2015 Calendar

Take 12

Steps for *Community* Health

in 2015

12 Months • 12 Healthy Goals

Sponsored by

Fairfax County Park Authority

FCPF
Fairfax County Park Foundation

January 2015

Start a New Year's tradition with a First Day Hike! Enjoy Fairfax County's extensive park trail system.

Step 1 Best Foot Forward

Get outside for a fitter winter! Better your health and support your community by taking a wintry hike in the parks!

Making Healthy Strides

Give Back

Consider our furry friends when making charitable donations. The Animal Shelter is always in need of paper towels, grooming supplies, carriers/crates, food dishes, plastic baggies, towels, batteries, Dawn dishwashing soap, and gift cards.

Go Green

Get the whole family knitting in the evenings. It's not a gender-exclusive hobby anymore and you can create your own eco-friendly warm clothes for your green winter season.

Get Active

The Fairfax County Park Authority maintains a number of parks suitable for sledding. Sledders must furnish their own equipment and engage in this activity at their own risk. Parks with the best sledding hills include: Mason District Park, Jefferson Manor Park, Cardinal Forest Park, Greenway Heights Park, and Westgate Park.

e-mail: Take12@fairfaxcounty.gov

January is . . .

- Thyroid Awareness Month
- Glaucoma Awareness Month
- National Blood Donor Month

December 2014

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February 2015

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 *New Years Day* RECenter Membership Sale Begins	2	3 Winter Fitness/Aqua classes begin at RECenters
4	5	6	7	8	9	10 Winter Land classes begin at RECenters
11	12	13	14	15	16	17
18	19 *Martin Luther King, Jr. Day*	20	21	22 Spring Parktakes is out!	23	24
25	26	27	28	29	30	31

Visit www.fairfaxcounty.gov/parks/rec/Take12 for more on . . .

- **Get a fresh start with a First Day Hike.**
- **Adjust your habits to Keep Winter Green and healthy.**
- **Stay healthy and Cover Your Cough to keep germs from spreading.**

This Healthy Step sponsored by

FCPF Fairfax County Park Foundation

Fairfax County Park Authority

February 2015

Several Fairfax County Parks play host to bee boxes, in an effort to bolster the bee population and keep our community's agriculture and honey production healthy.

Step 2 BEE Aware of your Natural Resources

Help conserve the natural resources in your community by becoming actively involved in keeping your ecosystem healthy and functioning.

Making Healthy Strides

Give Back

Consider giving some time to the Invasive Management Area (IMA) Volunteer Program. IMA is more than just pulling weeds. Key components of this program are habitat restoration and a long-term commitment to parks.

Go Green

Commit to a chemical-free yard. Weeding is great exercise and won't harm insects, amphibians, kids or pets. The benefits are so great that it is worth asking neighbors to commit to chemical-free yards too.

Get Active

During colder days visit a nature center, such as Hidden Oaks or Hidden Pond. Learn about the natural world of Fairfax County, including local plants and animals by seeing live animal displays, resource libraries, interactive exhibits and gardens.

e-mail: Take12@fairfaxcounty.gov

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Early registration for spring classes – don't wait, save $8!	4	5 Park Authority summer camp registration opens	6 National Wear Red Day	7 City of Fairfax Chocolate Lovers Festival begins Give Kids a Smile Day
8	9 Random Acts of Kindness Week	10	11	12	13 Early registration ends for Spring Break Camps and Spring RECenter classes!	14 National Donor Day
15	16 *President's Day*	17	18 2014-15 FCPS Swim & Dive Season ends	19	20 Great American Spit Out	21
22 World Thinking Day	23 National Eating Disorders Awareness Week	24	25	26	27	28 Spring Aqua classes begin at RECenters

January 2015

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March 2015

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February is . . .

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

Visit www.fairfaxcounty.gov/parks/rec/Take12 for more on . . .

- **Spread the word about Preserving Fairfax County's Natural Heritage**
- **The Buzz About Bees... see why they're so important.**
- **Are you ready for Allergy Season?**

This Healthy Step sponsored by

SANDY SPRING BANK

Fairfax County Park Authority

March 2015

Apples are one of the most healthful foods a person can eat. They are high in fiber and vitamin C, and they are also low in calories, have only a trace of sodium, and no fat or cholesterol.

Step 3 Bite into a Healthy Lifestyle

Balanced nutrition is as important as exercise and sleep. This month, focus on balancing your plate at every meal with vegetables, fruits, lean protein, whole grains and dairy.

Making Healthy Strides

Give Back

Drivers are needed to deliver healthy meals to older adults who live in Fairfax County. Visit www.fairfaxcounty.gov/dfs/olderadultservices/volunteer-solutions.htm to sign up.

Go Green

Grow your own salad greens, veggies and herbs. A garden can help reduce soil erosion and reduce air pollution. Begin planting when the soil reaches 50 degrees.

