

Subject: News from Activate Phoenixville Area

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Activate Phoenixville Area Newsletter

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APA's Mission

Activate Phoenixville Area (APA) is a community coalition committed to changing the culture and environment within the community to foster healthier lifestyles.

JOIN OUR LIST

[Become an APA Member!](#)

Activate Phoenixville Areas' coalition is comprised of the following organizations:

- Phoenixville Community

Activate Phoenixville Area Members -
Get ready for a packed May issue of health and wellness news! As we strive to have an ongoing dialogue addressing your questions and featuring your ideas, please let us know what you think about the topics below:

- Would you try a Screen Free Week experiment with your family?...
 - Read our ideas for fitting exercise into your busy week and let us know yours...
 - Calling all adventurous chefs: will you join us in making springs' bounty tasty, too? Artichokes, Radishes & Swiss Chard, Oh My!
 - Have you tried a new wellness program after reading our expanded Get Active Calendar? How'd it go?
- Please join our ongoing dialogue on [APA's Facebook page](#) and share your perspective on all of these topics, and more!

Activate Phoenixville News

Screen Free Week

So who participated in national Screen Free Week 2011 during April 18-24? Formerly known as TV turnoff week, this was the annual national celebration where children, families, schools, and communities turn off TV, video games, computers, and hand-held devices and turn on life. Instead of relying on screens for entertainment, they play, read, daydream, explore nature, and enjoy spending time with family and friends. It's not just about snubbing screens for seven days; it's a springboard for important lifestyle changes that will improve quality of life year round. If you participated in the national event please hop over to our

- Health Foundation
- Phoenixville Hospital
- Phoenixville YMCA
- Stepping Stone Education Center
- Phoenixville Area School District
- Phoenixville Borough
- Phoenixville Community Education Foundation
- Message of Hope
- NovaCare, Phoenixville

[Activate Phoenixville Area Facebook Page](#) (don't forget to "like" APA's Facebook page while you're there!) to tell us all about this noble experiment. What did you learn? Or, if Screen Free Week passed you by, would you consider trying it with your family? Read more about Screen Free Week [HERE](#).
For more ideas, check out these creative activities and suggestions employed during Screen Free Week from one enterprising mommy blogger [HERE](#)

Get Active Calendar

May 7 - Opening day of Phoenixville Farmer's Market 9 am - 1 pm under the Gay Street Bridge. Be part of the Honey Bee festival this day! [For more information, click here](#)

May 7 - Give and Take Cane Day at Exton Baptist Church, 12 - 1 p.m. Physical therapist will assist in choosing the correct cane in this canes donation/exchange clinic. For more information call 610-594-7021 or [Click Here](#)

May 7 - Nordic Walking Group, Kardon Park, Downingtown. 9 am. All levels. [Click here for more information](#)

Fridays in May (6, 13, 20, 27) - Mothers Learning Together en Espanol - Women's Resource Center and Healthy Start, 10:30 am - 12:30 pm. Free babysitting & lunch. Call to register 610-917-1360.

Fridays in May & June - Community yoga, Gateway Bodyworks & Wellness Center. 6:30 - 7:30 pm, proceeds benefit local charities. [Click here for more information](#)

May 10 - Healthy Women Anniversary Event, 4:30 - 8 pm at Rivercrest Golf Club. Lisa Scottoline Keynote Speaker. [Click here for more information](#)

May 12 - Mother's Day massages 4 - 8 pm at Kimberton Whole Food Store, Kimberton, cost is \$10. [Click here for more information](#)

May 12 - Reiki Clinic to Benefit Japan's tsunami victims, 5 pm - 8 pm, Phoenix Village Art Center. [Email for more information](#)

May 13 - Mother's Day massages, 9 am - 1 pm, Kimberton Whole Foods, Kimberton. \$10. [Click here for more information](#)

OUR SPONSORS

Activate Phoenixville Area is grateful to our sponsors for the support they provide to our community programming:

