

2014 Calendar

Take 12

Steps for *Family* Health

in 2014

12 Months • 12 Healthy Goals



Sponsored by





January

2014



There are wonderful cold-weather activities that are fun for the whole family, such as ice skating at Mount Vernon RECenter's ice rink.



Step up to fitness

Make 2014 the year of the fitter family.

January

Family Fitness Ideas

Building in some fitness time for you and your little ones can be easier (and more fun) than you think!

0 to 18 months: Head to the indoor pool – holding your baby is a great arm workout for you, while you teach your baby how to kick and move through the water.

18 months to 5 years: Home bowling – use a softball and empty plastic water bottles as the pins, and set them up in the garage or driveway. Chasing the ball and resetting the pins can really boost your heart rate.

5 to 8 years: Go on a treasure hunt – in the backyard or around the house, make a map and clues that lead explorers to your hidden treasures. Spread the items out so there is a good amount of walking, bending, jumping and digging.

8 to 13 years: Create an activity calendar – cut out magazine pictures of different types of physical activities, laminate them, and put double-sided tape on the back. Let your child choose 4-5 activities for the week and stick them on the calendar.

13 years and up: Kid coach – let your kid teach you a new game or sport, like Ultimate Frisbee, hula hoop, skateboarding or soccer.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
January is . . .		December 2013 S M T W T F S 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 <i>New Year's Day</i>	2	3	4
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19	20 <i>Martin Luther King, Jr. Day</i>	21	22	23	24	25	
26	27	28	29	30		February 2014 S M T W T F S 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	

Thyroid Awareness Month
 National Glaucoma Awareness Month
 National Blood Donor Month

RECenter Membership Sale begins

Winter session classes begin at RECenters

Marvelous Meadows Winter Hike at Huntley Meadows Park South King's Hwy Entrance, 1:30-3 p.m.

Spring Parktakes is out! Find a cool class to take!

• Check our free workshop schedule online: www.fairfaxcounty.gov/parks/rec/Take12 • e mail: Take12@fairfaxcounty.gov •

Visit our website for more . . .

- Rev up your motivation! Learn how to **Start your Fitness Engine**
- Get on the **Let's Move** bandwagon www.fairfaxcounty.gov/parks/rec/Take12



KIDS

Master a new move - a somersault, a cartwheel, or crab walk.

TEENS

Not into sports? Try a Park Authority fitness class, like Zumba, to get your body moving.

ADULTS

Commit to walking every day for at least 30 minutes – solo, with the family or with the dog.

This Healthy Step sponsored by





February

2014



Healthy chocolate? Yes! Studies show in moderation, chocolate — especially dark chocolate — may help prevent heart disease.

STEP
2

Have a Healthy Heart

Don't skip a beat...stay active and eat right to reduce your family's risk of heart disease.

February

Sunday • Monday • Tuesday • Wednesday • Thursday • Friday • Saturday

Pump It Up with Heart-friendly Exercise

- **Walking** is easy, convenient, and effective. Just two hours of walking per week can reduce the risk of death from heart disease by 34 percent.
- **Running** can be even more effective than walking if you can do it safely. Running at least one hour per week can cut the risk of heart disease by 42 percent.
- In addition to reducing stress and anxiety, **yoga** may help by decreasing cholesterol levels and lowering blood pressure, reducing the risk of heart disease.
- **Weight training** more than 30 minutes per week increases lean muscle tissue and decreases fat tissue in the body. Do this and you'll lower your heart disease risk by 23 percent.

To maximize the benefits of exercise for your heart, mix up what you do. Do strength training a couple of days per week, walk daily as much as possible, mix in some jogging or running and consider taking a yoga class.

February is . . .

- American Heart Month
- National Children's Dental Health Month
- National Cancer Prevention Month

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1 City of Fairfax Chocolate Lovers Festival begins
Give Kids a Smile Day

7 National Wear Red Day

14 National Donor Day

22 World Thinking Day

Early registration begins for Park Authority spring classes - don't wait, save \$8!

Park Authority summer camp registration opens

Random Acts of Kindness Week

Washington's Birthday

Walk-in registration for Park Authority spring classes begins!

Great American Spit Out

National Eating Disorders Awareness Week

Visit our website for more . . .