Get Active

Participate in a positive gardening experience through a community garden. Fairfax County has more than 650 garden plots in nine County parks. Gardeners may grow a wide variety of fruits, vegetables, herbs and flowers. Choosing what to grow is both challenging and fun!

e-mail: Take12@fairfaxcounty.gov

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 National Sleep Awareness Week National School Breakfast Week	3	4	5	6	7 Ice Breaker Golf Tournament at Greendale Golf Course, 9:30 a.m.
8 *Daylight Savings: Change the battery in your smoke alarm!*	9	10 Registered Dietitian/ Nutritionist Day	11	12	13	14
15	16 National Poison Prevention Week	17 *St. Patrick's Day*	18	19 Kick Butts Day (Tobacco-Free Kids)	20	21 Spring Land classes begin at RECenters
22 World Water Day	23 Spring Golf Pass Sale begins – save up to 25%	24 World Tuberculosis Day American Diabetes Alert Day	25	26	27	28
29	30 FCPS Spring Break Week begins	31				

February 2015

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April 2015

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March is . . .

- National Nutrition Month
- American Red Cross Month
- Brain Injury Awareness Month

Visit www.fairfaxcounty.gov/parks/rec/Take12 for more on . . .

- **Tips for Healthful Eating on the Run.**
- **Donating food can mean Giving Better Health.**
- **Athletes play better when you Keep Halftime Healthy.**

This Healthy Step sponsored by

Giant

Fairfax County Park Authority

April 2015

Enjoy the spring weather with a community race! Healthy Strides Community 5k/10k will be held at Burke Lake Park on Saturday, April 25. All fitness levels are welcome.

Step 4 Get Fit with Community

There are so many ways to get fit in your community – join a group fitness class, run a 5k, or play on a sports team. Make some new friends who are on the same path to better health!

Making Healthy Strides

Give Back

It's National Volunteer Month! A time when you have the opportunity to help your fellow Americans by volunteering. Choose a community event, such as a walk/run. For local Fairfax County opportunities, visit www.volunteerfairfax.org.

Go Green

Visit your local RECenter to use the Woodway Curve treadmill – you power it with your movement, no electricity needed!

Get Active

Find a road race that suits your ability, and go for it! Healthy Strides Community 5k/10k is held on Saturday, April 25th at Burke Lake Park, and is perfect for both novice and seasoned runners. For more information, visit www.fairfaxcounty.gov/parks/healthystrides.

e-mail: Take12@fairfaxcounty.gov

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April is . . . National Alcohol Awareness Month Stress Awareness Month National Youth Sports Safety Month National Volunteer Month			1	2	3	4 Spring Fitness classes begin at RECenters
5	6 National Public Health Week	7 World Health Day	8	9	10 National Alcohol Screening Day	11 World Parkinson's Day
12 National Volunteer Week National Library Week	13	14 International Moment of Laughter Day	15	16 National Stress Awareness Day	17 World Hemophilia Day Global Youth Service Day	18 Culmore Multicultural Day at Wilson Library, 10 a.m.-2 p.m.
19 National Environmental Education Week	20	21	22 Earth Day	23 Summer Parktakes is out!	24 Healthy Strides Expo/ Kids Fun Run at South Run RECenter	25 SpringFest Healthy Strides Community 5k/10k at Burke Lake Park
26 National Infant Immunization Week	27	28	29	30		

March 2015

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May 2015

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Visit www.fairfaxcounty.gov/parks/rec/Take12 for more on . . .

- **Countless and exciting New Choices for Fitness.**
- **10 Tips for Getting Ready to Run Your First 5k.**
- **Not just for kids. Team Sports: Good for Adults.**

This Healthy Step sponsored by

Cigna

Fairfax County Park Authority

May 2015

From May to November, Fairfax County's 11 Farmers Markets come to life with a feast for the senses. All products sold are produced by vendors within 125 miles of Fairfax County.

Step 5 Eat Local

Learn about the local produce grown around you by visiting a Farmers Market or regional farm. Many grocery stores and restaurants also stock locally-grown produce.

Making Healthy Strides

Give Back

If you grow your own produce or get it from a market, donate any abundance to your local food bank or kitchen.

Go Green

As the weather gets warmer, open the windows and turn on a fan before using the air conditioning. The U.S. Environmental Protection Agency (EPA) recommends using ceiling fans as they consume as few as 15 watts of electricity, while AC systems can use upwards of 5,000 watts when used for the same amount of time.

Get Active

Support a local farm by visiting and picking your own produce. Walk the grounds and tote your bounty to burn some extra calories.

e-mail: Take12@fairfaxcounty.gov

May is . . .

