

{HEALTHIER YOU 2012}

Weekly
E-Newsletter



HEALTHIER YOU IN ACTION!

Week 5—February 19-25

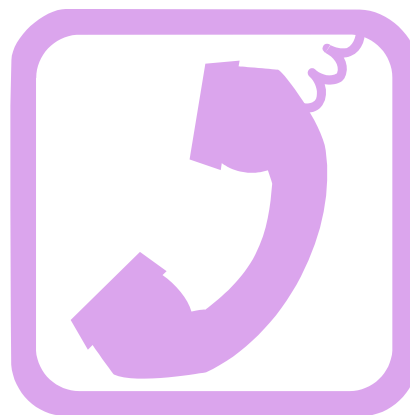


Healthier You 2012's first
Spot the Winner: Tracey Gerrard
Congratulations Tracey!
Keep up the good work!

Whoa!
Look at you go!
That's right. We've seen you out and about, putting in the time and hard work necessary to get healthy and we couldn't be prouder! Your commitment to your health is inspiring. We have all heard that health is its own reward but only those practicing a healthy lifestyle really know how that feels. It's the satisfying soreness of your muscles, the endorphin rush and the energy and vigor you can feel building up in your body. We've seen you working hard to reap these rewards and we think you deserve some recognition! That's why we are introducing Healthier You Spot the Winners! We've got Healthier You agents out around town looking for you in the act of exercising in the community. If you get spotted you could be the winner of your own

Healthier You t-shirt! Your Healthier You shirt proclaims to the world that you're committed to your health. You can wear the t-shirt proudly knowing that your hard work has earned it. Wear it to your workout. Wear it with your team. Wear it to remind yourself that you are doing something good for *you*. Wear your shirt the way you wear your health, as a badge of honor. Each day you're getting stronger, faster and fitter. So keep up the hard work. Hit the gym, the trails or make a splash in the pool. Get up and active in Valdez and you could be Healthier You's next Spot the Winner! We'll be watching and with your new healthy glow- we know you'll be impossible to miss.

**HEALTHIER YOU
SPONSORED ACTIVITES
can now be found on the Parks
and Recreation Hotline
Call 835-3200**



WINNER OF THE WEEK

**Jeanne Rasmussen has won 2 Fitness DVDs
and the book *Eat This, Not That!***

To pick up your prize please visit the Parks and Recreation Office, located in the Civic Center.

Recipe of the Week

SOUTHWESTERN THREE BEAN and BARLEY SOUP

SERVES 6

INGREDIENTS

- 1 tablespoon extra-virgin olive oil
- 1 large onion, diced
- 1 large stalk celery, diced
- 1 large carrot, diced
- 9 cups water
- 4 cups (32-ounce carton) reduced-sodium chicken broth or vegetable broth
- 1/2 cup pearl barley
- 1/3 cup dried black beans
- 1/3 cup dried great northern beans
- 1/3 cup dried kidney beans
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon dried oregano
- 3/4 teaspoon salt



PREPARATION

Heat oil in a Dutch oven over medium heat. Add onion, celery and carrot and cook, stirring occasionally, until softened, about 5 minutes. Add water, broth, barley, black beans, great northern beans, kidney beans, chili powder, cumin and oregano. Bring to a lively simmer over high heat. Reduce heat to maintain a simmer and cook, stirring occasionally, until the beans are tender, 1 3/4 to 2 1/2 hours (adding more water, 1/2 cup at a time, if necessary or desired).

NUTRITION

Per serving: 205 calories; 3 g fat (1 g sat , 2 g mono); 0 mg cholesterol; 35 g carbohydrates; 0 g added sugars; 11 g protein; 10 g fiber; 705 mg sodium; 601 mg potassium.

Community Connection

THE VALDEZ POOL

Find your inner Michael Phelps!

The Valdez Pool is ready to help you get fit! When most people think of a cardio work out they think of sweating it out in the gym– but lap swimming can offer a refreshing alternative! Just a few laps in the pool and your elevated heart rate will let you know just what a work out swimming can be!

Keep going and you will discover that a good lap swim will not only challenge you heart but your muscles as well! Swimming can also be a great go to workout for individuals with sensitive joints. When joint pain makes running and other cardio activities painful, swimming can offer a low impact activity that engages your muscles without punishing your joints. And best of all you don't need an Olympian's bank account to enjoy the benefits of swimming! The Valdez Pool is FREE! Each week the Valdez Pool offers free open swim, lap swim, senior swim and rehab/therapy swim opportunities!

Call the pool at 835-5429 for more information or call the Parks and Rec Hotline at 835-3200 for the pool schedule.

Upcoming Healthier You Sponsored Activities

**February 25, 2012
WATER AEROBICS**

11am-12pm

@the VALDEZ POOL

FREE!

**Come get a great workout and
earn bonus points!**

**Keep going! You're
doing great!**