- *Phoenixville Community Health Foundation*
- *Phoenixville Federal Bank & Trust*
- *Trinity Benefit Advisors*
- *Curves of Phoenixville*
- *Passion for Fitness*

May 14 - Run by the River 5K benefiting Good Sam Shelter 9am. Longford Park (Port Providence Trailhead by Produce Junction). [Click here for more information](#)

May 14 - Navigating Caregiving, 10 am - 12 pm, Adult Care of Chester County, Exton, PA. [Click here for more information](#)

May 14 - American Red Cross CPR / AED First Aid Certification, 12 - 5 pm, Gateway Bodyworks. \$75, bring friend to save \$10. [Click here for more information](#)

May 16 - 21: Dogwood Festival at Reeves Park. The parade is at 1 pm on the 21st. [Click here for more information](#)

May 19 - "Your Brain on Meditation" series, 7-9 pm, The Soul Center, free. [Click here for more information](#)

May 21 - Phoenixville PAL "Be a PAL" 5K Run, 8 am. Valley Forge Christian College. [Click here for more information](#)

May 21 - 1st Annual Community Soccer Day 10 am - 6 pm. Rain date 6/4/11. Call 610-933-7728 for more information.

May 21 - Nordic Walking Group 9 am, Valley Forge Park at Washington's Headquarters. [Click here for more information](#)

May 23 - Skin Cancer Presentation, 12:45 pm at Phoenixville Senior Center [Click here for more information](#)

May 31 - Maintaining a Healthy Body Speaker Series, 7 pm, Phoenixville Library. Free event, reservations required. [Click here for more information](#)

June 2 - 7 Dances of Shiva at 7 pm, the Soul Center, Kimberton. [Click here for more information](#)

Summer activities sponsored by Phoenixville Recreation Department include:

PAPA Basketball (7-16 yrs), Sports Program (3-5 yr old), Tennis (6-14 yr old), Golf (5-11 yr old), Volleyball (6-14 yr old), KiXX Soccer Camp (4-14 yr old), Flag Football (7-14 yr old), Sports Art (7-14 yr old), Rugby (boys, 13-17 yrs old), Pony Camp (3-13 yr old), Zumba (5-10 yrs old), [Click here for more information on any of these programs](#)

May & June - Zumba, from 6:30 - 7:30 pm Tuesday and Thursday nights at Stepping Stone Education Center, just \$5! [Click here for more information](#)

Wednesdays and Fridays in May & June - Stretch & Flex classes, 9 am, Phoenixville Senior Center. Call 610-935-1515 for more information.

May & June - Ongoing - sign up for Boot Camp at Passion for Fitness [Click here to learn more](#)

Fitness Forum

5 Ways to Find Time to Workout in Your Busy Schedule

Workout On Your Lunch Break

Swap out a leisurely lunch break with a power workout a few times a month, and you'll be able to add a quick session into your day. If you're pressed for time, [dry shampoo](#), [face wipes](#), and [an organized gym bag](#) can keep your locker room time short and sweet. Add a little cardio and call it done.

Mark it On Your Calendar

Blocking out time on your calendar will help you schedule around your workout instead of just thinking you'll have time to fit in it in and then not being able to.

Workout with a Friend

You know that exercise buddies can be the key to a keeping you accountable in your fitness routine, so if you feel you're in need of some catching-up time, then try scheduling a tennis session or a jog around the park with a friend instead of brunch or drinks

Make it Quick

There are many ways to fit in a 20-minute session that gets your heart pumping, including working out at home or going for a quick run. Try to break out the jump rope, or multitask with free weights on the stair-climber.

Change Your Bedtime

If you find yourself wasting the end of your day on mindless TV, going to sleep a little earlier could be just what you need to wake up early enough to exercise before the craziness of the day begins

How have you successfully fit fitness into your schedule? What works? Have you tried any of the above tips? Add your thoughts [on APA's Facebook page!](#)

Read more of this article from [Shape Magazine](#) by clicking that link.

Remember to register for Activate Phoenixville Area President's Challenge!