- Get a taste for **Chocolate's Sweet Effect on the Heart**
- Choose wisely with **Heart Healthy Recipe Substitutions**
- Answer the **What is Heart Disease** question

www.fairfaxcounty.gov/parks/rec/Take12

• Check our free workshop schedule online: www.fairfaxcounty.gov/parks/rec/Take12 • e mail: Take12@fairfaxcounty.gov •



KIDS

Learn about the human heart, what it does, how many chambers it has and how the blood vessels work.

TEENS

Take your pulse. Count the beats your heart makes in one minute.

ADULTS

Get your heart working during exercise. The Target Heart Rate Zone Calculator at mayoclinic.com will give you an estimated range based on your age.

This Healthy Step sponsored by





March
2014



The grocery store is a great place to teach children about new foods and making healthy choices. Find fruits and vegetables that are unfamiliar to the kids, explain where they come from and take them home for tasting.

STEP
3

Enjoy the Taste of Eating Right

Discover healthful foods that combine taste and nutrition.



April
2014



Your success is only steps away! Join us for the Healthy Strides Community 5k/10k at Burke Lake Park on April 26, 2014

4
STEP

Turn Stress into Success

Small victories can have a big impact, especially when reducing your stress level.

April

Life Balance

Beat burnout with these five tips that will get you on track for the activities that you enjoy most.

1. Build in downtime. Think of the activities that help you recharge, like a softball game with friends, date night with your spouse or a weekly stroll in your favorite park.

2. Ditch time wasters. Take stock of activities that don't enhance your career or personal life, and minimize the time you spend on them. Social media or gossiping are good examples.

3. Outsource whenever possible. Rethink your chores and errands to save time – order groceries online, have your dry cleaning delivered, or get a neighborhood kid to mow your lawn. Trading services with friends, like gardening for babysitting, is also good way to get things done.

4. Get moving. Regardless of your busy schedule, find ways to sneak in exercise. Walk the dog, take the stairs instead of the elevator at work, or wake up early to hit the gym.

5. Start small. Big changes can be disruptive, so just try one balance adjustment at a time, like leaving work early one day per week. Little movements can have a big recharging effect.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April is . . . 🧢 National Alcohol Awareness Month 🧢 Stress Awareness Month 🧢 National Youth Sports Safety Month 🧢 National Autism Awareness Month		1 Water Mine Family Swimmin' Hole Gold Rush season pass sales begin	2	3	4	5 Culmore Multicultural Day at Baileys Elementary School, 10 a.m.-2 p.m.
6 National Day of Hope National Volunteer Week	7 National Public Health Week National Youth Violence Prevention Week	8	9	10	11 World Parkinson's Day Global Youth Service Day	12 Earth Day Event at Cub Run RECenter
13 National Library Week National Environmental Education Week	14 FCPS Spring Break Week begins	15	16 National Stress Awareness Day	17 World Hemophilia Day	18	19
20 National Infant Immunization Week	21	22 Earth Day	23 Summer Parktakes is out!	24	25 Healthy Strides Health & Fitness Expo/Kids Fun Run at South Run RECenter	26 Springfest at Workhouse Arts Center Healthy Strides Community 5k/10k at Burke Lake Park
27 2nd Annual Triathlon at Cub Run RECenter	28 Rec-PAC Early Registration begins!	29	30	March 2014 S M T W T F S _____ 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 2014 S M T W T F S _____ 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

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Visit our website for more . . .

- Harness the power of **Positive Thinking**
- Recognize **Stress Signs in Children and Teens**

www.fairfaxcounty.gov/parks/rec/Take12



KIDS

Be positive. Say "I CAN" and believe in yourself.

TEENS

At least once a week, talk to an adult, like mom or dad, about the good things going on and your struggles.

ADULTS

Celebrate the small victories in your daily life and focus mostly on what you have accomplished.

This Healthy Step sponsored by





Visit Riverbend Park to celebrate one of the earliest signs of spring: the glorious display of Virginia bluebells in full bloom along the banks of the Potomac River.



Understand Family Dynamic

Whether you're single, with children, or living in a multigenerational home, there are many ways to nurture a healthy lifestyle.

May

The Sandwich Generation

One in seven adults is faced with caring for their parents while raising their children. This in-between group is referred to as the "sandwich generation." According to Carol Abaya, who coined this term and runs sandwichgeneration.com, there are three sandwich types:

Traditional: those sandwiched between aging parents and their own children.

