

Get ME Active

"Promoting Healthy Lifestyles Through Physical Activity"



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Nominate Someone Who Is Making a Difference

The Maine Governor's Council on Physical Activity is currently accepting nominations for its 11th annual Maine Fitness Awards (formerly known as Contest for Communities). These awards recognize Maine people who are involved in promoting physical activity and offers the opportunity for organizations, businesses, schools, civic groups, and individuals to feature their accomplishments in physical activity. Nominations will be accepted in the following categories:

- youth
- adult
- special populations
- community organizations
- healthy workplace
- program longevity (programs that have been sustained for a number of years)

An award celebration will be held on Wednesday, May 20, 2009, at 11 am at the Kennebec Valley YMCA in Augusta (in conjunction with National Employee Health and Fitness Day) and will be emceed by Kelly LeBrecque from WCSH6. Two cash prizes of \$250 will also be awarded to the top two scoring winners.

Nominations will be scored on the following criteria:

- physical activity/fitness component
- creativity
- affordability
- number of participants reached

- health education (stress management, cholesterol screening, weight control, nutrition, etc.)

Programs/individuals who won this award last year are not eligible to be nominated again this year. Local health fairs and programs containing only a nutrition component are also not eligible.

To download a copy of the nomination form or for more information, go to www.maineinmotion.org/contest_communities.asp. If you have questions regarding criteria or the application, please contact Lynn Lavorgna-Landy (lynn.lavorgna@nsc.com) or Jeanine Chesley (Jeanine.chesley@healthsouth.com).

Nominations are due April 9, 2009.

The Maine Fitness Awards are co-sponsored by:

New England
Rehabilitation Hospital
of Portland

National
Semiconductor
The Sight & Sound of Information

The 20th anniversary of National Employee Health & Fitness Day will be celebrated on May 20, 2009. Join employers throughout the state in promoting employee wellness.

NAHF Board President Michael Feulner commented, "National Employee Health & Fitness Day is dedicated to inspiring employers from all sectors (private, public, non-profit) to address improving the health of their workforce. The case for investment is compelling. An employee's health is an asset to the employee, to achieving employer goals and American's competitiveness in the troubled global economy."

To register for the event or for more information, go to www.maineinmotion.org/national_wellness.asp.

For more information on any of the events mentioned in this newsletter or about the Maine Governor's Council, check out our web page at www.maineinmotion.org; email us at info@maineinmotion.org, call us at 207-622-7566, ext. 230, or write us at 11 Parkwood Drive, Augusta, ME 04330.

Moderation in All Things

By Roger Park

We all know that the success one achieves because of a healthy lifestyle depends on many factors.

Regular sessions of aerobic exercise (jogging, Nordic skiing, biking, etc.), appropriate nutritional choices, adequate rest, and the pursuit of things that give us joy — be it music, reading, or the arts — all contribute to our well-being.

Good nutritional habits often present the greatest challenge in our battle against the tendency toward ever expanding waistlines. A well assembled weight loss program as a solution to clothes that no longer fit often motivates one to adopt an overly aggressive approach towards nutritional discipline. The result is often a plan that provides too few calories and precious nutrients, or relies on a meal plan which can be expensive and/or time consuming.

There are a vast number of plans, dietary supplements, and dispensers of "good advice" that confuse Mainers these days. Which weight-loss program gives the biggest "bang for the buck?" Is there a way of eating that assures calorie conscious individuals weight loss success, proper nutrition, and ultimately, sustained leanness?

According to recent evidence, the answer is yes. Nutritional plans that borrow from a broad spectrum of the food palette tend to yield the most successful results in the journey toward a healthy lifestyle.

