

JRD Newsletter February 2021

**JOIN US FOR JEROME'S
ANNUAL HEALTH FAIR!!**

Coming SUMMER 2021!!!!
Stay tuned for more information!

Jerome Recreation District

2032 Lincoln Avenue

Tests available:

Lipid Panel*	\$15
Comprehensive Metabolic Panel*....	\$15
Complete Blood Count.....	\$10
Thyroid Stimulating Hormone.....	\$15
Hemoglobin A1C.....	\$10

***12-14 hours fasting is required for
these tests.**

Free Fitness Classes Open to the Public

***Bring a friend to the gym for a free
all-day pass!***



Free nitrate testing on private wells. Bring in 1 cup of outside faucet water in a clean jar or zip-lock bag.

February Schedule Change



Tuesday- 8:15 PM
Thursday- 8:15 pm
Saturday- 8:00 AM

Walking is easier with good form. Follow these tips for proper posture and healthier tomorrows!

Head

Imagine a string attached to the top of your head, pulling it straight toward the sky. Keep your chin lifted and your ears in line with your shoulders.

Shoulders

Keep them relaxed, down and slightly back. If they start hunching up toward your ears, take a deep breathe and drop them back down again.

Arms

Elbows should be bent at about 90-degrees, hands lightly cupped. Relax your arms and pump them forward and back as you walk. They should not crisscross in front of you. Walking with light hand weights can help build muscle and burn calories, but too much weight will strain elbows and shoulders.

Chest

Yoga practitioners sometimes refer to the breastbone area as your “heart light”. Keep your heart light lifted and shining straight ahead.

Abdominals

Pull your belly button toward your spine as if you were zipping up a snug pair of jeans. Keep those abs firm and tight as you walk.

Feet

With each step, plant your heel, roll onto the ball of your foot, and push off with your toes. Avoid rolling your foot inward or outward. To protect your feet and joints, wear good walking shoes. A proper fit means they feel great right out of the box. Make sure there's a finger-width between the end of your longest toe and the inside of the front of the shoe.



NUTS!

This includes almonds, walnuts, pistachios, peanuts and macadamia nuts, all of which contain good-for-your-heart fiber. They also contain vitamin E, which helps lower bad cholesterol. And some, like walnuts, are high in a type of plant based omega-3 fatty acid called alpha-linolenic acid, or ALA, tied to anti-inflammation and improved circulation. "Some people in the past have avoided nuts because they're higher in fat, but most of the studies show that people who consume nuts daily are leaner than people who don't," says Lauren Graf, a registered dietician and co-director of the Cardiac Wellness Program at Montefiore Medical Center in New York City. And leaner people are at a lower risk for heart problems. Look for varieties that don't have a lot of added salt.



Cranberry Waldorf Yogurt Salad

- 1 ½ cups dried cranberries
- 1 cup chopped red apple
- 1 cup chopped celery
- 1 cup seedless green grapes, halved
- ⅓ cup raisins
- ¼ cup chopped walnuts
- 2 tablespoons white sugar or honey
- ¼ teaspoon ground cinnamon
- 1 (8 ounce) container vanilla yogurt
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Combine cranberries, apple, celery, grapes, raisins, walnuts, sugar or honey, cinnamon, and yogurt. Toss to coat. Cover and chill 2 hours.





Heart-Healthy Valentine's Day Tips

Your sweetheart may have the key to your heart, but a proper diet and regular physical activity can be the key to a healthy heart. This Valentine's Day, indulge your sweetheart with a heart-healthy gift or date.