Club Sandwich: those in their 50s or 60s, sandwiched between aging parents, adult children and grandchildren, OR those in their 30s and 40s with young children, aging parents and grandparents.

Open Faced: anyone else involved in elder care.

The financial toll of caring for younger and older generations can often be overwhelming and stressful. Unlike saving for a child's education, families often do not have funds earmarked for an aging parent. Here are a few tips for staying afloat financially:

1. Take care of yourself first. Be careful not to hijack your own financial security when supporting aging relatives.

2. Stockpile your savings. Add at least 1% more per year.

3. Acknowledge the possibility that you could one day become the financial safety net for your parents or your adult children, and be prepared.

4. Take a hands-on role in your aging parents' affairs. Through a continuing conversation, you should know their financial situation and care needs.

5. Split responsibilities among family members. Share duties related to aging parents' financial, caregiving and emotional needs.

Visit our website for more . . .
www.fairfaxcounty.gov/parks/rec/Take12

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May is . . .		April 2014 S M T W T F S 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 2014 S M T W T F S 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 Park Authority Farmers Markets open RECenter Membership Sale begins	2	3
4 Wetlands Awareness Day at Huntley Meadows Park, 12-4 p.m.	5 Melanoma Monday	6 National Nurses Week World Asthma Day	7 National School Nurse Day	8 World Red Cross/Red Crescent Day	9	10 World Lupus Day
11 Mother's Day	12	13 Early registration begins for Park Authority summer classes - Don't wait, save \$8	14	15	16 National Bike to Work Day	17
18 National Women's Health Week	19 National Bike to Work Week	20	21 National Employee Health and Fitness Day	22	23 Last day to save. Register for summer classes and camps today!	24 The Water Mine Family Swimmin' Hole opens for the season at 10 a.m.
25	26 Memorial Day Water Mine Family Swimmin' Hole Gold Rush season pass sale ends.	27	28	29 The Herndon Festival begins	30	31 Springfield Days "Party in the Park" at South Run RECenter World No Tobacco Day

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KIDS

Make something special for your parents or grandparents to show them you care.

TEENS

Be open with your family about who you are as a person - your likes, dislikes, and career aspirations.

ADULTS

Develop your family's financial health through smart saving and by preparing for life events.

This Healthy Step sponsored by





June
2014



Escape from daily life by paddling around the many lakes in Fairfax County. Canoeing and kayaking are low-impact activities that can improve your aerobic fitness, strength and flexibility



Get Away the Fit Way

Turn your sluggish family vacation into a strong and fit adventure with plenty of healthful eating, physical activity and relaxation.

June

Travel Food Options

When traveling, take the healthy route by bringing your own snacks and meals from home. If food from home is not an option, select from these more nutritious menu choices:

- Grilled chicken sandwich (without mayo or creamy condiments)
- Lean meat burritos with beans
- Bean burritos
- Lower-fat sandwiches (without mayo)
- A slice of cheese or veggie pizza
- Smoothies made with reduced-fat dairy and lots of fruit (add a fiber boost if you can)
- Cheese quesadillas
- Pasta with red sauce (meatless or with lean meat)
- Green salads with raw veggies and/or grilled lean meat or seafood, drizzled with light or reduced-fat salad dressing.
- Small burger topped with loads of low-fat veggies like lettuce, onions, and tomatoes.
- At Chinese food outlets, choose an entrée with veggies and lean meat (that's not battered and deep-fried).

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1 Annual Cardboard Boat Regatta at Lake Accotink Park begins at noon National Cancer Survivors Day	2	3	4	5 World Environment Day	6 Combo Classic Golf Tournament at Twin Lakes Golf Course Celebrate Fairfax begins	7 Combo Classic Golf Tournament at Twin Lakes Golf Course National Trails Day																																																																																					
8 National Children's Day	9 Preschool-aged camps start at RECenters National Men's Health Week	10	11	12	13	14 World Blood Donor Day National Get Outdoors Day																																																																																					
15 <i>Father's Day</i> Antique Car Show at Sully Historic Site, 10 a.m.-3:30 p.m.	16	17	18	19 World Sickle Cell Day	20 FCPS Last Day of School	21 Summer classes begin at RECenters																																																																																					
22	23 Summer camps begin at RECenters	24	25	26	27 National HIV Testing Day	28 Historic Huntley Summer Social at Historic Huntley, 1-4 p.m.																																																																																					
29	30 Rec-PAC begins	June is . . .  National Safety Month  National Great Outdoors Month		May 2014 <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td></tr> </table>	S	M	T	W	T	F	S					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 2014 <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td></tr> </table>	S	M	T	W	T	F	S					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		
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Visit our website for more . . .

