—Rt. 15
22 *FCPA Trips & Tours:* Shenandoah 5-mile Hike	23	24	25	26	27	28 *FCPA Trips & Tours:* Crayola Factory Discovery Center
29 *FCPA Trips & Tours:* Thomas Point Lighthouse Cruise	30 Memorial Day	31			APRIL 2011	JUNE 2011

APRIL 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

JUNE 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

May is...

- National Physical Fitness & Sports Month
- American Stroke Month

May Notes and Goals

Web Resources

Smart Snacking page at KidsHealth.org:
kidshealth.org/teen/food_fitness

Mayo Clinic
www.mayoclinic.com/health

Step 5: Ideas

10 Healthful Snacks

1) 1 cup of high fiber cereal and a handful of pumpkin seeds
2) 1-ounce of nuts (about 24 almonds or 15 walnuts)
3) A handful of red grapes
4) "Skinny Cow" brand ice cream sandwich
5) Whole wheat toast with a smear of peanut butter
6) 1 stick of string cheese with a piece of fruit
7) A whole wheat tortilla with a couple spoonfuls of black beans
8) A serving of Greek yogurt with a handful of berries
9) Any fruit or vegetable
10) Trail Mix: 1 c. whole grain toasted oat cereal, 1/4 c. walnuts, 1/4 c. dried cranberries

Sources: US News, Kidshealth.org

FREE Workshops!

Check out the 'Take 12' Web site for the current schedule and locations.

This Healthy Step Sponsored By:

Laurel Hill Golf Club
Greendale Golf Course
Twin Lakes

Gear-up for summer by visiting Fairfax County Park Authority's Golf Courses, including two of the 100 Must-Play Courses of the Middle Atlantic (GolfStyles Magazine, March 2006) - Laurel Hill Golf Club and the Oaks Course at Twin Lakes! The Park Authority offers great golfing opportunities across the county from 18-hole courses, 9-hole courses, and par-3s. Visit www.fairfaxcounty.gov/parks/golf for locations.

Super Seniors Tournament

(Ages 70+)

Monday, May 9th, 9am Shotgun Start
Greendale Golf Course
$20 plus greens fees, register by May 5th.

Seniors compete in an 18-hole individual stroke play tournament. Prizes awarded for 1st & 2nd low gross in each division. Come play!

Take 12! Steps for Family Health in 2011

www.fairfaxcounty.gov/parks/rec/Take12
E-mail: Take12@fairfaxcounty.gov
Phone: 703-324-8423

Fairfax County Park Authority RECenters
CIRCLE CHIROPRACTIC CENTER, P.C.

Step 6: Develop a Healthy Body Image

JUNE 2011

Think positive! Set realistic healthy goals for yourself… love the skin you're in!

SUN	MON	TUE	WED	THU	FRI	SAT
MAY 2011 Sun Mon Tue Wed Thu Fri Sat 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	JULY 2011 Sun Mon Tue Wed Thu Fri Sat 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		1	2 Springfield Days at South Run RECenter	3 Springfield Days at South Run RECenter	4 Springfield Days at South Run RECenter
5 Springfield Days at South Run RECenter	6	7	8 *Kids Concert Series:* Fairfax Orchestra Brass at Frying Pan Park	9	10	11 *FCPA Trips & Tours:* Tug John Arthur Cruise & Chesapeake City Tour
12 *FCPA Trips & Tours:* Durbin & Greenbrier Valley Railroad	13	14 Flag Day	15 Spring Pass Sale ends today… save at least 10%!!!	16	17	18 *Kids Concert Series:* Rocknocerous at E.C. Lawrence Park Amphitheater
19 Father's Day	20 Private School Camps begin—register now!	21 Summer begins	22	23	24	25 Summer Parktakes classes start today—not too late to register!
26	27 FCPA Summer Camps begin—register now!	28	29	30		

June is…

- National Dairy Month
- Vision Research Month

June Notes and Goals

Web Resources

National Women's Health Information Center:
www.womenshealth.gov

Reflections Body Image Program:
www.bodyimageprogram.org

Step 6: Article

Ways to Love Your Body

Love Your…

TASTE BUDS. Indulge on your own terms, whether it's at the farmer's market or with a piece of chocolate.

