

# 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 Health Foundation
- Phoenixville Hospital
- Phoenixville YMCA
- Stepping Stone Education Center
- Phoenixville Area School District
- Phoenixville Borough
- Phoenixville Community

June 2011

## Activate Phoenixville Area Members -

Summer is here! The warm weather motivates all of us to get moving. In this issue, you'll find out an exciting new, **FREE Bike Share program in Phoenixville!**

Be sure to check out the new "food plate" and associated website; to help you get a healthy start to summer, we have some delicious recipes ready for your grill.

Finally, our Get Active Calendar has more events and local programs than ever before to help you become your healthiest self.

Enjoy!

Don't forget to:

[Find us on Facebook](#)

## Activate Phoenixville - Nutrition Corner

### Food Plate Replaces Food Pyramid

The USDA unveiled a new visual to help families understand how to eat healthier. The new image gives guidance about what foods to increase (fruits and vegetables), which to reduce, and how to balance your calories at each meal, and throughout the day.

Take a look at the [new FOOD PLATE here.](#)

This website has a wealth of tips and resources about food groups, what to eat for specific audience (e.g. - preschoolers, for weight loss, general population), recipe suggestions and much, much more. It's an excellent tool and worth a few moments of your time to read.

- Education  
Foundation
- Message of  
Hope
  - NovaCare,  
Phoenixville

#### 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*

## Recipe Center - Summer is here and

### the Grillin' is Easy!

Nothing is easier than firing up the grill for an easy, tasty summer dinner. Read below for a fresh chicken entree and an exciting take on dessert -- *all done on the grill!*

#### [Grilled Chicken with Fresh Grape Glaze](#)

Grapes are probably the last thing you'd expect to put on chicken, but the combination of soy sauce, balsamic vinegar and rosemary really work well. The natural sugars caramelize giving the dish that charred crust that makes grilled food great!

While you've got the grill on, why not impress your friends with this deceptively simple dessert cooked right on the grill!:

#### [Pineapple Berry Hobo Pack](#)

#### Get Active Calendar

**June 8 - Common Ground Open House** 5 - 7 pm, 723 Wheatland St, Phoenixville. Offers treatment & recovery options. [Click here for more information](#)

**June 11 - Strawberry Festival** - Historical Society of Phoenixville, Main Street, 10 am - 3 pm. [Click here for more information](#)

**June 11 & 12 - Maysie's FarmFest 1 - 9 pm**, Mill at Anselma, Chester Springs [Click here for more information](#)

**Wednesdays in June - August - Tai Chi Classes** 6 pm in Reeves Park, Phoenixville [Click here for more information](#)

**Saturdays in June - August: Tai Chi Classes**, 9am - Beginners, 10 am - Intermediate at Main St. Chiropractor, Trappe [Click here for more information](#)

**June 11, 18, 25 - Phoenixville Farmer's Market - 9 am - 1 pm**, Under Gay Street Bridge in Phoenixville [Click here for more information](#)

**June 14, 21, 28 - Summer Farmers Market - 2 - 6 pm at Mill at Anselma** with locally grown organic produce, handcrafted goods, and great food. [Click here for more information](#)

**June 19 - Chester County Challenge for Cancer Bike Tours** - Registration at 7:30 am. 915 Old Fern Hill Rd, West Chester.

[Click here for more information](#)

**June 19 - PAPA's Annual Father's Day Celebration** 11 am - 6 pm at Reservoir Park, Phoenixville. With yard sale, food, games, face painting & crafts. [Click here for more information](#)

**June 25 - Free Movie Night, Kimberton Whole Foods** 5:30 - 7:30 pm, please RSVP. [Click here for more information](#)

Tuesdays and Thursday in June - Great Valley Adventure Boot Camp in Reeves Park at 5:30 am. [Click here for more information](#)

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

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

**Mondays & Wednesdays in June** - Great Valley Adventure Boot Camp in Reeves Park at 6:30 pm. Saturdays at 7:30 am. [Click here for more information](#)

## Fitness Forum

### Free Bike Share Program in Phoenixville

APA was thrilled to learn about this incredible new program called "Bike Schuylkill" right here in our community! It is a *completely free bike share program* available in three Schuylkill River Heritage Area communities: Phoenixville, Hamburg and Pottstown.

Through Bike Schuylkill, anyone aged 16 and over can borrow a bike by providing a driver's license or valid state ID to a program administrator. The bikes can be used for a short period of time or an entire day, but they must be returned by the time the loaning office or shop closes.

To get a bike in Phoenixville go to:  
Bike Schuylkill-Phoenixville: Phoenix Cycles, 165 Bridge Street, Phoenixville, 610-933-2210. Hours: T-F 11am-7pm, Sat 10am-5pm, Sun 12-4pm.

[Click here to learn more about the Schuylkill River National and State Heritage Area](#)

## 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!](#)

### 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](#)

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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  
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phone: 610-917-9890 x. 25

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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.

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