- Clean Air Month
- ALS Awareness Month
- National Mental Health Month
- Employee Health & Fitness Month

April 2015

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June 2015

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Park Authority Farmers Markets open RECenter Membership Sale begins	2 Piratefest at Lake Fairfax Park
3	4 Be Kind to Animals Week Melanoma Monday	5 World Asthma Day	6 National Nurses Week	7	8 World Red Cross/Red Crescent Day	9
10 *Mother's Day* National Women's Health Week Spring Golf Pass sale ends today	11 National Bike to Work Week	12 Early registration for summer classes begins	13	14	15 National Bike to Work Day	16
17	18 Seniors (55+) Only Golf Tournament at Greendale Golf Course, 8 a.m	19	20	21	22 Early registration incentive ends today	23
24 31 World No Tobacco Day	25 *Memorial Day*	26	27 National Senior Health and Fitness Day	28	29	30

Visit www.fairfaxcounty.gov/parks/rec/Take12 for more on . . .

- **What it means to Eat Organic.**
- **Learn some lessons with Farmers Markets 101.**
- **Locally Grown foods and the places to eat them.**

This Healthy Step sponsored by

INOVA™ Join the future of health.

Fairfax County Park Authority

June 2015

The Government Center's "backyard" comes alive with music, picnic blankets, lawn chairs and free wine tastings with the free summer concert series, Evenings on the Ellipse. Catch this great series every Thursday evening in July and August.

Step 6 Join in the Festivities!

Find opportunities to attend some great summer events in your community!

Making Healthy Strides

Give Back

Attend Safety-Seat Saturday with specially trained and certified sheriff's deputies to ensure your child safety seat is properly installed. For more information, visit www.fairfaxcounty.gov/sheriff/news/safetyseat.htm.

Go Green

Consider drinking from a reusable BPA-free water bottle for all your hydration needs this summer. Plastic bottled water is more expensive than tap water, it's no better for you, and each bottle takes more energy and water to produce than the amount of water actually put into the bottle for drinking.

Get Active

Visit Lee District Park for a free summer adventure with the family. Enjoy Our Special Harbor Spray-ground, a fully accessible complex with water features for all ages. Also, check out "Chessie's Big Backyard," playground and the accessible treehouse!

e-mail: Take12@fairfaxcounty.gov

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 5 Days of Iron event begins at Lee District RECenter	2	3	4	5 World Environment Day 25th Annual Combo Classic at Twin Lakes begins 10 a.m. -4 p.m. Celebrate Fairfax! begins	6 National Trails Day Springfield Days Pet Fest at South Run RECenter, 10 a.m. -4 p.m.
7 National Cancer Survivors Day	8 Preschool-aged camps start at RECenters 5 Days of Iron event begins at Oak Marr RECenter	9	10	11	12	13
14 National Children's Day World Blood Donor Day	15 Private School Summer Camps begin Get Outdoors Day! National Men's Health Week	16	17	18	19 World Sickle Cell Day FCPS Last Day of School	20 Aqua/Land summer classes begin at RECenters Rec-PAC CIT Training
21 *Father's Day* Father's Day Tournament at Oak Marr Golf Course, 9-11 a.m. Antique Car Show at Sully Historic Site	22 Summer camps begin at RECenters!	23	24 Helen Keller Deaf-Blind Awareness Week	25	26 World Police & Fire Games begin!	27 National HIV Testing Day
28	29 Rec-PAC begins!	30				

May 2015

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July 2015

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June is . . .

- National Safety Month
- National Great Outdoors Month
- Men's Health Month

Visit www.fairfaxcounty.gov/parks/rec/Take12 for more on . . .

- **Immerse yourself in fun at Community Summer Events.**
- **Be smart and excited with Tips for Attending Live Performances.**
- **Ideas for Summer Fun Activities to keep everyone happy.**

This Healthy Step sponsored by

Fairfax County Park Authority RECenters

Fairfax County Park Authority

July 2015

Step 7 Get OUTdoors

Rock OUT! Cook OUT! Wipe OUT! Everything OUT is IN – so get out and make summer memories.

Did you know Fairfax County Park Authority provides 274 athletic fields, including 30 synthetic turf fields, and manages athletic field maintenance services at 500 school athletic fields?

Making Healthy Strides

Give Back

Support your parks! The Park Authority has approximately 420 parks on 23,194 acres of land, and offers over 370 miles of trails, one of our most popular amenities. Visit today!

Go Green

While camping, make sure to dispose garbage in the proper garbage receptacle at the campground or to pack it up and take it home with you. It's also a great idea to leave the campground nicer than you found it, by cleaning up any type of litter that was there when you arrived.

Get Active

Challenge yourself with a hike at Scott's Run Nature Preserve in McLean, Va. Some of the park's trails are gentle and wind quietly through forest. Other trails require hiking up and down steep hills and cliffs.

e-mail: Take12@fairfaxcounty.gov

July is . . .