Research published in the Journal of the American Dietetic Association (August 2007) compared five

nutritional eating patterns for overweight/obesity risk among 2,740 Southwestern women. Hispanic and non-Hispanic women were investigated for nutritional pattern. The diets were categorized as follows: 1) Western Diet: high in red meat, dairy fats, and refined grains; 2) Native Hispanic Diet: high in Mexican cheeses and tomato sauces; 3) The Prudent Diet: whole grains, low fat dairy, fruits and vegetables; 4) The Mediterranean Diet: poultry, fish, greens, and some alcohol; and 5) Dieter Factor: low-sugar foods, low fat dressings, diet colas, desserts, and dairy. Body mass indexes were also calculated and linked to the five plans.

When all the evidence was examined closely, the Western Diet (#1) and the Dieter Factor (#5) had the greatest obesity/overweight rates. The polar opposites of the five nutritional plans produced higher rates of obesity! The Prudent Diet — high in vegetables, fruit, whole grains, and low dairy fat turned in the lowest overweight/obesity rate. Moderation wins out over both the high fat Western Diet and the low fat and sugar Dieter Plan. In fact, the Prudent Diet in this paper turned in a 29% lower prevalence of obesity as compared to the other patterns.

The moral to this weight control story is to not overreact to weight gain by starving oneself in response. Another take-away lesson is that our Western diet of fast food that is loaded with fat needs to be shelved. Think "Prudent" and go with a wide variety of whole grains, fruits, and vegetables when you embark on your pathway to better health.

Be Active Your Way e-cards

Ask a friend or someone special to share 365 days of health! **Be Active Your Way e-cards** offer tips and tools to help you and your loved ones find different ways to get active!

Choose the card that fits your style, add a personal message, and get started. <http://www.healthfinder.gov/ecards/cards.aspx>.

Join Us For ACES™ Day May 6, 2009

This year will mark the 13th year that the Governor's Council has been promoting Project ACES (All Children Exercising Simultaneously) in the State of Maine.

Project ACES aims to educate children about the importance of lifelong fitness and to end the negative stereotype that children are physically unfit. Exercise can lower the chances of coronary heart disease, which includes high blood pressure, high cholesterol, obesity, and physical inactivity. Project ACES makes fitness fun!

Join Schools, YMCAs, Boy's & Girl's Clubs, Daycares, and anywhere children



gather for a 15-45 minute session of fun physical activity. There is plenty of room for flexibility about the start time of Project ACES. Many sites start at 10:00 am, but you can choose the time that works best for you. To register your site for the event, go to www.maineinmotion.org/aces.asp. At our website you will also find more information on the event and can download our resource manual which contains everything you need to know about holding an ACES event including a list of possible activities, ideas for contacting the media, reproducible posters and hand-outs, and much more.

Council Member Profile Anne-Marie Davee, MS, RD, LD

Anne-Marie has been appointed to the Governor's Council for four consecutive terms. Her first term serving on the Council began in 1992. Anne-Marie has worked for the Muskie School of Public Service at the University of Maine for the last five years and has just started a new position as the School Health Coordinator for Freeport Public Schools.

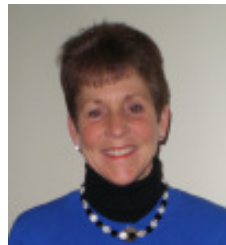
She is a Registered Dietitian with over 25 years of experience in health promotion and has two degrees from the University of Maine at Orono - a Bachelor's Degree in Foods & Nutrition and a Master's Degree in Nutrition with an Exercise Concentration. Anne-Marie also obtained an Advanced Graduate Study Certificate in Public Health from the University of New England.

Her research on the effects of diet and exercise on bone density was published in the *Journal of Bone and Mineral Research*. Anne-Marie has authored numerous published journal

articles on Maine's Vending and A La Carte Intervention in seven public high schools. These publications include CDC's *Preventing Chronic Disease Journal*, the *Journal of School Health* and the *Journal of Nutrition Education and Behavior*.

Anne-Marie is a competitive runner and tri-athlete. She has completed twenty (26-mile) marathons and six tri-athalons. Her most notable marathon includes the first Women's Olympic Marathon Trials in 1984. She was inducted into the Maine Running Hall of Fame in 2000 for her running achievements and currently serves on the Maine Running Hall of Fame Board.