- Skip sluggishness and **Be Active Anywhere**
 - Pack your bags for a **Family Adventure**
- www.fairfaxcounty.gov/parks/rec/Take12

Step UP!



KIDS

Do this simple fitness routine while on vacation: run in place for one minute; do 10 pushups, 25 jumping jacks and 10 crunches.

TEENS

Take the lead! Plan a family daytrip close to home that involves physical activity you enjoy.

ADULTS

Skip the easy "canned" vacation. Instead, plan quality time with interesting activities your whole family will enjoy and remember.

This Healthy Step sponsored by



Fairfax County Park Authority
RECenters



July
2014



Your ultimate friend could be waiting for you at the Fairfax County Animal Shelter. Visit the shelter and meet adoptable dogs and puppies, cats and kittens, bunnies, guinea pigs, ferrets, gerbils, birds, parrots, snakes and turtles. For more information, visit www.fairfaxcounty.gov/police/animal.

7
STEP

Refresh Friendships

Healthy friendships are an important part of overall well-being.

July

The Importance of Friendship

Good friends are good for your health. Friends can help you celebrate good times and provide support during bad times. Friends prevent loneliness and give you a chance to offer needed companionship, too. Friends can also increase your sense of belonging and purpose, boost your happiness, reduce stress, improve your self-worth; help you cope with traumas, such as divorce, serious illness, job loss or the death of a loved one; encourage you to change or avoid unhealthy lifestyle habits, such as excessive drinking or lack of exercise. Many adults find it hard to develop new friendships or keep up existing friendships. Friendships may take a back seat to other priorities, such as work or caring for children or aging parents. You and your friends may have grown apart due to changes in your lives or interests. Or maybe you've moved to a new community and haven't yet found a way to meet people. Developing and maintaining good friendships takes effort. The enjoyment and comfort friendship can provide, however, makes the investment worthwhile.

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Visit our website for more . . .

- Enrich your life with **The Animal Companion**
 - Stop the hurt with **Bullying Survival Tips**
- www.fairfaxcounty.gov/parks/rec/Take12



KIDS

Smile and introduce yourself to a new person at school or on the playground.

TEENS

Learn ways to respond to bullying. Practice feeling good about yourself (even if you have to fake it at first).

ADULTS

Encourage new friendships through meaningful conversations with new people.

This Healthy Step sponsored by





August

2014



The InBody230 body composition machine provides a quick and easy analysis of your entire body including water weight, muscle mass and imbalances, fat mass, BMI and comparisons to national standards. Contact your local RECenter fitness director to schedule your assessment today!



Balance Your Body

Maintain a healthy body balance by knowing yourself inside and out.

August

Did You Know?

- The human head contains 22 bones.
- If the amount of water in your body is reduced by just one percent, you'll feel thirsty.
- The muscle that lets your eye blink is the fastest muscle in your body. It allows you to blink five times per second.
- 24 of the known 118 elements are found in your body
- The liver is the largest of the body's internal organs. The skin is the body's largest organ.
- About 13% of the world's population is left-handed.
- Our eyes are always the same size from birth.
- If your DNA is stretched out, it would reach to the moon 6,000 times.
- Approximately two-thirds of your body weight is water. Blood is 92 percent water. The brain and muscles are 75 percent water.

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August is . . .		July 2014 S M T W T F S 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 2014 S M T W T F S 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
					World Breastfeeding Week		
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National Farmers Market Week		Early registration for fall classes begins—don't wait, save \$8 National Night Out					
10	11	12	13	14	15	16	
National Health Center Week					Last day to save. Register for fall classes today!		
17	18	19	20	21	22	23	
	Registration opens for fall classes				Family Nature Night at Huntley Meadows Park, 6:30-8 p.m.		
24	25	26	27	28	29	30	
31							
Newly renovated Oak Marr RECenter now open!							

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Visit our website for more . . .