- UV Safety Month
- National Parks and Recreation Month
- Injury Prevention Month
- Family Golf Month

June 2015

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 RECenter Pass Sale begins	2	3	4 *Independence Day*
5	6 National Therapeutic Recreation Week Summer Fitness classes being at RECenters	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23 Fall Parktakes is out!	24	25 Park Authority Annual Life Guard competition
26	27	28 World Hepatitis Day	29	30	31	

August 2015

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Visit www.fairfaxcounty.gov/parks/rec/Take12 for more on . . .

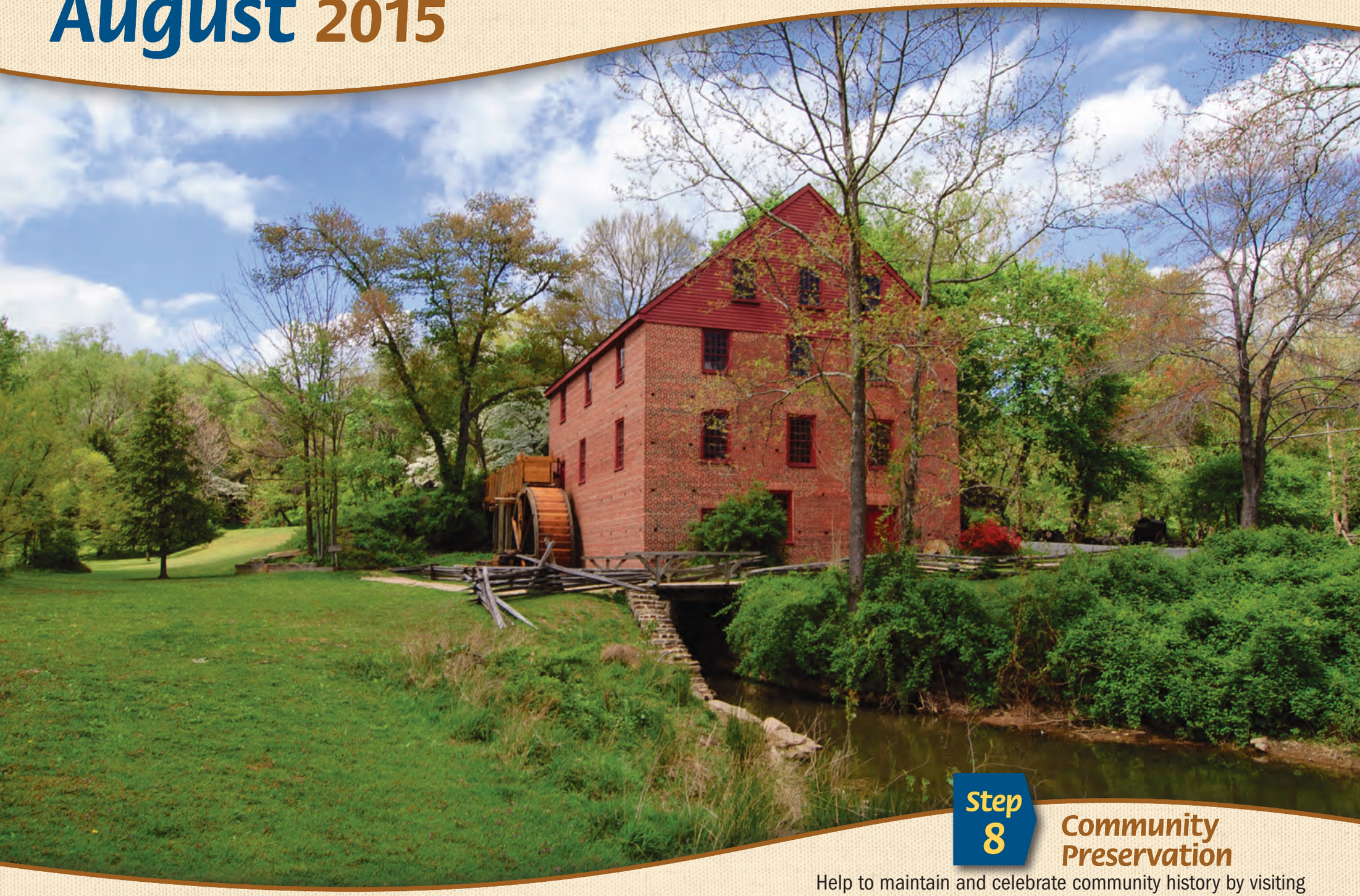
- **Safety first in the wilderness – use the Checklist: Pack for Camping.**
- **Activities, fun and conservation. You'll Get More, OUTdoors!**
- **Know where you go Exploring with Trail Buddy.**

This Healthy Step sponsored by

Fairfax County Park Authority RECenters

Fairfax County Park Authority

August 2015



Bring your family, friends or a whole group and explore the beautiful grounds around historic Colvin Run Mill and General Store. Highlight your visit with a tour of the restored mill - a water-powered technological marvel built c.1811.

