

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 -

As we strive to be your one-stop shop for all wellness-related events, programs, and activities in the Phoenixville area, we hope you'll take a moment to read the expanded "Get Active Calendar."

Besides just *information*, we hear you that *education* would help to navigate the confusion that can surround attempts to make well-informed fitness and nutrition decisions for you and your family. Therefore, we have added both a monthly "Fitness Forum" column, and a commitment to continue the "Nutrition Corner" segment as well. We hope this newsletter continues to be a two-way community dialogue with your feedback and interests reflected here each month. So please send us your thoughts and comments! In the meantime, let's get outside and enjoy the spring weather that is so quickly approaching!

Activate Phoenixville News

Cancelled 5K on March 26, 2011!

Thank you for your interest in Activate Phoenixville Area's Spring Into Fitness 5K event. Unfortunately, 5K event faces a major insurance issue that will prevent us from being able to host the run. We are disappointed to have to cancel what was to be a very successful and well attended event. But our priority was to protect and ensure the safety of all the runners, and could not move forward without the proper insurance, which that we recently discovered was unattainable.

We sincerely apologize for this inconvenience. Full refunds will be issued for all participants.

[Click here for more information on the cancelled 5K](#)

Girls on the Run & Girls on Track Underway!

A new record of courageous, committed girls have signed on to participate in GOTR & GOT in Phoenixville this spring! More than 160 girls from 3-8th grades have pledged to use the power of running to help prepare for a lifetime of self respect and healthy living. Throughout the program, volunteer female coaches weave lessons about body image, peer pressure and healthy choices among running sessions that steadily increase toward the length of a 5K that all girls run on May 14th.

Big thanks to Barkley, East Pikeland, and Schuylkill Elementary Schools. and a warm welcome to our new addition. Renaissance

- Education Center
- Phoenixville Area School District
- Phoenixville Borough
- Phoenixville Community Education Foundation
- Message of Hope
- NovaCare, Phoenixville

Academy lower and middle schools for their participation and support of GOTR & GOT. We congratulate the girls, their running buddies, and their dedicated coaches and wish them great success this season!

Get Active Calendar

March 20 - Little Eagle Open House 1-2 pm at the Spring Valley YMCA. Little Eagles is a special martial arts program designed for children 4-6 yrs. old. [Click here for more information](#)

March 23 - Tai Chi Classes - New sessions starts. "Pay-as-you-go" \$5 per one hour class. New students will be accepted through the 3rd class. [Click here for more information](#)

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

March & April - 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](tel: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 6 - Phoenixville Community Acupuncture at The Soul Center. Fee is based on a sliding-scale ranging from \$15-\$40, you decide what you can afford. Wednesdays, 5:00-6:45pm. [Click here for more information](#)

April 9 - Reservoir Dogs! Park Work Day 8 - 11:00 am. Fillmore Street & Franklin Avenue, Phoenixville. Come to do what needs to be done at the dog park to keep it nice for both our human and canine visitors. Light refreshments provided. [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](tel: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](#)

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

Fitness Forum

Working through your Resolutions

Now that we're more than two months into the 2011 it's time to

assess the progress made to our well intentioned goals of getting fit and healthier in the New Year. Perhaps you have set attainable goals and are reaching them

(and good for you - it takes about 21 days to incorporate a new habit into your life style, so you are on your way!).

But for the rest of us, let's take a look at some common stumbling blocks and how we can over come them.

[Click here to read more about Barriers to Fitness, and Overcoming Common Challenges](#) from MayoClinic.com

Nutrition Corner

Understanding Artificial Sweeteners

Try as we might to make healthy food choices, one area that has become increasingly complex and confusing is the artificial sweetener business. At the food store, new sweeteners are touted as "natural," yet others contain less calories. What role do these sugar substitutes have in our diet? How can we make the most informed choices? [Click here to read more about Artificial Sweeteners: Understanding These and Other Sugar Substitutes](#) from the MayoClinic.com

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

**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