



**Forever Fit Tulsa Parks 50+  
“With Maturity Comes Wisdom”**

TULSA PARKS



# Take the Mayor’s Fitness Challenge for a Healthier You

The mission of The Mayor’s Fitness Challenge is “to create a healthier state, where residents choose to change and improve their fitness and nutritional habits in order to lead overall healthier lifestyles.”



Anyone can participate in the Mayor’s Fitness Challenge regardless of age or fitness level. Make it your goal to engage in physical activity every day.

Activities can include walking, jogging, cycling, swimming, dancing, group exercise classes, etc.

The Mayor’s Fitness Challenge website is [www.mayorsfitnesschallenge.com](http://www.mayorsfitnesschallenge.com).

The site includes events, how to get involved, recipes and nutrition ideas, as well



as expert advice broken into age related categories.

Mayor Kathy Taylor is committed to making our state healthier, so take the same pride in yourself and your state by joining The Mayor’s Fitness Challenge.

## Tulsa Parks & Montereau Team Up for Lunch-n-Learn Sessions

Tulsa Parks has teamed up with Montereau in Warren Woods for the July, August and September **free** monthly Lunch-n-Learn sessions.

Please bring your own lunch. Refreshments and healthy snacks will be provided.



Montereau is located just north of 71st St. between Yale and Sheridan at 6800 S. Granite Ave.

Topics include: *Fleet Feet-Buying the Right Exercise Gear, Taking Care of Self While Grieving,, and Safety Awareness for the 50+.*

No pre-registration necessary. Call 596-7866 for more information on dates and times.



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## Did You Know?

Picnics at your local parks is a popular summer activity. Since you will be eating outside, it is wise to follow a few simple food safety tips to avoid a nasty case of food poisoning.

- **Always** wash hands and work areas before preparing your meal.
- Cook picnic foods with plenty of time to allow them to thoroughly chill in the refrigerator.
- Make sure that you pack coolers with ice or frozen gel-packs for perishable items like meat, fish, poultry, eggs and salad. Food should be kept at 40 degrees F.



- Do not store the cooler in your trunk. Transport it in your air-conditioned vehicle. Make sure to refill the ice if it melts.
- Be safe and bring water for preparation and cleaning or pack wet-wipes or antibacterial wipes for cleaning hands and surfaces. Cross-contamination during preparation, grilling, and serving food is a prime cause of

food borne illness.

- Keep raw meats, seafood, or poultry packed at the bottom of the cooler to reduce the risk of them dripping on other foods.
- If you pick up takeout food instead, eat it within 1 hour of pick-up to ensure freshness.
- When you take food off the grill, do not place cooked items on the same plate which held the raw meat unless the plate is washed.
- Do not leave perishable foods un-refrigerated for more than 2 hours. Discard any leftovers that have been left out or that you are unsure of.

**When in doubt, throw it out!**

## Fitness Briefs

- Eating less red and processed meats could reduce the incidence of multiple types of cancer according to the December issue of *PLoS Medicine*.
- A study evaluating everyday physical activity in obese adults in the *Journal of The American Medical Association* indicates that they may be almost twice as likely as non-obese adults to become disabled as they age.
- Save \$\$ by slicing your own deli meats. Cook a turkey breast for dinner and then slice the rest for lunches. You can save approximately \$5/pound this way.
- Use a pedometer! Reviews of 26 studies found that people with step counting devices clocked more than 2,000 extra paces a day, lost more weight, and had lower blood pressure than non-users according to Dr.

Weil's *Self Healing*. Reducing systolic blood pressure by just 2 mm/Hg has been shown to cut stroke mortality risk by 10%. Join the S.T.E.P.S. program at Central Community Center. Call 596-1444 for more information.

**Fitness Briefs-  
Nutrition, Fitness, and  
Wellness Tidbits.**

## Nutrition Corner—Portion Sizes Count

America's portion sizes continue to get larger and larger. Have you ever wondered, "What exactly does 1 serving look like?" Here is a guide to some popular foods:

### Grain Products

1 cup cereal flakes = fist

1 pancake = compact disc

1/2 cup of cooked rice or pasta =  
1/2 baseball

1 slice of bread = cassette tape

### Meat and Alternatives

3 oz. Meat, fish, or poultry = deck  
of cards

1 tsp. Margarine = 1 dice

3 oz. Grilled/baked fish = check-  
book

### Veggies and Fruit

1 medium fruit = baseball

1 baked potato = fist

1/4 cup raisins = large egg

## Jennifer's Tips

When you do not feel well, your immune system is compromised, meaning it's more likely that you'll contract additional airborne illnesses, including allergens.

When you exercise you breathe heavier; this further increases the likelihood of picking up additional germs. And, exercising close to others might mean making them sick. Here are some good tips to follow:

### *If symptoms are above the neck:*

\*Respiratory tract illnesses such as colds and allergies affect breathing. Therefore strenuous cardiovascular activity is not a good idea. Exercise is usually fine if you decrease the intensity. Try slower jog-

ging, walking, or lifting weights.