Step 8 Community Preservation

Help to maintain and celebrate community history by visiting buildings and historical landmarks – it's an important part of building a healthy community.

Making Healthy Strides

Give Back

Celebrate your community by attending an event at a historical property. In Fairfax County, there are events at these sites seasonally and follow the tradition of the property.

Go Green

Unplug, literally! Take a step back in time by enjoying a day without electricity. Turn off the TV, cell phone and computer. No microwave or ceiling fans. See what life was like when candles and storytelling ruled the day. It'll also save you a little on your power bill!

Get Active

Get a glimpse of agricultural life in the 1800s with a visit to a working farm in Fairfax County – Frying Pan Farm Park. Explore the historical property and make some new barnyard friends!

e-mail: Take12@fairfaxcounty.gov

August is . . .

- National Immunization Awareness Month
- National Breastfeeding Month
- Children's Eye Health and Safety Month
- Cataract Awareness Month

July 2015

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September 2015

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 World Breastfeeding Week
2	3 National Farmers Market Week	4 Early registration for Fall classes begins	5	6 National Night Out	7	8
9	10 National Health Centers Week	11	12	13	14 Don't wait, save $8 – early registration ends today!	15
16	17 Registration for Fall classes opens	18	19	20	21	22
23 30	24 31	25	26	27	28	29

Visit www.fairfaxcounty.gov/parks/rec/Take12 for more on . . .

- **How to be a community advocate for Open Space Preservation.**
- **Fairfax County Park Foundation does more for Parks!**
- **Preservation deserves jubilation because History Loves Company.**

This Healthy Step sponsored by

FCPF Fairfax County Park Foundation

Fairfax County Park Authority

September 2015

Step 9 Get Involved through Service

Our community has many needs – serve this month and make a difference.

The contributions of nearly 3,000 individual and group volunteers illustrates a remarkable display of community commitment. As they serve their community, they improve their own well-being through participation in the Park Authority's volunteer program.

Making Healthy Strides

Give Back

Make your employer aware of 9/11 Day of Service, so they can also be part of the movement. It is a great way to get the business involved with the community through service projects.

Go Green

Keep our highways clean when you Adopt-a-Highway. Pick up litter at least two times a year for three years and the Virginia Department of Transportation (VDOT) provides trash bags, vests, important safety information, and highway signs that recognize your group.

Get Active

Mobilize a team and take to the trails on September 26 for National Public Lands Day! Pick up litter, restore trails or remove invasive plants to preserve our trails. And get a good hike in, too!

e-mail: Take12@fairfaxcounty.gov

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
September is . . . National Childhood Obesity Awareness Month National Preparedness Month World Alzheimer's Month Healthy Aging Month		1 RECenter Membership Sale begins	2	3	4	5 Fall Session Aquatics classes begin at RECenters
6	7 *Labor Day* National Suicide Prevention Week Herndon Labor Day Festival	8	9	10 World Suicide Prevention Day	11 *National Day of Service and Remembrance*	12 Fall Session Land classes begin at RECenters Burke Centre Festival begins
13 National Assisted Living Week	14 Fall Session Fitness classes begin at RECenters	15	16 School Backpack Awareness Day	17	18	19 Fall Garden Day at Green Spring Gardens
20	21	22	23	24	25	26 National Public Lands Day Family Health and Fitness Day USA
27 Active Aging Week	28	29 World Heart Day Greendale Golf Course Club Championship, 8 a.m.	30 National Women's Health and Fitness Day		August 2015	October 2015

August 2015

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October 2015

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Visit www.fairfaxcounty.gov/parks/rec/Take12 for more on . . .

- **Get out and do some good on 9/11 Day of Service.**
- **Discover the many ways Public Safety Serves the Community.**
- **Fairfax County Volunteering 101 will start you on the path to service.**

This Healthy Step sponsored by

Walmart
Save money. Live better.

Fairfax County Park Authority

October 2015

The Fairfax County Police Helicopter Division provides tactical police aviation support, aeromedical evacuation, search and rescue, and other specialized air support as needed within Fairfax County and the National Capital Region to enhance public safety and welfare.

Step 10 Stay Safe and Alert

Set yourself up for survival! Get connected with your local government for updated information about weather and other emergencies in your area.

Making Healthy Strides

Give Back

Become certified in CPR/AED and First Aid to ensure you are properly trained for life-threatening events.

Go Green

Forget paper or your cell phone – commit a few important numbers to your memory. Rehearse them regularly in stressful situations, so that if you are ever without your phone, you know how to get in touch with loved ones and assistance.