LAUGH. Laugh out loud. Smiling and laughing are contagious… pass it on.

LOOK. Plan a spa day… get a massage, manicure and pedicure. Feel refreshed and looking good.

MIND. They way you feel about your body rests in the mind. Exercise your mind with creative activities, and you'll feel better about yourself.

MUSCLES. Use your muscles and stretch with some yoga to relax the tension from your body.

SIZE. EveryBODY is different. Strive to be the size that will help you maintain a healthy lifestyle.

Source: nowfoundation.org

FREE Workshops!

Check out the 'Take 12' Web site for the current schedule and locations.

This Healthy Step Sponsored By:

Spring Hill RECenter

1239 Spring Hill Rd, McLean, VA | 703-827-0989

Come out to **Spring Hill RECenter** and see what we have to offer: a 25-meter swimming pool, fitness facility, racquetball courts, and we even have a preschool! Classes are available. Check out our new Cycle Spin classes and Mind-Body studio. The park also has a tot lot playground area and fields. *Visit Spring Hill RECenter today!*

Take 12! Steps for Family Health in 2011

www.fairfaxcounty.gov/parks/rec/Take12

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Phone: 703-324-8423

Fairfax County Park Authority RECenters

CIRCLE CHIROPRACTIC CENTER, P.C.

Step 7: Play Together

JULY 2011

Schedule time for outdoor activities—ride bikes, go to the pool, play tag, or attend a ball game.

SUN	MON	TUE	WED	THU	FRI	SAT
July is… UV Safety Month National Parks and Recreation Month		JUNE 2011 Sun Mon Tue Wed Thu Fri Sat 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	AUGUST 2011 Sun Mon Tue Wed Thu Fri Sat 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		1	2
3	4 Independence Day	5 Rec-PAC opens!	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23 *Kids Concert Series:* The Great Zucchini at Mason Park
24	25	26 Fall Parktakes is here—grab your copy or go online!	27	28	29	30 *Kids Concert Series:* DinoRock at Lake Fairfax
31 Ramadan Begins at Sundown		July Notes and Goals				

Web Resources

National Institute for Play:
www.nifplay.org

Nature Rocks!
www.naturerocks.org

Step 7: Activities

Ideas for the Outdoors

- Swing in a hammock
- Take a hike!
- Plant a garden
- Find an orchard or farm to go berry or apple picking
- Visit a nature center, like Hidden Oaks or Hidden Pond.
- Participate in a nature clean-up
- Play a good old-fashioned game of tag
- Go bird watching
- Go for a bike ride… remember to wear your helmet.

Source: Family Education website

FREE Workshops!

Check out the 'Take 12' Web site for the current schedule and locations.

This Healthy Step Sponsored By:

Northern Virginia Healthy Kids Coalition

www.tippingthescales.net

Visit the website & spread the message!

9-5-2-1-0 for Health

Five daily habits can help kids live healthier lives and sustain a healthy body weight.

9—Get at least 9 hours of sleep
5—Eat five servings of fruits and vegetables
2—Limit screen time to two hours or less
1—Get at least one hour of physical activity
0—Eliminate Sugary Drinks

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Step 8: Balance Yourself

Balance your inner and outer self by managing your time and working on flexibility.

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Ramadan	2	3	4	5	6
7	8	9 Fall registration opens today—don't wait, save $8!	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

JULY 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

SEPTEMBER 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

August is...

- Children's Eye Health and Safety Month

August Notes and Goals

Web Resources

Mind Tools
www.mindtools.com

IDEA Health & Fitness Association:
www.ideafit.com

Step 8: Tips

Time Management

- **Plan each day**—make a "to do" list to minimize conflicts and rushing.
- **Say NO to nonessential tasks**
- **Evaluate how you're spending your time**—keep a diary and think of new ways to be more efficient.
- **Get plenty of sleep, exercise regularly, and eat a healthful diet.**
- **Take a break when needed!**
- **Ask for professional help**—if your life feels out of control, consult a professional organizer and/or psychologist.

Source: Mayo Clinic

FREE Workshops!

Check out the 'Take 12' Web site for the current schedule and locations.

This Healthy Step Sponsored By:

CIRCLE CHIROPRACTIC CENTER, P.C.