- Move **Beyond the Scale** to set your fitness goals.
 - Make better choices by learning the **Six Body Fat Myths**.
- www.fairfaxcounty.gov/parks/rec/Take12



KIDS
Name your different body parts, starting at your head.

TEENS
Spread the word! Fad diets, starving yourself and excessive exercise are both unsafe and unhealthy.

ADULTS
Notice fluctuations in your mood, anxiety level and sleep patterns and make a mental note of the cause.

This Healthy Step sponsored by



Fairfax County Park Authority
RECenters



September

2014



Visit Fairfax County parks to walk the trails, row a boat or play golf. There are plenty of ways to be active at any age!



Active Aging

Staying active encourages health at any age, from youngster to senior.

September

Staying Active at Any Age

Physical fitness is AGELESS.

Aerobic activity. 60-minutes daily for kids; 30 minutes, 5 times a week for adults.

Gain. Muscle, bone density, mental clarity, sense of self-worth and accomplishment.

Endurance. Running, jogging, walking, swimming for more than 30 minutes at a time.

Lifelong practice. From childhood to older adult, movement is essential to healthy living.

Easy. Fitness can happen anywhere - a gym, the playground, even your living room.

Strength training. All major muscles groups, two times per week for adults.

Success. Fight debilitating health conditions for a more prosperous life.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August 2014 S M T W T F S 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 <i>Labor Day</i> RECenter Membership Sale begins	2	3	4	5	6 Burke Centre Festival begins
7 National Assisted Living Week Suicide Prevention Week	8	9	10	11 National Day of Service and Remembrance	12	13 Dulles Day Plane Pull Fall classes begin at RECenters
14 National Rehabilitation Week Reston Triathlon	15	16 Take a Loved One to the Doctor Day	17 Backpack Awareness Day	18	19	20 Reston Multicultural Festival Family Health and Fitness Day USA
21 Active Aging Week	22	23	24 National Women's Health and Fitness Day	25	26 Family Nature Night at Huntley Meadows Park, 6-7:30 p.m.	27
28 Fall for the Book Fest at George Mason University	29	30	September is . . . 🎗️ National Childhood Obesity Awareness Month 🎗️ America on the Move - Month of Action 🎗️ Healthy Aging Month 🎗️ Fruit & Veggie Month			October 2014 S M T W T F S 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

• Check our free workshop schedule online: www.fairfaxcounty.gov/parks/rec/Take12 • e mail: Take12@fairfaxcounty.gov •

Visit our website for more . . .

- Be safety-minded, **Catch Yourself-Preventing Falls Outdoors**
- Learn how to maximize **Bone Building**
www.fairfaxcounty.gov/parks/rec/Take12



KIDS
Drink two big glasses of milk per day.

TEENS
Think outside the box when it comes to physical activity. Step team, skateboarding, rock climbing and camping are all great non-traditional ways to be active.

ADULTS
Encourage your elderly family members to take a walk with you for exercise a couple of times this month.

This Healthy Step sponsored by





October

2014



Research shows family meals promote healthful eating not to mention time to talk, listen and build relationships. Families often have hectic schedules, making sitting down together difficult, but the benefits of family dinners have lasting positive effects. Eating together also gives parents the opportunity to be role models for healthful eating.

10
STEP

Eat Better, Eat Together

Preparing food and eating together at home not only encourages healthy conversation, it also promotes healthful eating.

October

Family Dinner Diversion

It's hard enough getting a healthful meal on the table, and engaging the whole family in meaningful conversation can be another tall order. Here are some ideas on how to get everyone involved for an enjoyable experience.