Get Active

Join the Community Emergency Response Team (CERT). You will get training in basic disaster response skills, such as fire suppression and search and rescue, and have a more active role in emergency preparedness.

e-mail: Take12@fairfaxcounty.gov

October is . . .

- Eat Better, Eat Together Month
- Children's Health Month
- National Breast Cancer Awareness Month
- National Work and Family Month

September 2015

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November 2015

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 International Day of Older Persons	2	3 Men's Club Championship at Greendale Golf Course, 8 a.m.
4 National Fire Prevention Week	5 Child Health Day World Habitat Day	6	7 International Walk-to-School Day	8	9	10 World Mental Health Day Put the Brakes on Fatalities Day City of Fairfax Fall Festival begins
11	12 *Columbus Day*	13	14	15	16 World Food Day	17 International Day for the Eradication of Poverty
18	19 National Health Education Week	20 World Osteoporosis Day	21	22	23	24 Food Day Halloween Parade and Costume Contest at South Run RECenter, 10 a.m. Make a Difference Day
25	26	27 Lung Health Day	28 Healthy Trick or Treating at Audrey Moore RECenter Farmers Market, 2:30-6 p.m.	29	30	31 *Halloween*

Visit www.fairfaxcounty.gov/parks/rec/Take12 for more on . . .

- **Emergency texting is coming with Next Generation 9-1-1.**
- **Follow the Top 10 Digital Preparedness Tips and you won't get stuck.**
- **Stay Informed! Get up to date information on emergency situations.**

This Healthy Step sponsored by

Cigna

Fairfax County Park Authority

November 2015

Step 11 Resource Harvest

Harvest and sustain the resources around you by reducing, reusing, recycling and repurposing.

Fairfax County recycles! Cardboard, mixed paper, aluminum cans, glass and plastic bottles and jars are all acceptable recyclable materials. Don't just trash it, recycle it!

Making Healthy Strides

Give Back

Give back your trash by recycling! A list of recyclable items in Fairfax County is available at www.fairfaxcounty.gov/living/recycling.

Go Green

Store your food sustainably with glass instead of plastic containers. Glass food containers avoid a host of toxins, like BPA and phthalates, which can leech into food from conventional plastic containers. Going plastic-free is not only healthier for you, but it will also reduce our planet's plastic burden.

Get Active

November 15 is America Recycles Day! Take the Pledge to recycle and get your business or community involved too – more at americarecyclesday.org.

e-mail: Take12@fairfaxcounty.gov

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 *Fall Back. Daylight Savings Time Ends*	2	3	4	5	6	7
8	9 2015-16 FCPS Swim & Dive begins	10	11 *Veteran's Day*	12 Winter Parktakes is out!	13 World Kindness Day	14 World Diabetes Day
15 America Recycles Day American Education Week	16 Toys for Tots donations accepted at South Run RECenter through Dec. 19th	17	18	19 Turkey Cup at Greendale Golf Course, 12 p.m. Great American Smokeout	20	21 City of Fairfax Holiday Craft Show begins
22 Turkey Trot 5k in Town of Herndon	23 Park Authority Farmers Markets begin to close this week	24	25 Tie One On For Safety Campaign begins through January 1st (M.A.D.D.)	26 *Thanksgiving Day* Thanksgiving Turkey Burn at South Run RECenter– 7 am – 11 a.m. National Family Health History Day	27 Thanksgiving Turkey Burn at South Run RECenter– 7 am – 11 a.m. Zumba Turkey Burn at Cub Run RECenter, 9-11 a.m.	28
29	30					

October 2015

S	M	T	W	T	F	S
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December 2015

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20	21	22	23	24	25	26
27	28	29	30	31		

November is . . .

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

Visit www.fairfaxcounty.gov/parks/rec/Take12 for more on . . .

- **Seven ways to Reuse and Recycle with Creativity.**
- **Ever wondered What Do the Numbers Mean?**
- **Get in the Loop to understand how recycling works.**

This Healthy Step sponsored by

Giant

Fairfax County Park Authority

December 2015

Step 12 Community Kindness

At the busiest time of the year, make an effort to spread some cheer.

Brighten a family's holiday, and your own, by donating to one of the many toy or food drives this year. It's a feel-good way to give back to the community, plus it teaches youngsters about the joy of helping others.

Making Healthy Strides

Give Back

Arm yourself, your loved ones and your community by getting a flu shot. This vaccine is usually available for free or at a reasonable price for people 6 months and older. Check with your local health department for more information.

Go Green

Shopping? Be sure to take along reusable shopping bags when heading out to the mall or your favorite retailer. They're easier to carry and safer for the environment.

