

Healthy Steps Update

July 2011

www.PremierCommunityHealth.org

Get Outside and Enjoy Summer

Summer is here! You know what that means? It is time to get outside, get moving and enjoy the sunny days. There are several summer activities that can be fun without feeling like exercise. Here are just a few you can do to stay active this summer.



Hop on a Bike

Biking is a great way to get some exercise in while seeing a scenic view of the world. It is a low-impact activity that anyone can do and it can help lower your risk of heart disease. Plus, for those of you who do not like biking on busy roads, there are hundreds of miles of paved bike trails right in the Miami Valley. Visit www.MiamiValleyTrails.org to see all the trails that span from Shelby to Butler County.

Take a Hike

What better way is there to enjoy nature while getting in your 10,000 steps for the day then to go on a hike? There are so many parks in our area that have amazing hiking trails. Some great trails include Glen Helen Nature Preserve in Yellow Springs, the Hobart Urban Nature Preserve in Troy and the Aullwood Audubon

Center and Farms in Dayton. Whether you are a hiking novice or a pro, there are trails all over the Miami Valley for your skill level.

Row Your Boat

Start paddling! Whether you like canoeing or kayaking, there are several parks in the area where you can hop in a boat and take a trip on the water! This is a great way to strengthen your muscles while enjoying some water activities! Check out Five Rivers MetroParks for a list of parks in the area that allow boating at www.metroparks.org. Don't know if you like boating or not? Five Rivers MetroParks also offers cheap introductory classes so you can test out your skills.

Take a Dive

What is summer without dipping your toes into a swimming pool? However, instead of just floating

on a raft, or playing a game of Marco Polo, try to swim a few laps the length of the pool. Swimming is a wonderful, low-impact exercise that can really get your heart pumping! It works your entire body and can help improve your strength, endurance, posture and flexibility.

Try Geocaching

If you like scavenger hunts then you're going to love geocaching (pronounced geo-cashing). Not sure what geocaching is? Think of it as a worldwide game of hide and seek. In the greater Dayton region there are thousands of items hidden right in front of us. Through geocaching, you use coordinates and clues to locate these little boxes (called caches), log your information and move on to the next clue. All caches are rated online by difficulty and terrain levels. Visit www.geocaching.com for more information on this activity. Registering is free. This is a great family-friendly activity. In fact many caches have little toys or prizes for children to find. What a great way to get everyone outside, moving and enjoying the sunny days of summer!

Enjoy a Free, Fun and Educational Day!

Shop 'Til You Drop at our Silent Auction!

Win tickets to:

- Walt Disney World Resorts – Orlando
- King's Island
- Cincinnati Reds
- Funny Bone Comedy Club
- Newport Aquarium
- Dayton Opera and more!

Win prizes such as:

- Autographed football from the Cleveland Browns
- 1 year of oil changes
- Massage and salon packages
- Membership to the Greater Dayton YMCA and more!

Miami Valley Hospital
Kettering Community Health Fair
Saturday, July 30 from 9 a.m. to 1 p.m.
Christ United Methodist Church
3440 Shroyer Road, Kettering

Free health screenings include:

- Blood Pressure
- Total Cholesterol/HDL (good cholesterol)/Blood Sugar
- Carbon Monoxide Breath Screening
- Hemoglobin A1c (for those with diabetes)
- Leg Pain (ankle-brachial index)
- Sun Safety
- Sleep
- Height and Weight
- Take-Home Colorectal Screening Kits
- Screening Result Counseling

July Health Events and Screenings

Blood Pressure Screenings

Thursday, July 21
9:30 a.m. to 1 p.m.
Kroger
7747 Old Troy Pike, Huber Heights
Cost: Free

Lectures/Presentations

Thursday, July 28
12:30 to 1 p.m.
Wesley Community Center
3730 Delphos Avenue, Dayton
Cost: Free
Topic: Skin Cancer

Heart Health Screenings

Friday, July 1
5 to 8 p.m.
Grace United Methodist Church
1001 Harvard Blvd., Dayton
Cost: Free
Screenings: Total Cholesterol, HDL (good cholesterol), Blood Sugar and Blood Pressure
No appointments needed. No fasting required.

Mall Walkers

Friday, July 8
8:45 to 10 a.m.
Mall at Fairfield Commons
2727 N. Fairfield Commons, Beavercreek
Cost: Free
Screenings: Blood Pressure
Lecture Topic: Understanding Injury Prevention to Remain Independent

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Premier Community Health, on behalf of Miami Valley Hospital, Good Samaritan Hospital, Atrium Medical Center and Upper Valley Medical Center, works to build healthier communities through prevention, early detection and disease self-management focusing on heart and lung health, cancer and diabetes.



Premier Community Health
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