PRO-ACTIVE FAMILY HEALTHCARE FROM THE INSIDE OUT

At Circle Chiropractic Center, P.C., we offer a wide variety of treatment options including chiropractic, rehabilitative exercises, specific therapeutic treatments, massage, and acupuncture, as well as Spinal Decompression Therapy (DTS). Proudly serving Fairfax and the surrounding areas since 1981!

www.circlechiropracticcenter.com

(703)385-2990

Take 12! Steps for Family Health in 2011

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Fairfax County Park Authority RECenters

CIRCLE CHIROPRACTIC CENTER, P.C.

Step 9: Switch to a *Green* Bag Lunch

SEPTEMBER 2011

Find a cool reusable bag to bring your healthful lunch to work/school.

SUN	MON	TUE	WED	THU	FRI	SAT
AUGUST 2011 Sun Mon Tue Wed Thu Fri Sat 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	OCTOBER 2011 Sun Mon Tue Wed Thu Fri Sat 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31			1 Fall Pass Sale begins—save at least 10% on passes!	2	3
4	5 Labor Day	6	7	8	9	10
11 Patriots Day	12	13	14	15	16	17 Fall Parktakes classes start today... register now!
18	19	20	21	22	23 Autumn begins	24
25	26	27	28	29 Rosh Hashanah	30	

September is...

- Fruit & Veggies—More Matters Month!
- Whole Grains Month

September Notes and Goals

Web Resources

Health e-Lunch Kids:
www.healthelunchkids.com

Eating Well:
www.eatingwell.com

Step 9: Ideas

What to include in a healthful lunch

Make sure to pack:

A protein, as well as grain, and a fruit or vegetable. Examples: turkey sandwich, peanut butter, hard-boiled egg, veggies with dip or hummus, NutraGrain bar, Laughing Cow Babybel cheese, dried fruit or applesauce.

Stay Away From:

Lunch items loaded with fat, sugar or sodium, which processed foods have in abundance. Examples: Sports drinks, Lunchables, Smucker's Uncrustables, YoCrunch yogurt, and Cheetos.

Source: YumaSun.com Healthy Living

FREE Workshops!

Check out the 'Take 12' Web site for the current schedule and locations.

This Healthy Step Sponsored By:

Cub Run RECenter

4630 Stonecroft Blvd, Chantilly, VA 20151 | 703-817-9407

Cub Run RECenter features a leisure pool with 2 water slides and a water playground! Come swim in our 25-meter swimming pool, or workout in our state-of-the-art fitness room complete with weight machines and cardio equipment. We offer many different types of classes—fitness, kids, arts & crafts, sports, martial arts, drama and photography. Need a space to hold a party? Think Cub Run RECenter—we have a party room perfect for nature or birthday parties! We are the only county RECenter with a naturalist on staff... so come and visit us today!

Take 12! Steps for Family Health in 2011

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Phone: 703-324-8423

Fairfax County Park Authority RECenters

CIRCLE CHIROPRACTIC CENTER, P.C.

Step 10: Volunteer as a Family

OCTOBER 2011

Donate your time to a local charity/organization that needs volunteers at least twice this month.

SUN	MON	TUE	WED	THU	FRI	SAT
October is… Breast Cancer Awareness Month Eye Injury Prevention Month		SEPTEMBER 2011 Sun Mon Tue Wed Thu Fri Sat 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	NOVEMBER 2011 Sun Mon Tue Wed Thu Fri Sat 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30			1
2	3 Customer Service Week begins… We love our customers!	4 Child Health Day	5	6	7	8 Yom Kippur
9	10 Columbus Day	11	12	13	14	15 Fall Pass Sale ends— hurry, you can save at least 10%!
16	17	18	19	20	21	22 Arts & Crafts Show at South Run RECenter
23 Arts & Crafts Show at South Run RECenter	24 United Nations Day	25	26	27	28	29
30	31 Halloween	October Notes and Goals				

Web Resources

Volunteer Match:
www.volunteermatch.org

FCPA Volunteering Program:
www.fairfaxcounty.gov/parks/volunteer

Step 10: Tips

Finding the Right Volunteer Opportunity

- Use a volunteering website to find opportunities in your area
- Choose a cause that you're passionate about
- Find something that matches your skills, interest & schedule

Be a Great Volunteer

- Be professional
- Honor your volunteer commitments
- Extend gratitude to any organization that provides you with training or professional development while volunteering

Source: volunteermatch.org

FREE Workshops!

