

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

Activate Phoenixville Area Members -

Just imagine what it would be like to live in a community with no more childhood obesity, with lower health care costs, a place where overall wellness was valued and each citizen felt strong and vibrant.

At Activate Phoenixville Area, we believe that this vision can be a reality. That is why we encourage and challenge every Phoenixville area resident to join us by participating in the **Million Presidential Active Lifestyle Award Challenge!**

By helping our residents find the tools they need to move more and eat smarter, we are making our community a healthier place to live, to work, and to play.

This April issues has a greatly expanded nutrition column including seasonal recipes! Read more below and find out how YOU can take the first step to get active!

Activate Phoenixville News

Activate Phoenixville Area joins FaceBook!

As APA strives to help the community take ownership of its health by providing you the tools you need to find answers to your questions, we have joined the Facebook generation! It's yet another place where you can share your wellness concerns & interests, discuss questions with our expert advisors, find out about local programming, and more!

If you are a member of Facebook, [click here to review APA's facebook page!](#)

Congratulations to the Phantom Phitness Club Participants!

The pilot program developed by Activate Phoenixville Area and the Phoenixville YMCA, the Phantom Phitness Club, has completed its inaugural season. This wellness intervention program targets fifth graders who need help adopting healthier lifestyles. The program combined physical activity, behavior modification tools and nutrition counseling over 12 weeks

- Education Center
- Phoenixville Area School District
- Phoenixville Borough
- Phoenixville Community 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

We are so proud of the 13 fifth graders at Barkley Elementary school for their hard work and dedication. We also extend our heartfelt gratitude to the Barkley administrators & teachers, and the to YMCA trainers and Registered Dietitian in making this first year such a success!

Some feedback from the Fifth graders:

"My favorite part was the exercise because it made a big difference"

"I loved learning about the food pyramid and the muscle parts."

"I love the PPC so much that I want to do it again!"

"I liked learning how to eat healthy & that we were moving."

Get Active Calendar

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

April & May - Zumba, Pay-as-you-go classes at Curves of Phoenixville & open to the public. \$3 for ½ hour, \$5 for one hour. Call 610-935-4558 for FREE all inclusive Weight Management Class. In March, new members can join for \$0 with proof of a yearly mammogram. [Click here for more information](#).

April 16 - YMCA's Healthy Kids Day, 10 am - 2 pm. Free, open to all. Educational, Informative and Fun Activities for the entire family. Great prizes, healthy food, games and activities for kids and adults. [Click here for more information](#)

April 16 - Family Fun Run 5K 9:00 am Franklin Commons 400 Franklin Ave. Phoenixville, PA 19460, call: 610-933-7710 for more information.

April, ongoing - Freedom Yoga Classes - joins Yoga & 12-Step Recovery - donation only class at the Soul Center - [Click here for more information](#)

April, ongoing, Annual Food Drive for PACS - Benefits New Curves of Phoenixville Members Curves will waive sign up fee (\$99 saving) for new members who donate a bag of groceries. For more info, call 610-935-4558, or [Click here for more information](#)

May 4 - Nordic Walk Demo at Reeves Park, meet at the clock tower at 6 - 7:15 pm. No experience necessary. [Click here for more information](#)

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](#)

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

Fitness Forum

Launching Activate Phoenixville Area President's Challenge!

APA has partnered with the White House on the President's Active Lifestyle Award (PALA). In partnership with the First Lady's Let's Move initiative, APA is working toward getting 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

Rewarding Children Without Candy

Some area school districts have (at times controversially), banned cake and candy from school birthday celebrations. The following article offers suggestions for teachers (and parents) to phase more healthy treats into the children's lives. [Read it here.](#) What do you think? Is banning birthday cupcakes at school too drastic? Or a needed step in the childhood obesity epidemic? What is your opinion? Post your comments & thoughts on our [APA Facebook page.](#)

Interested in Joining a Local CSA?

What is a CSA (Community Supported Agriculture)? Basically, it's a "share" in a local farm. You pay upfront, then you get a box of fresh hand-picked local organic veggies (& recipes!) delivered

every week (or every other week - depending on what you chose) from April through November. There are still shares available for the Phoenixville drop off site! You also have the option of adding other items like yogurt, eggs, pastured chicken, beef, etc. throughout the growing season.

Joining a CSA is an excellent way to eat seasonally, organically, and nutritionally for a great value! Plus, your membership supports our local farms!

[Click here for more information](#)

RECIPE CENTER

What is in season in April? Fava beans! What are they? Fava beans have been a staple of Mediterranean and Middle Eastern cuisine for centuries, and more American cooks are becoming familiar with them. Experiment with Fava beans with this seasonal, easy, healthy recipe:

[Orecchiette with Fresh Fava Beans, Ricotta, and Shredded Mint](#)

Try picking up some Fava Beans at the Phoenixville Farmer's Market this weekend! While fava beans are best, frozen lima beans or green peas can be used in a pinch. If you can't find orecchiette, use seashell pasta.

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](#)

Sincerely,

Shannon Mannon
Activate Phoenixville Area