Get Active

Take the challenge – perform a daily random act of kindness. Help a stranger, give some time to a friend who needs a break, make a donation to a good cause, or just smile.

e-mail: Take12@fairfaxcounty.gov

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
December is . . . Safe Toys and Gifts Month National Drunk and Drugged Driving (3D) Prevention Month		1 Early registration begins for Winter classes World AIDS Day	2 Extended season at McCutcheon/Mt. Vernon Farmers Markets begins	3	4	5 International Volunteer Day Arts & Crafts Fair begins at Audrey Moore RECenter City of Fairfax Festival of Lights and Carols
6	7	8	9	10 Human Rights Day	11 Last day of early registration for Winter classes	12
13	14	15	16	17 Santa's Sleigh Ride Indoor Cycling Event at South Run RECenter	18	19
20	21	22	23	24	25 *Christmas Day*	26
27	28	29	30	31 *New Year's Eve*		

November 2015

S	M	T	W	T	F	S
1	2	3	4	5	6	7
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29	30					

January 2016

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					1	2
3	4	5	6	7	8	9
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17	18	19	20	21	22	23
24/31	25	26	27	28	39	30

Visit www.fairfaxcounty.gov/parks/rec/Take12 for more on . . .

- **Spread Cheer, Not Germs this holiday season.**
- **Challenge your holiday spirit with Random Acts of Kindness.**
- **Worse than a common cold... Stress, It's Contagious.**

This Healthy Step sponsored by

INOVA™ Join the future of health.

Fairfax County Park Authority

Cook Up some Healthy Meals this year

Ham, Egg and Cheese Cups

prep time: 15 minutes
cook time: 15 minutes
ready in: 30 minutes
makes: 12 servings, 3 oz. each

Ingredients:

12 slices (1 oz. each) reduced-sodium ham
3 slices (1 oz. each) 100% whole-grain bread, cubed
1½ cups fat-free egg substitute
1/4 teaspoon ground black pepper, or to taste
1/8 teaspoon garlic or onion powder
12 oz. reduced-fat cheddar cheese (3 cups grated)
3 Tablespoons chopped fresh chives

1. Preheat oven to 400°F. Lightly coat 12-cup muffin tin (with 4 ounce cups) with cooking spray.
2. Gently fit one ham slice into each cup (edges will stick up).
3. Divide bread cubes among cups.
4. Whisk together egg substitute, pepper and garlic powder, then pour into cups.
5. Sprinkle with cheese.
6. Bake for 15 minutes, or until set. Remove from muffin tin, sprinkle with chives and serve.

Nutrition per serving: 140 calories, 6g fat, 3g saturated fat, 30mg cholesterol, 490mg sodium, 6g carbohydrate, 1g fiber, 17g protein

Lime Fiesta Chicken Salad

prep time: 15 minutes
cook time: 20 minutes
ready in: 35 minutes
makes: 4 servings, 2½ cups each

Ingredients:

1 lb boneless, skinless chicken breast
1/4 teaspoon salt
1/2 teaspoon pepper
1 cup diced avocado
1/2 cup canned corn kernels
2 cups cherry tomatoes, halved
1/4 cup diced red onion
1/4 cup chopped fresh cilantro
Juice & zest of 1 lime
6 cups chopped romaine lettuce

1. Preheat oven to 350°F. Trim fat from chicken & pound to an even thickness. Lightly coat baking dish with oil or cooking spray. Sprinkle salt & pepper on both sides of chicken breast & bake for approximately 20-25 minutes or until internal temperature reaches 165°F.
2. Cool slightly & slice into bit-sized pieces. Combine chicken, avocado, corn, tomatoes, onion & cilantro in a large mixing bowl. Drizzle with lime juice & zest & toss gently to coat evenly.
3. Divide lettuce among 4 plates. Arrange vegetables & chicken over lettuce.

Nutrition per serving: 230 calories, 10g fat, 1.5g saturated fat, 70mg cholesterol, 300mg sodium, 15g carbohydrate, 6g fiber, 27g protein

Quick Turkey Chili

prep time: 10 minutes
cook time: 20 minutes
ready in: 30 minutes
makes: 6 servings, 1 cup each

Ingredients:

1 teaspoon canola oil
1 lb ground turkey, 93% lean / 7% fat
3/4 cup yellow onion, chopped
3/4 cup green pepper, chopped
1 Tablespoon chili powder
2 teaspoon ground cumin
1/2 teaspoon dried oregano
2 teaspoons garlic powder
1 Tablespoon tomato paste
1 can (15.5 oz.) Dark Red Kidney Beans, no salt added
1 can (28 oz.) diced tomatoes

1. In a large pot, heat the oil over medium heat.
2. Add the turkey with the onion and green pepper; cook until the turkey is lightly browned.
3. Add the chili powder, cumin, oregano and garlic powder; cook for 1 minute.
4. Add the tomato paste, kidney beans and diced tomatoes; simmer uncovered for 15 minutes.