Check out the 'Take 12' Web site for the current schedule and locations.

This Healthy Step Sponsored By:

Lee District RECenter

6601 Telegraph Rd, Franconia, VA | 703-922-9841

Get a jump start on your New Year's resolution and do something fun for yourself today!

Get moving, work up a sweat, take a new class…

Options are available at Lee District RECenter to create a healthier, happier, new YOU!

Take 12! Steps for Family Health in 2011

www.fairfaxcounty.gov/parks/rec/Take12

E-mail: Take12@fairfaxcounty.gov

Phone: 703-324-8423

Fairfax County Park Authority RECenters

CIRCLE CHIROPRACTIC CENTER, P.C.

Step 11: Stretch It Out

NOVEMBER 2011

Try Yoga and/or Pilates…
classes are available for everyone
in your family.

SUN	MON	TUE	WED	THU	FRI	SAT
OCTOBER 2011 Sun Mon Tue Wed Thu Fri Sat 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	DECEMBER 2011 Sun Mon Tue Wed Thu Fri Sat 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1	2	3	4	5
6 End of Daylight Savings	7	8 Election Day	9	10	11 Veterans Day	12
13	14	15	16	17 Winter Parktakes available now! Great American Smokeout	18	19
20	21	22	23	24 Thanksgiving Day	25	26
27	28	29	30 Register for Winter classes now and save $8!			

November is...

- American Diabetes Month
- National Healthy Skin Month
- COPD Awareness Month

November Notes and Goals

Web Resources

Yoga Alliance:
http://yogaalliance.org

Balanced Body:
www.pilates.com

Step 11: Exercise

Cat-Cow Stretch

1) Start on all fours, with your hands underneath your shoulders and knees underneath your hips. Your back should be in a neutral spine, with your eyes looking down at the floor.

2) Move into cow pose by curling the toes under (flex the foot), drop your belly and look up toward the sky. Breathe.

3) Move back into neutral spine.

4) Move into cat pose by releasing the tops of the feet to the floor, rounding your spine and dropping your head to look at your stomach. Breathe.

Repeat this sequence, matching the movement to your own inhale-exhale pattern. Continue to stretch for 8-10 breaths.

Source: About.com Yoga

FREE Workshops!

Check out the 'Take 12' Web site for the current schedule and locations.

This Healthy Step Sponsored By:

Mount Vernon RECenter

2017 Belle View Blvd, Alexandria, VA | 703-768-3224

Come ice skate for a great workout and catch the holiday spirit at the same time! Fairfax County's only publicly-owned indoor ice arena includes skate rental, skate sharpening, hockey team rooms, birthday party options, and more! Take an ice skating or hockey class and skate with world-class coaches!

Mount Vernon RECenter's Holiday Ice Show
Saturday, December 10th
11:30am-1:30pm
Free Admission
See Mt. Vernon skaters highlight their skills. Celebrate the season with us!

Take 12! Steps for Family Health in 2011
www.fairfaxcounty.gov/parks/rec/Take12
E-mail: Take12@fairfaxcounty.gov
Phone: 703-324-8423

Fairfax County Park Authority RECenters
CIRCLE CHIROPRACTIC CENTER, P.C.

Step 12: **Give of Yourself**

DECEMBER 2011

Instead of buying gifts this holiday season, spend time together with a game or activity.

SUN	MON	TUE	WED	THU	FRI	SAT
NOVEMBER 2011 Sun Mon Tue Wed Thu Fri Sat 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	JANUARY 2012 Sun Mon Tue Wed Thu Fri Sat 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31			1 World AIDS Day	2	3 Arts & Crafts Show at Audrey Moore RECenter
4 Arts & Crafts Show at Audrey Moore RECenter	5	6	7	8	9	10 Holiday Skating Show at Mt. Vernon RECenter 11:30am-1:30pm
11	12	13	14	15	16	17
18	19	20	21 Hanukkah	22 Winter begins	23	24
25 Christmas Day	26 Kwanzaa begins	27	28	29	30	31 Pick up your 'Take 12! in 2012' calendar! New Year's Eve