1. Rather than tempting your beloved with chocolates, consider a gift that has more permanence. Search for a poem that describes your feelings and write it on beautiful paper for a handmade Valentine.
2. Quality time is one of the most meaningful gifts. Bundle up and plan an active outing such as sledding, ice skating, gathering wood for a fire, or if you're feeling adventurous, visit an indoor rock wall.
3. If your children are having a Valentine's Day party at their school or day care, instead of sending candies, consider mini-boxes of raisins, mini-bags of pretzels, pencils or stickers as tokens of their friendly affection.
4. Cooking at home is an excellent way to control the quality and amounts of what you eat. Take a date to a local cooking class to practice your skills or learn a new technique.
5. Prepare a romantic candlelit dinner at home using one of our heart-healthy recipes.
6. If you go to a restaurant to celebrate, check out our heart-healthy tips for dining out.
7. Give to one another by giving back. Ask a date to volunteer with you at a local charity. Giving back is a healthy habit that will boost your mood and beat stress.
8. Visit www.ShopHeart.org for gift ideas that benefit the American Heart Association.
9. Use this day as an opportunity to tell your loved one how you feel about him or her, and share ways that you can support each other's health and wellness. Get started by taking the [My Life Check](http://mylifecheck.heart.org) (mylifecheck.heart.org).
10. Still craving something sweet? Send a fruit basket to your loved one that has natural sugar as well as healthy nutrients instead of sending sweets with added sugars.
11. Spice it up – try cooking at home with healthier seasonings and avoid prepackaged mixes that may contain a lot of salt. Instead, add some spice with some fresh hot peppers. Remove the membrane and seeds first, then finely chop them up. A little goes a long way.
12. Sharing is caring – if you do go out for a romantic dinner date, order one entrée to share. Many restaurant servings are enough for two – splitting will keep you from overdoing it.
13. Don't forget to love Fido, too! Give your pet a Valentine and remember to walk or exercise them daily – getting active will benefit your health and your bond with your pets.
14. Take it slow – if you were gifted a luxurious box of chocolates from your sweetie stick it in the fridge or freezer and enjoy in moderation over several weeks.
15. Still seeing hearts? You've seen hearts all month long; look for them at the grocery store and select products with the heart-check mark, which limits the amount of total fat, saturated fat, trans fat, cholesterol and sodium in a food.
16. One of the best things you can do for your heart is to give up smoking or help a loved one quit. Smoking is the most preventable cause of premature death.

For more information on heart-healthy eating, visit www.Heart.org/Nutrition or contact the American Heart Association at inquiries@heart.org or (800) 242-8721.



AMERICAN HEART MONTH

daily

FEBRUARY

WORKOUT CHALLENGE

GET YOUR HEART IN SHAPE FOR AMERICAN HEART MONTH IN FEBRUARY

10 burpees

50 squats

100 jumping jacks

50 lunges

10 push-ups

100 high knees

50 mountain climbers

10 star jumps

100 butt kickers

50 crunches

10 burpees



Did You Know?

1. Egyptians mummified their dead for burial, they removed every organ but the heart because they believed the heart was the only part of the body necessary for the trip through eternity.

2. A woman's heart typically beats faster than a man's.....
appr. 78 beats a minute vs. 70 beats per minute.

3. *Because the heart has its own electrical impulse it can continue to beat even when separated from the body as long as it has an adequate supply of oxygen.*

4. Every day the heart creates enough energy to drive a truck 20 miles.

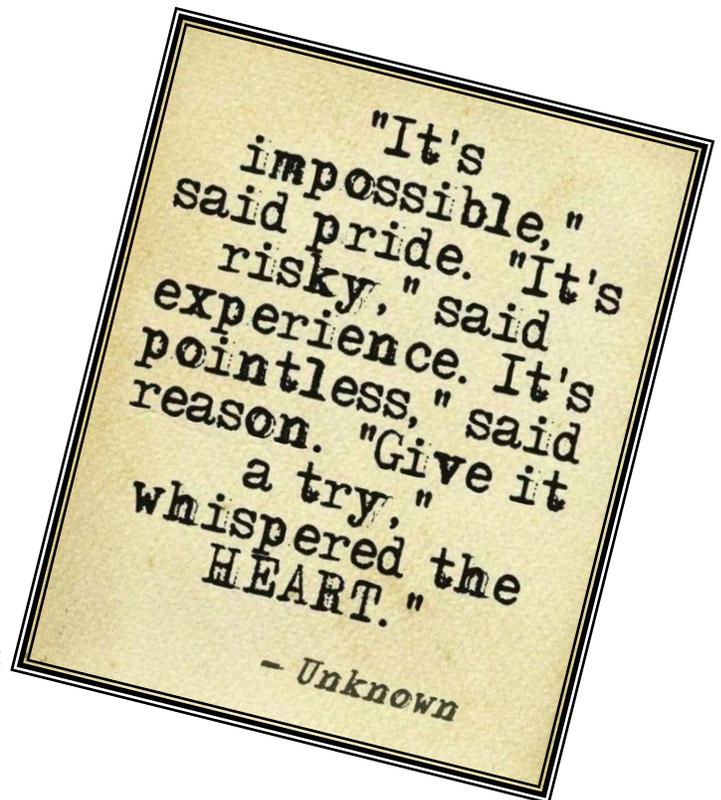
5. **Your heart will pump nearly 1.5 million barrels of blood during your lifetime, enough to fill 200 train tank cars.**