\*Ear infections may affect balance. Avoid treadmill running and aerobics which require good balance.

\*If allergies are the problem, avoid outdoor exercise.

\*Exercise will probably increase a runny nose, coughing, and sneezing. Carry tissues with you and wipe off equipment with antibacterial spray when you are through.

### *If symptoms are below the neck:*

\*Your body is already working to overcome illness. Strenuous exercise will require recovery also; doing both will slow your recovery.

\*If you have a fever, exercise



**Don't exercise with a fever!**

will further increase your temperature.

\*The nature of intestinal illness usually rules out strenuous

exercise. You're better off with a day of rest. If you feel up to it, stretching will increase blood flow and may make you feel better.

A few days of rest or exercise at a lower intensity will not affect fitness level. On the other hand, don't let a mild bout with allergies or a stuffy nose be an excuse to skip your workout. Over time, regular exercise can boost your immune system and keep you well!

## Exercise of the Day—Ball Push-up

Looking for a unique and challenging way to perform a push-up? Try ball push-ups.

Push-ups mainly work the pectoralis major (large chest muscles) and the triceps (back of the arm). You can also work part of the shoulder, which helps as a secondary mover in the push-up.

To do this exercise properly, lay across a ball and walk your hands out until the ball is supporting your hips or legs.

With arms a little wider than shoulder width apart, lower your upper body until there is a little more than a 90-degree bend in the elbows.

Push back up and repeat 10 times. Remember to keep the back straight and head in line with the back.

Roll the ball down to your legs for more of a challenge. Work up to two sets of 10 repetitions. Remember to rest between sets.

## Quick Tips to Reduce Cholesterol-Raising Fats

- Use low-fat or fat-free milk, yogurt, cheese, and sour cream.
- Limit foods containing hydrogenated vegetable oils or tropical oils such as palm kernel and coconut oils.
- Eat tofu, nut, and legumes (dry beans) for delicious, meatless meals.
- Choose foods that are baked,



**Simple changes with big results!**

broiled or steamed, rather than fried.

- Choose vegetable or broth based soups more often than cream soups.
- Select lean beef and pork, poultry with the skin removed, or fish instead of fatty meats and sausage.
- Read food labels for amounts of saturated fat, trans fat, and dietary cholesterol.

**TULSA PARKS**

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**We're on the web!**  
[www.tulsaparks.org](http://www.tulsaparks.org)

*The City of Tulsa manages 125 parks covering roughly 6,000 acres including nature centers, golf courses, Tulsa Zoo & Living Museum, Tulsa Garden Center, 21 swimming pools, 156 sports fields, 115 playgrounds, 123 tennis courts, 25 water playgrounds, The River SkatePark, 60 picnic shelters, 14 community centers, fitness facilities, gymnasiums, meeting rooms and facilities, trails and more.*

*Parks staff and volunteers provide educational and social activities, day camps for youngsters, activities for 50+, special holiday activities, nature programs and a variety of fine arts and performing arts classes. For more information, call 596-PARK.*

**Healthy Bites**

**All-American Barbequed Chicken**

**Serves: 6**

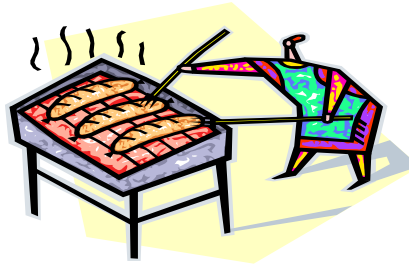
**Serving Size: 1 chicken breast**

**Prep Time: 10 minutes**

**Cooking Time: 15 minutes**

**Ingredients:**

- 1 cup ketchup
- 1/4 cup white wine vinegar
- 1/4 cup honey
- 1/4 cup yellow mustard
- Hot sauce to taste
- Salt to taste
- Freshly ground black pepper
- 6 skinless, boneless chicken breasts, about 4-5 oz. each



**Cooking Instructions:**

1. To make the barbeque sauce, combine ketchup, white wine vinegar, honey, mustard, hot sauce, salt and pepper in a large mixing bowl.
2. Place the chicken breasts in a large resealable bag along with half of the barbeque sauce. Reserve the remaining sauce for basting. Marinate the chicken in the refrigerator for several hours or overnight.

3. Preheat the grill.
4. Grill or broil chicken breasts for 5-7 minutes on each side, depending on thickness. Discard the sauce that was in the bag with the raw chicken. Baste with the reserved barbeque sauce as needed.

**Nutrition Facts**

Calories	253
Protein	34g
Total Carb	24g
Dietary Fiber	1g
Sugar	16g
Total Fat	3g
Saturated Fat	1g
Monounsaturated Fat	1g