APA has partnered with the White House on the President's Active Lifestyle Award (PALA) to get more Phoenixville area residents to move more and eat smart! Take the challenge, win great prizes and join in on the fun of getting fit!

Here are the goals:

- Adults (ages 18 and older): You need to be active 30 minutes a day, at least 5 days a week, for 6 out of 8 weeks. As an alternative, you can count your daily activity steps using a pedometer (goal: 8,500).
- Kids and teens (ages 6 - 17 years): You need to be active 60 minutes a day, at least 5 days a week, for 6 out of 8 weeks. As an alternative, you can count your daily activity steps using a pedometer (girls' goal: 11,000; boys' goal: 13,000).

To learn more:

[Click here to get started!](#)

Nutrition Corner

Organic Foods: How Can I Get Started?

We have all heard that eating organically helps to limit your pesticide & additives exposure, and is certainly better for the environment. But if you wonder if or how to can begin introducing organic food into your diet, read on.

Our friends at [Kimberton Whole Foods](#) offer these suggestions: Start small and don't expect to change all of your eating habits overnight. Commit to purchasing one thing locally and organically each week. You may find how easy and tasty it is! Join a CSA, visit the Phoenixville farmer's market, and shop at Kimberton Whole Foods. Or even try to plant a vegetable yourself - try a container garden if a small patch is intimidating.

To help you consider all of the factors in choosing organic foods, read more from [The Mayo Clinic Here](#)

Recipe Center - Spring's Freshest Ingredients (that you've been too intimidated to try!)

I admit. I am no great experimenter when it comes to

cooking with new vegetables. Swiss Chard always sounds so healthy & hip, but I have not a clue how to prepare it. I've selected a few seasonal, fresh veggies that perhaps you, like me, could benefit from learning how to turn from healthy into tasty!

Fresh Artichokes

Fresh artichokes look intimidating, especially when it is so easy to buy the jarred, marinated variety. But packaged artichokes are usually soaking in oil and may have added sodium or other unhealthy jar-mates. Go for the fresh choke and you'll avoid additives and get right to the antioxidants, fiber, vitamins and minerals this veggie has to offer.

Click for Recipe: [ARTICHOKES STUFFED WITH RICOTTA AND SALAMI](#)

Radishes

Often relegated to a garnish, the radish rightfully deserves its place on your plate. This little root is low in calories and a good source of fiber, vitamin C, and potassium. When shopping for radishes, take note of the size of the bulbs. If they're too big, they might be cracked or have a hollow center. Their leaves should look crisp and green, not yellow.

Click for Recipe: [Fish Tacos with Salsa Verde and Radish Salad \(In honor of Cinco de Mayo\)](#)

Swiss Chard

Chard's thick, crunchy stalk and hardy, wide leaves have a taste that is "half spinach, half beet" says Sarah Krieger, RD and National Spokesperson for the ADA. Chard is chock-full of vitamins and minerals, especially magnesium, which can relax muscles and boost levels of mood-lifting serotonin in the body. Plus, it's a great source of iron for vegetarians who may not be getting enough without eating meat, says Krieger.

Click for Recipe: [Braised Swiss Chard with Currants and Feta](#)

Free Yoga Voucher!

Have you always wanted to experience the health, peace of mind, and boundless enthusiasm for life that comes from yoga? Now is your chance! Phoenixville Area yoga studios have partnered to offer YOU a free chance to experience yoga!

Simply click here to download your [Free Community Yoga Voucher](#)

This newsletter gets translated in Spanish. If you would like a copy of the newsletter **en Espanol**, please let us know at the contact information below.

Sincerely,

Shannon Mannon
Activate Phoenixville Area
email: activatepville@gmail.com
phone: 610-917-9890 x. 25

**Save
25%**

If you are using a special coupon or promo code, include it here. Or, indicate if the coupon must be printed and presented in person. Is the coupon transferable? If so, encourage recipients to share the offer with friends and family to maximize the viral effect of the coupon. Add a "Register Now" link to your website with more information.

Offer Expires: Enter Expiration Date here

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