Suggestion: Serve as-is, with a dollop of fat-free sour cream or with reduced fat shredded cheddar cheese.

Tip: If you are making this ahead of time, chili can be stored in a sealed container for up to 3 days. Chili may also be frozen and stored for 2 months.

Nutrition per serving: 260 calories, 9g total fat, 2g saturated fat, 70mg cholesterol, 380mg sodium, 22g carbohydrates, 5g dietary fiber, 25g protein

Giant®

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For more information, please visit **giantfood.com** and click on **Recipes & Meals.**

Roasted Tomato Bisque

prep time: 10 minutes
cook time: 1 hour
ready in: 1 hour and 10 minutes
makes: 6 servings, 1/2 cup each

Ingredients:

2 cans (14.5 oz. each) whole peeled tomatoes, no salt added
1 cup water
1 teaspoon canola oil
1/2 cup sliced onion
1 Tablespoon Worcestershire sauce
1/2 teaspoon dried basil
1/8 teaspoon ground black pepper
6 Tablespoons fat-free half and half

1. Preheat oven to 400°F.
2. Lightly coat a casserole dish with oil or cooking spray.
3. Cut tomatoes in half lengthwise and place in prepared dish. Roast for 45 minutes, add water and stir to dissolve browned bits, and continue roasting for 15 minutes.
4. Meanwhile, in a medium saucepan, heat oil over medium heat and sauté onion until lightly browned. Transfer sautéed onion and roasted tomatoes to blender and puree until smooth.
5. Pour mixture into saucepan, stir in Worcestershire sauce, basil, and pepper and heat through.
6. For each serving, swirl in 1 tablespoon of half and half. Makes about 3 cups.

Nutrition per serving: 45 calories, 1g fat, 0g saturated fat, 0mg cholesterol, 60mg sodium, 8g carbohydrate, 2g fiber, 4g sugars, 2g protein

Ultimate Grilled Corn Salad

prep time: 20 minutes
cook time: 10 minutes
ready in: 30 minute
makes: 12 servings, 3/4 cup each

Ingredients

5 ears of corn, husks and silks removed
1 pkg. (5 oz.) baby spinach
2 cans (15 oz. each) black beans, rinsed and drained*
3 tomatoes, seeded and diced
1 small red onion, thinly sliced
1 cup chipotle ranch dressing
1 ½ cups shredded Mexican-style cheese blend (6 oz.)
6 bacon slices, cooked and crumbled
Fresh cilantro (optional)

1. Coat grill rack with nonstick cooking spray. Preheat grill to medium-high (350°F–400°F). Grill corn, uncovered, 10–12 minutes or until tender, turning frequently. Transfer corn to a cutting board; let cool. When cool enough to handle, cut kernels from cob and place on a plate. Set aside.
2. Place spinach in the bottom of a large glass serving bowl. Layer evenly with beans, corn kernels, diced tomatoes and onion slices. Drizzle dressing evenly over top. Sprinkle with cheese, bacon and (if desired) cilantro, and serve.

*Dry drained beans on paper towels to keep them from discoloring the dressing.

If preparing for a gluten-free diet, make sure all ingredients are labeled gluten-free

Nutrition Per serving: 200 calories, 12g fat, 5g saturated fat, 20mg cholesterol, 420mg sodium, 14g carbohydrate, 4g fiber, 2g sugars, 9g protein

Mini Fruit Basket Treats

Cook Time: 15 minutes
Ready in: 30 minutes
Makes 12 servings, 2 oz. each

Ingredients

5–6 large shredded wheat biscuits
2 Tablespoons brown sugar
1/2 cup margarine, melted
1 ½ cups mixed fruit or mixed berries*
6 oz. vanilla low fat yogurt
Ground cinnamon or nutmeg (optional)
*frozen fruit may be used, thaw first

1. Line 12 custard cups or muffin tins with foil. Crumble shredded wheat biscuits. Mix with brown sugar.
2. Drizzle melted margarine over mixture. Toss to coat.
3. Press mixture onto bottom and sides of 12 lined cups.
4. Bake in a 350°F oven about 10–12 minutes or until crisp. Cool in cups. Remove from cups by lifting foil. Peel foil off baskets.
5. Fill baskets with fruits. Top with vanilla yogurt and sprinkle with cinnamon or nutmeg if desired.

Nutrition Per Serving: 150 calories, 8g fat, 1g saturated fat, 0mg cholesterol, 100mg sodium, 18g carbohydrate, 2g fiber, 3g protein

Take 12 Steps for *Community* Health in 2015

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

Veiw Parktakes online and register for classes at **wwww.fairfaxcounty.gov/parktakes**, or call **703-222-4664.**

For more information on parks and RECenters, visit **www.fairfaxcounty.gov/parks**

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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