December is…

- AIDS Awareness Month
- Safe Toys and Gifts Month

December Notes and Goals

Web Resources

Parents Magazine:
www.parents.com

Nickelodeon Parents Connect:
www.parentsconnect.com

Step 12: Ideas

Festive Winter Activities

- **Go caroling.** Spread some holiday cheer with a group of family and friends.
- **Host a cookie swap.** Invite some friends or have each family member bake a batch or two of their favorite treat. Give a taste and swap!
- **Have a snowman contest.** Build a snowman and compete against your family and friends for bragging rights!
- **Make your own gifts.** Try some simple projects or gift wrapping as a family. You could also make your own holiday decorations. Save money together!
- **Attend community events.** There are great end-of-year performances on stage. Check out your local high school or church and take the whole family.

Source: moolanomy.com

FREE Workshops!

Check out the 'Take 12' Web site for the current schedule and locations.

This Healthy Step Sponsored By:

Audrey Moore RECenter

8100 Braddock Rd, Annandale, VA 22003 | 703-321-7081

34th Annual Wakefield Arts & Crafts Show

December 3rd & 4th

Admission: $2, children 12 and under are free. *Door Prizes Awarded!*

One of a kind and handmade:

Baskets * Pottery * Country Crafts * Wood Crafts * Glass Works * Drawings & Paintings * Sculpture * Photography * Apparel * Leather Goods * Jewelry * Metal Craft * Mosaics * Wreathes * Ornaments * Floral Items

Take 12! Steps for Family Health in 2011

www.fairfaxcounty.gov/parks/rec/Take12

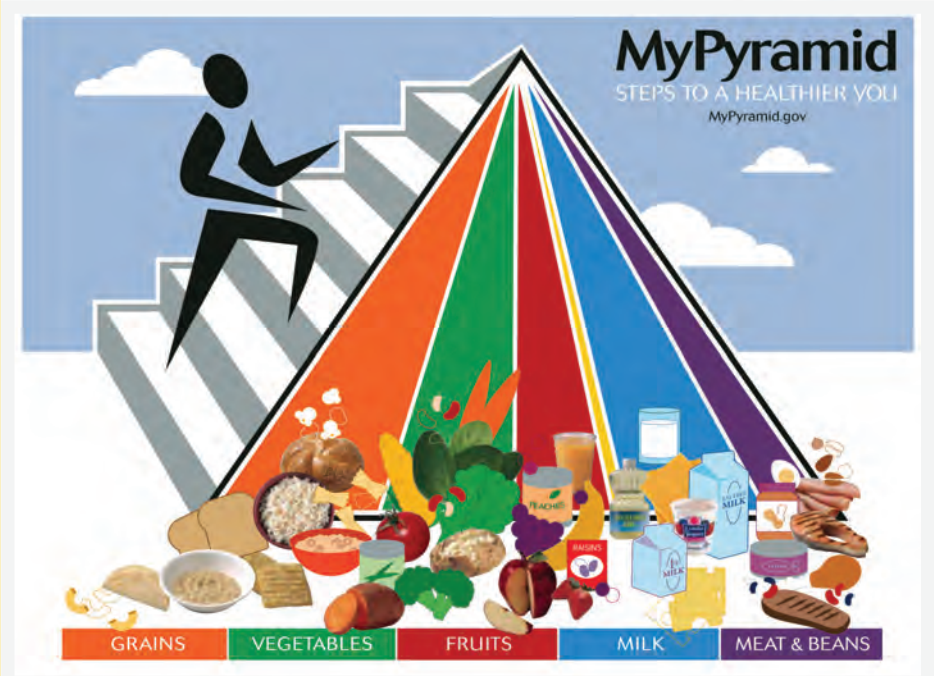
E-mail: Take12@fairfaxcounty.gov

Phone: 703-324-8423

Fairfax County Park Authority RECenters

CIRCLE CHIROPRACTIC CENTER, P.C.

Nutrition Information



Nutrition facts table lists calories and amounts of core nutrients, making it easier to track calories or keep under daily maximums of things like salt, sugar and fats or choose a product with the highest percentage of vitamins.

Core nutrients are always listed in the same order, and are followed by amounts, making comparison between brands easier. You can easily compare which brand has the least amount of sugar, salt and fat or the most vitamin C.