Before dinner even begins, **get the kids involved in preparing the food.** Let them pick out the recipe, use the measuring spoons or assemble food items. Talk about how nutritious the food is and where it comes from. Kids will feel a sense of accomplishment by helping to create the family dinner. **Make dinner mysterious,** with a special food version of the game "I Spy." The spy looks for something on the table of a certain color ("I spy something green...") or other attribute ("I spy something sweet..."), and everyone else at the table tries to guess what it is. The one who guesses correctly becomes the next spy. Lastly, try **dinner with the dictionary.** One night a week before dinner, each member of the family selects one new word out of the dictionary and marks it with a little sticky note. An adult reads each word and its definition, and then go around the table taking turns using the new word in a sentence. The sillier the sentence, the better!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October is . . . 🎗️ Eat Better, Eat Together Month 🎗️ Children's Health Month 🎗️ National Breast Cancer Awareness Month 🎗️ National Work and Family Month		September 2014 S M T W T F S 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 International Day of Older Persons	2	3	4
5 National Mental Illness Awareness Week National Fire Prevention Week	6 Child Health Day	7	8 International Walk to School Day	9	10 World Mental Health Day Put the Brakes on Fatalities Day	11 City of Fairfax Fall Festival begins
12	13 <i>Columbus Day</i> National School Lunch Week	14 National Consultant Pharmacy Week	15	16 World Food Day	17 International Day for the Eradication of Poverty	18 Evening Stroll at Huntley Meadows Park, 6-7:30 p.m.
19 National Health Education Week	20 World Osteoporosis Day	21	22	23 National Red Ribbon Celebration/National Plant the Promise Week	24 Food Day Take Back Your Time Day	25 Make a Difference Day
26	27	28	29 Lung Health Day	30	31 <i>Halloween</i>	November 2014 S M T W T F S 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

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Visit our website for more . . .

- Learn how to **Save Money on Groceries**
 - Find out why **Kids Who Eat Well, Learn Better**
- www.fairfaxcounty.gov/parks/rec/Take12



KIDS
Eat three meals a day, especially breakfast, with two healthful snacks, and plenty of fluid.

TEENS
With a parent's permission, choose a recipe and make a healthful, balanced family meal.

ADULTS
Be a role model, limit empty calorie drinks, like soda, and emphasize fruits and vegetables at meals and snack time.

This Healthy Step sponsored by





November

2014

Embrace technology to improve your health. Whether it's the Fitlinxx training partner at your neighborhood RECenter, a wearable device that monitors your daily activity or a smartphone app, don't be afraid to move forward into a healthy future.

STEP
11

Discover eHealth

Use technology as a tool to learn and retain valuable information about your family's health.

November

There's an "App" for that!

Consider downloading these fitness and wellness smartphone applications that can track and motivate your health progress.

RunKeeper: Available for iOS and Android (Free)

Description: Motivator, GPS activity tracker and (long-term) health graph

Integration: Bluetooth and Fitbit, WeightTraining.com, Fitocracy, Lose It!, Glympse and GAIN Fitness and more.

Lift: Available for iOS (Free)

Description: Breaks down your challenging personal goals into micro habits; Users create and join habits, clicking Lift's big button if they've met their goal that day, and all activity is public, where users can cheerlead for their peers and receive encouragement. The app pushes your accumulated data into good-looking graphs and charts, showing you how consistent you've been in meeting your new, positive habits.

Charity Miles: Available for iOS and Android (Free)

Description: Tracks every mile you run, bike, or walk, and corporate sponsors make donations to charities based on your results. All you have to do to make a difference is link up and get moving!

Sunday • Monday • Tuesday • Wednesday • Thursday • Friday • Saturday

November is . . .

- American Diabetes Month
- National Family Caregivers Month
- National Healthy Skin Month
- Great American Smokeout Month

October 2014

S	M	T	W	T	F	S
		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 2014

S	M	T	W	T	F	S
		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		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8
Daylight Saving Ends. Fall back and change the batteries in your smoke alarms.						Huntley Harvest Festival at Huntley Meadows Park and Historic Huntley; 1-4 p.m.
9	10	11 <i>Veteran's Day</i>	12	13	14	15
			Winter Parktakes is out!	World Kindness Day	World Diabetes Day	America Recycles Day
16	17	18	19	20	21	22
	Toys for Tots donations accepted at South Run RECenter			Great American Smokeout	Family Nature Night at Huntley Meadows Park, 6-7:30 p.m.	National Family Health History Day
23	24	25	26	27 <i>Thanksgiving Day</i>	28	29
30				Thanksgiving Turkey Burn at South Run RECenter 7 - 11:30 a.m. - Free	Thanksgiving Turkey Burn at South Run RECenter 7 - 11:30 a.m. - Free	

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Visit our website for more . . .

- Get up to speed with the **Top Three Wearable Activity Trackers**
 - Learn how to fight **Cyberbullying**
- www.fairfaxcounty.gov/parks/rec/Take12



KIDS

Ask a parent or teacher to help you Be a Fit Kid, then go to kidshealth.org/kid

TEENS

Keep your comments and pictures positive when sending texts, emails or posting on social media.