6. Your heart beats over 100,00 times per day.

7. The first heart pacemakers plugged into a wall socket.

8. The blue whale has the biggest heart weighing in at 1500 pounds.

9. Give a tennis ball a good, hard squeeze. You use about the same amount of force your heart uses to pump blood out to the body. Even at rest the muscles of the heart work hard—twice as hard as the leg muscles of a person sprinting.



10. Your body has about 6 quarts of blood. This 6 quarts of blood circulates through the body three times a minute. In one day the blood travels 12,000 miles!!!

Youth Spring Soccer Registration

**4 years old through 4th Grade
(must be 4 on or before April 10, 2021)**

Register February 5-March 8

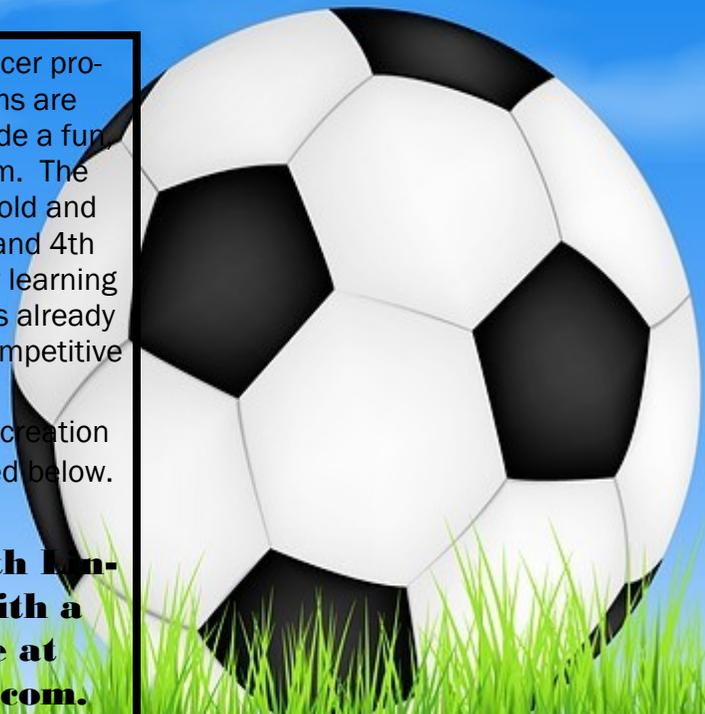
**\$15.00 in district
\$25.00 out of district**

Games will be April 10, 17, 24, and May 1 at Forsyth Park

The Jerome Recreation District's Spring Soccer program is a four week season, in which teams are formed and leagues are established to provide a fun, safe, and competitive youth soccer program. The teams are formed into age groups: 4 years old and Kindergarten, 1st and 2nd grade, and 3rd and 4th grade. These leagues will provide a basis for learning the fundamentals of soccer, building on skills already acquired and teaching sportsmanship in a competitive environment.

For more information contact the Jerome Recreation District at the phone number or location listed below.

Register in person at 2032 South Lincoln, by phone at 324-2289 with a Visa or Mastercard or online at www.jeromerecreationdistrict.com.



Just for Kids

Yarn Hearts



Needed:

Thick wire like floral wire
Wire cutters
Yarn
Scissors

Bend length of wire into heart shape twisting the ends together to secure. Tie yarn onto heart where wire is twisted together. Pull yarn across heart and wrap once around wire. Pull yarn across heart again and wrap once around wire. Continue until it looks like you want it to. Tie off yarn and leave enough length to hang it up.