List of ingredients. Ingredients are listed by weight in descending order. The list will help you determine if a product contains an ingredient you're trying to avoid, or doesn't have an ingredient you expect to be there.

Nutrition claims. Food companies can include a health claim on the label if the product meets Health Canada criteria. Because of this, you can trust that if it says 'low fat' or 'high in fibre,' it is so.

Nutrition Facts

Per 4 crackers (20 g)

Amount	% Daily Value
Calories 90	
Fat 3 g	5 %
Saturated Fat 0.5 g + Trans Fat 1 g	8 %
Cholesterol 0 mg	
Sodium 132 mg	6 %
Carbohydrate 14 g	5 %
Fibre 2 g 8 %	
Sugars 2 g	
Protein 2 g	
Vitamin A 0 % Vitamin C 0 %	
Calcium 0 % Iron 4 %	

Ingredients: Whole Wheat, vegetable oil shortening, salt.

Low fat, cholesterol-free, source of fibre

Serving size and calories. Calories noted are for the serving size indicated. Be aware, though, that the serving size listed may not be the actual amount you might usually eat. (Who stops at three potato chips?) Serving size may also vary between brands, requiring you to use basic math skills to complete a comparison. Can't visualize how much is in a 30-gram serving? Estimate by the size of the whole package. A 30-gram serving is about one tenth of a 300-gram package.

Percentage Daily Value tells you what percentage of the daily recommended amount of each nutrient a product contains. Can't tell if three grams of fat is a lot or a little? Check the percentage—it's five per cent of the recommended daily intake in a healthy diet. Using percentages is another easy way to compare brands, especially if there is a difference in the suggested serving size.

Source: LegionMagazine.com

FOR A 2,000 - CALORIE DIET, YOU NEED THE AMOUNTS BELOW FROM EACH FOOD GROUP

Grains	Vegetables	Fruit	Dairy	Protein
Eat 6 oz. every day	Eat 2.5 cups every day	Eat 2 cups every day	Get 3 cups every day	Eat 5.5 oz. every day

GRAINS
1 SERVING LOOKS LIKE...

- 1 cup of cereal flakes = fist
- 1 pancake = compact disc
- 1/2 cup of cooked rice, pasta or potato = 1/2 baseball
- 1 slice of bread = cassette tape
- 1 piece of corn bread = bar of soap

VEGETABLES & FRUIT
1 SERVING LOOKS LIKE...

- 1 cup of salad greens = baseball
- 1 baked potato = fist
- 1 medium fruit = baseball
- 1/2 cup of fresh fruit = 1/2 baseball
- 1/4 cup of raisins = one large egg

DAIRY
1 SERVING LOOKS LIKE...

- 1.5 oz. of cheese = 4 stacked dice or 2 cheese slices
- 1/2 cup of ice cream = 1/2 baseball

FATS

- 1 tsp. margarine or spreads = 1 dice

MEAT & BEANS
1 SERVING LOOKS LIKE...

- 3 oz. meat, fish & poultry = deck of cards
- 3 oz. grilled/baked fish = checkbook
- 1 Tbsp. peanut butter = ping pong ball

Source: Towson University Dining Services

Healthful Recipes

Morning Glory Muffins I

By Jaclyn

Prep: 15 min | Cook: 20 min
Ready In: 35 min Yield 18 muffins

1 1/2 c. all-purpose flour
1/2 c. whole wheat flour
1 1/4 c. white sugar
1 tablespoon ground cinnamon
2 teaspoons baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
2 c. grated carrots
1 apple—peeled, cored and chopped
1 c. raisins
1 egg
2 egg whites
1/2 c. apple butter
1/4 c. vegetable oil
1 tablespoon vanilla extract
2 tablespoons chopped walnuts
2 tablespoons toasted wheat germ

1. Preheat oven to 375 degrees F (190 degrees C). Lightly oil 18 muffin cups, or coat with nonstick cooking spray.
2. In medium bowl, whisk together eggs, egg whites, apple butter, oil and vanilla.
3. In large bowl, stir together flours, sugar, cinnamon, baking powder, baking soda and salt. Stir in carrots, apples and raisins. Stir in apple butter mixture until just moistened. Spoon the batter into prepared muffin cups, filling them about 3/4 full.
4. In small bowl, combine walnuts and wheat germ; sprinkle over the muffin tops.
5. Bake at 375 degrees F (190 degrees C) for 15 to 20 minutes, or until the tops are golden and spring back when lightly pressed.