ADULTS

Try a new website or smartphone app that will keep you motivated to be healthy and active.

This Healthy Step sponsored by





December

2014

Washing hands is the most important and easiest action we can take to prevent getting sick and spreading illness. In addition to proper hand washing, here are three more ways to stop the spread of germs: get an annual flu vaccine, cover your coughs and sneezes the proper way, and stay home when sick.

STEP
12

Establish Healthy Habits

Prevent the spread of illness by washing your hands, covering your mouth and getting regular check-ups.

December

Your Health is in Your Hands: WASH

Frequent and proper hand washing kills the germs that cause gastro-intestinal illnesses, such as norovirus and E. coli, influenza, the common cold and many more. Follow the steps to proper hand washing, and help ensure your hands stay germ-free:

STEP 1: Start with warm or hot water

STEP 2: Lather up with soap

STEP 3: Rub and scrub thoroughly for 20 seconds

STEP 4: Scrub palms, back of hands, between fingers and under fingernails

STEP 5: Rinse well, and then use a paper towel to shut off faucet

STEP 6: Dry hands completely

Alcohol-based hand sanitizers are a good alternative when soap and water are not available to wash hands. Also, cough or sneeze the proper way – into your upper sleeve, not your hands, or use a tissue to cover your mouth and nose and discard in trash.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
November 2014 S M T W T F S 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	6
7	World AIDS Day	GivingTuesday - National Day of Charitable Giving			International Volunteer Day	Huntley Holiday Happening at Huntley Meadows Park, 11 a.m.-4 p.m.
National Hand Washing Awareness Week National Influenza Vaccination Week	8	9	Human Rights Day	10	11	12
14	15	16	Santa's Sleigh Ride Indoor Cycling Event at South Run RECenter, 7 a.m. - 9 p.m.	17	18	19
21	22	23	24	25 Christmas Day	26	27
28	29	30	31 2015 New Year's Eve	December is . . . 🎗 International AIDS Awareness Month 🎗 Safe Toys and Gifts Month 🎗 National Drunk and Drugged Driving (3D) Prevention Month		January 2015 S M T W T F S 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

• Check our free workshop schedule online: www.fairfaxcounty.gov/parks/rec/Take12 • e mail: Take12@fairfaxcounty.gov •

Visit our website for more . . .

- Check your **Critical Numbers** to improve your health
- Enjoy the sweet treats of **Holiday Cookies the Healthy Way**

www.fairfaxcounty.gov/parks/rec/Take12

Step UP!



KIDS

Wash your hands after eating, using the bathroom or touching animals.

TEENS

With help from your family, collect nonperishable foods and gently-used winter clothing to donate.

ADULTS

Give the gift of health to yourself (and your family) – set up an annual physical with your doctor.

This Healthy Step sponsored by



Take 12

Steps for *Family* Health

in 2014

12 Months • 12 Healthy Goals

www.fairfaxcounty.gov/parks/rec/Take12

e-mail: Take12@fairfaxcounty.gov

Check our free workshop schedule online.



Fairfax County Park Authority
RECenters



For accommodations, contact Inclusion and ADA Support at 703-324-8563.
TTY 703-803-3354
www.fairfaxcounty.gov/parks/ada.htm



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Special Thanks to
our Partner:



Flip this page to find Healthy Savings for these programs and sites



BETTER YOUR HEALTH AND YOUR COMMUNITY

Join us at the **3rd Annual Healthy Strides Community 5k/10k** on April 26, 2014 at Burke Lake Park. Register at the Potomac River Racing website. A portion of the proceeds will help fund summer camp opportunities for children living in homeless shelters and transitional housing in Fairfax County.



Need help training for the run?

Check out our Train Together classes, available year-round in Parktakes magazine.

Visit Mt. Vernon's Ice Arena

Fairfax County's only publicly-owned indoor ice arena is designed for year-round use. It includes a warming room, coaches room, skate rental area, skate sharpening services, hockey team locker rooms, as well as an NHL official size rink.



Did you know?

Ice skating at a moderate intensity for an hour can burn 500 calories or more.

Enjoy Our Waterways

Tucked away in a remote river setting, **Riverbend Park** has over 400 acres of forest, meadows, and ponds. Trails include a 2.5 mile portion of the Potomac Heritage Trail linking national and regional parkland.