Ham Potato Puffs



Ingredients

1 tube (12 oz.) refrigerated buttermilk biscuits
1 cup cubed fully cooked ham
1 cup leftover mashed potatoes
1 cup (4 oz.) shredded cheddar cheese, divided
1/2 teaspoon dried parsley flakes
1/4 teaspoon garlic powder

Directions

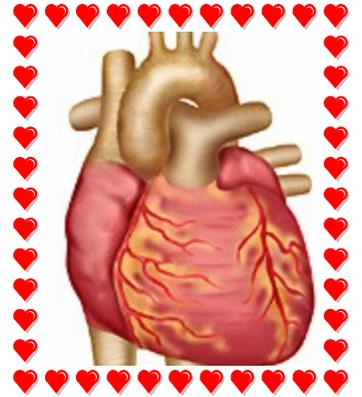
Press each biscuit onto the bottom and up the sides of a greased muffin cup. In a large bowl, combine the ham, potatoes, 1/2 cup cheese, parsley and garlic powder. Spoon 1/4 cup into each prepared cup. Sprinkle with remaining cheese. Bake at 350° for 20-25 minutes or until lightly browned. Serve warm.

Just for Kids.....Keep Your Heart Happy

Did you give your friends valentines and little heart-shaped candies on Valentine's Day? Do you ever cross your heart when making a promise that you really, really mean? Or turn on the radio to hear a guy singing about his broken heart?

We see and hear about hearts everywhere. A long time ago, people even thought that their emotions came from their hearts, maybe because the heart beats faster when a person is scared or excited. Now we know that emotions come from the brain, and in this case, the brain tells the heart to speed up.

Most kids are born with a healthy heart and it's important to keep yours in good shape. Here are some things that you can do to help keep your heart happy:



Remember that **your heart is a muscle**. If you want it to be strong, you need to exercise it. How do you do it?

By being active in a way that gets you huffing and puffing, like jumping rope, dancing, or playing basketball. Try to be active every day for at least 30 minutes! An hour would be even better for your heart! But even if you can't get in 30 minutes straight every day, each minute you are active is good for your heart.



Eat a variety of healthy foods and avoid foods high in unhealthy fats, such as saturated fats and trans fats (reading the labels on foods can help you figure out if your favorite snacks contain these unhealthy ingredients).

Try to eat at least five servings of fruits and vegetables each day.

Avoid sugary soft drinks and fruit drinks.

Don't smoke! It can damage the heart and blood vessels.

So now you know that your heart doesn't look like a valentine, but it sure deserves to be loved for all the work it does. It started pumping blood before you were born and will continue pumping throughout your whole life.

Tip for parents.....The best way to get your kids moving is to see how much fun **YOU** are having and they will want to join in.

Just for Kids.....The “Move It” Challenge

1. How many pushups can you do during a commercial? _____
2. Go for a 10 minute walk and see how many steps it takes. How many? _____
3. Practice jumping rope or jumping in place. How many jumps can you do in a row before stopping?

4. While watching your favorite TV show jump up during a commercial and see how many times you can run around the outside of your house before the commercial ends. How many laps did you make? _____
5. How many sit-ups can you do during a commercial? _____
6. While brushing your teeth do squats. How many squats does it take to brush your teeth? _____
7. Make up a dance to your favorite song. We like the “Move It” song from Madagascar. Teach it to your family or friends. Who did you teach?

8. Keep a balloon up in the air using only your knees and feet. How many hits can you get in a row? _____
9. Using 2 or 3 plastic grocery bags, balls, bean bags, or balls of socks, practice juggling. How many can you keep in the air? _____ For how long? _____
10. Cut out the bottom of a milk jug making yourself a scoop. With the scoop or a baseball mitt play catch. How many catches did you make in a row? _____
11. Have a long jump contest with your family or friends. How far did you jump?

12. While watching your favorite TV show do side leg lifts between commercials. Do the right side and then after the commercial do the left side. Which side got most tired first? _____ How many did you do per side? _____

"Love is not blind - It sees more and not less, but because it sees more it is willing to see less."

-Will Moss



Write it on your heart that every day is the best day in the year.

- RALPH WALDO EMERSON

www.gabriela.green



YourBirthdayQuotes.com

The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the Heart

-Helen Keller