Calories: 194 | Total Fat: 4.2g | Cholesterol: 12mg

Recipes Provided by

allrecipes.com®

Braised Balsamic Chicken

By MOONANDBACK

Prep: 10 min | Cook: 20 min Ready In: 30 min
Yield 6 servings

6 skinless, boneless chicken breast halves
Ground black pepper to taste
1 teaspoon garlic salt
2 tablespoons olive oil
1 onion, thinly sliced
1/2 c. balsamic vinegar
1 (14.5 ounce) can diced tomatoes
1 teaspoon dried basil
1 teaspoon dried oregano
1 teaspoon dried rosemary
1/2 teaspoon dried thyme

1. Season chicken breasts with ground black pepper and garlic salt. Heat olive oil in a medium skillet, and brown the onion and seasoned chicken breasts.
2. Pour tomatoes and balsamic vinegar over chicken, and season with basil, oregano, rosemary and thyme. Simmer until chicken is no longer pink and the juices run clear, about 15 minutes.

Calories: 206 | Total Fat: 6.1g | Cholesterol: 68mg

Fresh Summer Fruit Salad

By CHMOORE

Prep: 30 min | Cook: 15 min Ready In: 3 hrs, 45 min
Yield 4 servings

1/2 c. water
2/3 c. sugar
3 c. thinly sliced rhubarb
15 seedless grapes, halved
1/2 orange, sectioned
10 fresh strawberries, hulled and halved
1 apple, cored and diced
1 peach, sliced
1 plum, pitted and sliced
15 pitted Bing cherries
1/4 c. fresh blueberries

1. Bring water and sugar to boil in a medium saucepan over medium heat. Stir in the rhubarb, turn heat to low, cover, and simmer until rhubarb is soft, 10 to 15 minutes. Mash and chill in the refrigerator, about one hour.
2. To serve, mix the grapes, oranges, strawberries, apple, peach, plum, cherries and blueberries with 2/3 cup of the rhubarb sauce. Stir gently, but thoroughly to coat. Refrigerate at least two hours to allow flavors to blend.

Calories: 230 | Total Fat: 0.8g | Cholesterol: 0mg

Cajun Style Baked Sweet Potato

By JJOHN32

Prep: 10 min | Cook: 1 hr
Ready In: 1 hr 10 min
Yield 4 servings

1 1/2 teaspoons paprika
1 teaspoon brown sugar
1/4 teaspoon black pepper
1/4 teaspoon onion powder
1/4 teaspoon dried thyme
1/4 teaspoon dried rosemary
1/8 teaspoon cayenne pepper
2 large sweet potatoes
1 1/2 teaspoons olive oil

1. Preheat oven to 375 degrees F (190 degrees C).
2. In small bowl, stir together paprika, brown sugar, black pepper, onion powder, thyme, rosemary, garlic powder, and cayenne pepper.
3. Slice the sweet potatoes in half lengthwise. Brush each half with olive oil. Rub the seasoning mix over the cut surface of each half. Place sweet potatoes on a baking sheet, or in a shallow pan.
4. Bake in preheated oven until tender, or about 1 hour.

Calories: 229 | Total Fat: 2.3g
Cholesterol: 0mg

Marinated Grilled Shrimp

By BLONDIEPEREZ

Prep: 15 min | Cook: 6 min
Ready In: 55 min
Yield 6 servings

3 cloves garlic, minced
1/3 c. olive oil
1/4 c. tomato sauce
2 tablespoons red wine vinegar
2 tablespoons chopped fresh basil
1/2 teaspoon salt
1/4 teaspoon cayenne pepper
2 pounds fresh shrimp, peeled and deveined
Skewers

1. In large bowl, stir together garlic, olive oil, tomato sauce, and red wine vinegar. Season with basil, salt, and cayenne pepper. Add shrimp and stir until evenly coated. Cover and refrigerate for 30 minutes to 1 hour, stirring once or twice.
2. Preheat grill for medium heat. Thread shrimp onto skewers, piercing once near the tail and head. Discard marinade.
3. Lightly oil grill grate. Cook shrimp on preheated grill for 2 to 3 minutes per side, or until opaque.