Lake Accotink Park's 493 acres include a 55-acre lake, wetlands, and streams offering unique views of waterfowl and marsh life. Its trails are part of the Cross-County Trail system.

Lake Fairfax's 476-acre park and includes a 20-acre lake with fishing, the Water Mine Family Swimmin' Hole, boat rentals, a skatepark, and much more.



Pinecrest Golf Course is a par 35, 9-hole executive course, measuring 2,462 yards. The challenging, narrow course is dotted with hills and ponds that create a golfing environment suited for novices and more serious players alike.

Oak Marr Golf Course, acclaimed as one of the finest teaching facilities and the largest lighted short game practice area in Northern Virginia, includes not only the 9-hole par three golf course but also a lighted 78 station driving range with target greens and covered, heated tees.



12 Months • 12 Healthy Goals

The "Take 12" program is FREE and anyone can participate at any time. Sign-up at the "Take 12" website to receive the monthly e-newsletter. FREE health events and workshops are available each month on different health topics. Check our website for upcoming "Take 12" workshops and events!

<http://www.fairfaxcounty.gov/parks/rec/take12/>

Space is limited for workshops. Registration is required. To register, email: Take12@fairfaxcounty.gov



Find your nearest RECenter: www.fairfaxcounty.gov/parks

Did you know?

On December 6, 1950, the Fairfax County Board of Supervisors created the Fairfax County Park Authority. The Park Authority has approximately 420 parks on 23,194 acres of land. We offer over 370 miles of trails and nine indoor RECenters with swimming pools, fitness rooms, gyms and class spaces.



Fairfax County Park Authority
RECenters

Help yourself to these Healthy Savings!



HEALTHY STRIDES COMMUNITY 5K and 10K Run
 April 26, 2014 • Burke Lake Park

\$5 OFF Healthy Strides Community 5k/10k registration fees.



<http://prracing.racebx.com/events/>
 Coupon Code: HSTAKE12

Offer valid 1/1/14 – 2/28/14

BUY ONE
 Daily Adult General Admission,
GET ONE FREE
 Student/Youth Admission
 at Mt. Vernon Ice Rink.

Coupon Code: TC401
 Offer valid
 3/1/14 – 4/30/14





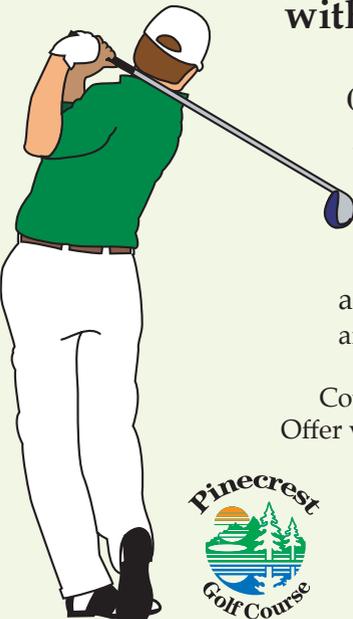
Save 50%

On **canoe or row boat rental** at **Riverbend Park**, **pedal boat or canoe rental** at **Lake Accotink Park** or **pedal boat rental** at **Lake Fairfax Park.**



One coupon per visit.
 Coupon Code: TC402
 Offer valid 5/16/14 – 6/30/14

Swing your Way to Better Health
 with a round of golf
 for only \$12
 (up to an \$8 savings)!



Valid at **Pinecrest and Oak Marr Golf Courses**, anytime Monday-Friday and after 1 p.m. on Saturday and Sunday.

Coupon Code: TC403
 Offer valid 7/1/14 – 8/31/14





Take 12 Steps for Family Health in 2014

Take 12 e-newsletter
 Subscribe to the **Take 12 Steps for Health e-newsletter** and get a coupon for a **FREE fitness towel!**

Coupon redeemable at any FCPA RECenter.
www.fairfaxcounty.gov/parks/rec/Take12
 Offer valid 9/1/14 – 10/31/14



Make a Splash!

Buy one adult RECenter admission, get one FREE
 (of equal or lesser value).

Fridays after 4 p.m. Coupon Code: TC405
 Offer valid 11/1/14 – 12/31/14



Fairfax County Park Authority RECenters