She resides in Freeport with her husband and two daughters.



YMCA Healthy Kids Day

YMCA Healthy Kids Day is part of an innovative public health initiative of the YMCA movement. YMCA Healthy Kids Day, taking place on **April 18, 2009**, encourages kids and families to stay active, connected, and healthy. This event aims to make fitness fun, introduces healthy behaviors and ways for kids to play, and offers essential lessons to help families take care of themselves throughout their lifetimes.

In Maine, all 18 YMCA organizations will be participating in the event. YMCA activities may include games, sports clinics, fitness testing and exhibits by local community organizations. Check at your local YMCA for a schedule of activities.

You can find YMCAs in the following towns:
Auburn • Augusta
Bar Harbor • Bath
Belfast • Biddeford
Ellsworth • Freeport
Old Town • Portland
Rockport • Sanford
Waterville • Winthrop
Boothbay Harbor
Damariscotta
Dover-Foxcroft
New Gloucester



--HEALTH NEWS--

Study links physical activity and lower breast cancer rates

The health benefits of physical activity continue to surprise and encourage the medical community. The preventive power of daily walking or aerobic activity (i.e., swimming, jogging, biking, nordic skiing, rowing, step, etc.) have been regarded as tools in the treatment of high blood pressure, cardiovascular disease, and diabetes.

It's time to add breast cancer to the list of diseases that are preventable through a daily exercise regimen. On May 21, 2008, the *Journal of the National Cancer Institute* published a study by Sonia Maruti, et.al., which effectively established a direct link between lowered pre-menopausal breast cancer rates and regularly practiced physical activity. Maruti's paper not only established a relationship between the type of physical activity needed for preventive benefits, it also identified which women were most likely to reap health from physical activity and why.

The authors investigated the leisure time physical activity of 64,777 pre-menopausal nurses and their breast cancer rates between 1997 and 2003. Results of this study demonstrated that women who pursue

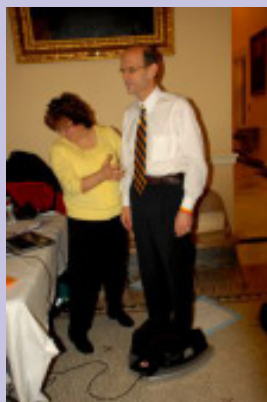
high amounts of exercise each week had a 25% reduction in breast cancer risk. Adolescent and early adult women, ages 12-22 years, demonstrated the greatest gains in protection. It has been theorized that moderate to strenuous regular exercise creates a balanced internal environment for hormones, such as estrogen and insulin and their effects on breast cell growth. The study also identified an age in which activity level decreased and likewise, its protective power. Age 35 seemed to herald a significant reduction in physical activity, reversing the prophylactic cloak of fitness.

If anything is to be learned from this interesting study it is this: Ladies, get out your pedometer and start exercising! Physical activity, lots of it, is a serious line of defense against breast cancer. Likewise, it is time to educate your daughter, niece, or young friends about the value of walking or stepping on a frequent basis. Regular, vigorous exercise every week is required to make your cancer risk lower, but the health benefits are enormous.

Governor Baldacci Takes Part in 9th Annual Legislative Wellness Day

The Maine Governor's Council on Physical Activity holds its Annual Legislative Wellness Day at the State House Hall of Flags on Thursday, February 12th. The purpose of this event is to emphasize the importance of regular physical activity and healthy food choices in achieving or maintaining good health.

Free health risk assessments and health screenings were available to legislators, state house staff, and guests and included blood pressure, cholesterol, balance testing, muscle strength, flexibility, BMI, bone density, body fat composition, diabetes risk quiz, and nutritional choices. Over 450 screenings took place during the event.



Governor Baldacci has his balance tested.

In keeping with this year's theme of "Step Up to the Plate," a Nintendo Wii was brought in and participants had the opportunity to try their hand at virtual baseball. The game also helped to gauge participant's eye/hand coordination.



Governor Baldacci tries his hand at Nintendo Wii Baseball and hits a home run!