Calories: 273 | Total Fat: 14.7g
Cholesterol: 230mg

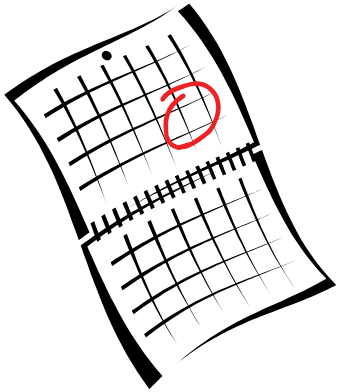
Coming in 2012...

Take 12!

Steps for community Health in 2012

The 'Take 12' program focuses on community health! Make sure to sign-up for our free monthly e-newsletter for tips on how to support the health of our community and upcoming community events.

Go to www.fairfaxcounty.gov/parks/rec/take12 to sign-up and for more information.



Mark your calendar to pickup your copy of the Take 12! Steps for Community Health in 2012 calendar at your local RECenter. Or, go online and download your calendar for free! You don't want to miss out on the exciting 'Take 12 in 2012' events:

Free Workshops

1st Annual "Take 12! 5K/10K/Fun Run" at Burke Lake Park

Health Fairs & Wellness Screenings

YOUR LOGO HERE

Become a 'Take 12' Sponsor in 2012!

FCPA is seeking sponsors for the 'Take 12! Steps for Community Health in 2012' program. This program is provided to the public free of charge, and is dedicated to educating and improving the health of the community. As a sponsor, your logo will be displayed on all 'Take 12' print materials (including race t-shirts) as well as the website, and you will receive copies of the annual wall calendar. Sponsorship fees start as low as $350! For more information, please contact Liz Ittner: elizabeth.ittner@fairfaxcounty.gov or 703-324-8423.

Easy to Give. Fun to Receive.

Park Authority Gift Cards

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Ice Skating to Golf Rounds,
Historic Tours to Adventures in Nature,
Summer camps to Day Trips . . .
One Card Gives It All

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Fairfax County Park Authority

Parktakes

MAGAZINE

A Quarterly Guide to Park and Recreation Programs

Go Green with E-Parktakes and get all the features of the print edition!

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GO GREEN!

To change your subscription options or to become a new subscriber, please visit: www.fairfaxcounty.gov/parks/parktakes

RECenter Pass Sales

Save up to 17% on passes throughout the year!

Healthy Heart Pass Sale:
January 1, 2011—February 14, 2011

Spring Pass Sale:
May 1, 2011—June 15, 2011

Fall Pass Sale:
September 1, 2011—October 15, 2011

Included with Pass:

- Membership valid at all nine RECenters
- Free Drop-In Group Fitness classes
- Fitlinxx Computer Tracking system
- Cybex , Free Weights and Cardio Machines
- Pools
- Saunas and Spas
- Indoor Basketball & Racquetball

Many pass options available! Buy your pass online at www.fairfaxcounty.gov/parks/passesonline.htm or at any RECenter.

Take 12!

Steps for family Health in 2011

Have a question?

Email the Fitness & Wellness Expert Team — **Take12@fairfaxcounty.gov**.

Or visit www.fairfaxcounty.gov/parks/rec/Take12 for more information on the Take 12 program.

Take 12! Steps for family Health in 2011

Fairfax County Park Authority

Fitness & Wellness Section

12055 Government Center Parkway, Suite 425

Fairfax, Virginia 22035-1118

Contact Information

Phone: (703) 324-8423

Email: Take12@fairfaxcounty.gov

Website: www.fairfaxcounty.gov/parks/rec/Take12

Or contact your local FCPA RECenter Fitness Director.

Thank You to our 2011 Program Sponsors:

Northern Virginia Healthy Kids Coalition

Laurel Hill Golf Club

Greendale Golf Course

Twin Lakes

Thank You to our 2011 Program Partners:

Fairfax County Park Authority RECenters

Circle Chiropractic Center, P.C.

Pro-Active Family Healthcare From The Inside Out

If ADA accommodations and/or alternative formats are needed, please call (703) 324-8563, at least 10 working days in advance of the registration deadline or event. TTY (703) 803-3354.

A Fairfax County Publication